

THE  
FAMILY DOCTOR  
AND PEOPLES MEDICAL ADVISER  
—♦—  
VOL. XVIII.



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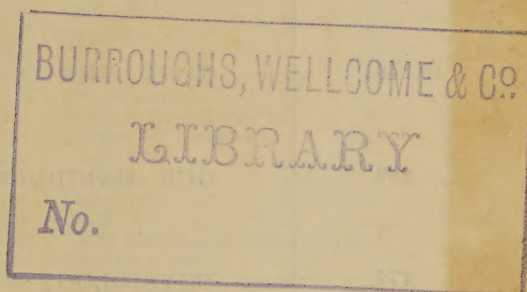






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VOLUME XVIII.

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## ILLUSTRATIONS.

	PAGE		PAGE
ANATOMY AND PHYSIOLOGY ...	1	HAND, THE HUMAN ...	81
BOOTS, MODERN... ..	193, 241	HOW SURGEONS AMPUTATE ...	145
BRAIN, THE HUMAN ...	19, 49	NOSE, THE ...	209, 337
CHIROMANCY ...	289	OUR UNBIDDEN GUESTS ...	113
CLARK, SIR ANDREW ...	177	PHYSIOLOGY ...	257
DOMESTIC SURGERY ...	33, 65, 97, 129, 225	PHYSIOLOGICAL REVELATIONS ...	401
EAR, THE ...	305, 321	SQUINTING ...	369
FAKIR PRIESTS ...	161	STREET ACCIDENTS ...	353, 385
TEETH, THE ...	273		

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No.

# INDEX TO THE FAMILY DOCTOR

VOLUME XVIII.

			PAGE
	<b>A</b>		
Adulteration of Foods...	...	...	104
ADVICE GRATIS, 13, 29, 45, 61, 76, 93, 108,			
124, 140, 156, 172, 188, 204, 220, 236,			
252, 269, 285, 301, 317, 331, 346, 362,			
		378, 395,	411
Age of Women	...	...	226
Agreeableness and Health	...	...	203
Air, Night	...	...	373
Air, Pure	...	...	42, 82, 210
Air Famine	...	...	184
Alcohol	...	5, 18, 282, 356,	392
Alps, The	...	...	229
Anatomy and Physiology (Illustrated)	...	...	1
Answer, The Soft	...	...	307
Apes	...	...	386
Apoplexy	...	...	154
Appendicits	...	...	130
Appetite	...	...	290, 338
Apples	...	...	194
Artificial Eyes	...	...	322
Asylum Attendants	...	...	248
Athletics	...	...	138
Atmosphere, The	...	...	277

## B

Babies' Eyes	...	...	...	50
Back, The	...	...	...	51
Bacterine	...	...	...	258
Baldness	...	...	...	361
Barefoot	...	...	...	373
Bath, The	...	...	18, 52, 178, 265, 35	...
Bath Rooms	...	...	...	135
Bathing	...	...	...	18, 403
Beauty	...	...	...	107, 203
Bed, Rest in	...	...	...	341
Bedrooms	...	...	...	21, 201, 306
Bee, The	...	...	...	386
Beef Juice	...	...	...	370
Bengalese Superstitions	...	...	...	324
Biliousness	...	...	...	179
Births	...	...	...	37
Bland's Pills	...	...	...	140, 394
Blood, The	...	...	...	66, 357
Bloodless Cheeks	...	...	...	309
Blood Poisoning	...	...	...	407
Boiled Milk	...	...	...	322
Boilers	...	...	...	340
Boots, Modern (Illustrated)	...	...	...	195, 243, 214
Brain, The (Illustrated)	...	...	...	19, 49
Brains, The	...	...	...	179, 344, 345, 357
Bravery	...	...	...	38
Bread	...	...	...	50
Breath, The	...	...	...	82
Breath Cure, The	...	...	...	296
Breathing	...	...	...	155
Brewers' Exhibition, The	...	...	...	186
Bright Side, The	...	...	...	264
Bright's Disease	...	...	...	56

				PAGE
Burial Alive ...	...	...	...	26
Burns ...	...	...	50, 114,	370

## C

Camel, The	...	...	...	...	107
Cat Kissers	...	...	...	...	291
Cataract	...	...	...	...	162
Catarrh	...	...	...	...	370
Cats	...	...	...	...	152
Cellars	...	...	...	...	8
Centenarian, A	...	...	...	...	100
Cerebral Congestion	...	...	...	...	114
Charms for Diseases	...	...	...	...	259
Cheek, The	...	...	...	...	405
Chemists	...	...	...	...	34
Chilblains	...	...	...	...	162
Child, A	...	...	...	...	146, 251
Child Marriages in India	...	...	...	...	28
Children's Teeth	...	...	...	...	306
Chiromancy (Illustrated)	...	...	...	...	289
Chloroform	...	...	...	...	90
Cholera	...	...	43, 44, 89, 274, 281,	...	295
Christmas	...	...	...	...	313
Cigarette Smoking	...	...	...	...	67
Clark, Sir Andrew (Illustrated)	177,	178,			

Cleanliness	...	...	...	18, 182
Clothes	...	...	...	163
Clothing	...	...	...	183
Clove, The	...	...	...	146
Coffee	...	...	...	51, 345
Colds	...	...	42, 98, 150,	214, 345
College Sports	...	...	...	309
Colour Blindness	...	...	...	162
Coloured Marbles from Chalk	...	...	...	203
Colours	...	...	...	226
Companions, Travelling	...	...	...	230
Complexion, The	...	...	...	59, 392
Confectioners' Exhibition, The	...	...	...	203
Constipation	...	...	...	91, 186
Consumption	...	3, 76, 267, 280, 281,	292, 342,	375
Consumptives	...	...	...	292
Contagious Diseases	...	...	...	67, 98, 338
COOK AND HOUSEKEEPER, THE	6, 22, 38, 54,	70, 86, 102, 118, 134, 150, 166, 182, 197,	214, 230, 246, 262, 278, 294, 310, 326,	342, 358, 374, 390, 406

Cookery	...	...	...	139, 259
Corns	...	...	...	376
Corruptency	...	...	...	83
CORRESPONDENTS' OPINIONS, 29, 60, 76, 92, 108, 124, 140, 155, 172, 204, 219, 234, 251, 284, 301, 316, 330, 362, 378, 394, 410				
Corsets	...	...	...	228
Couch a Necessity, The	...	...	...	388
Cough	...	...	...	370
Coughing	...	...	...	250
Country Luxury, A	...	...	...	389
Country Scenes	...	...	...	229
Cousins	...	...	...	75, 152
Cremation	...	...	138, 218, 229	
Culture and Cooking	...	...	...	377

Cure, Natural	...	...	PAGE
Cured by being Poisoned	...	...	248
Cures, Italian Old Woman's	...	...	306
Curling Iron, The	...	...	277
Cut, A	...	...	226
Cutting Off Supplies	...	...	194
"Cycle-Stoop," The	...	...	34
	...	...	51

## D

Dancing	...	...	42, 242
Dandruff	...	...	68, 162
Dead, The	...	...	314
Death	...	212, 322, 338,	402, 404
Death Certification	...	...	73, 250
Death Penalty, The	...	...	156
Deaths and Births	...	...	253
Delicacy in Taste	...	...	2
Dental Hints	...	...	35, 106
Dentistry in Paris	...	...	196
Diabetes	...	...	148
Diarrhœa	...	...	354
Did You Rest Well Last Night?	...	...	2
Diet	...	120, 194,	242
Digestion	...	...	226, 354
Digestion and Indigestion	...	...	387, 408
Dimples	...	...	322
Dinners	...	...	82
Diphtheria	...	...	322
Dirt and Disease	...	...	386
Disease	...	226, 234,	283
Diseased Flesh Meats	...	...	74
Disinfection by Heat	...	...	2
Doctor, The Skittish	...	...	53
Doctors	...	...	114
Doctors' Fees in Russia	...	...	116
Doctors' and their Bills	...	...	339
Domestic Surgery (Illustrated)	35, 67, 99,	131, 225,	227
Dress and Health	...	...	168
Drinks	...	...	219
Drowned Persons	...	...	35, 296
Drugs	...	...	354
Dyeing	...	...	306
Dysentery	...	...	12
Dyspepsia	...	...	58

## E

Ear, The (Illustrated)...	...	307, 323
Earache	... ..	201
Eating	...18, 34, 82, 114, 180,	274

EDITORIALS :—

No. 444.	Delicacy in Taste	...	2
"	Disinfection by Heat	...	2
"	Feet, The	...	2
"	Health and Beauty	...	2
"	Infrequent Pulse	...	2
"	Massage	...	2
"	Poison in Rubber Rings	...	2
"	Rest at Night	...	2
"	Tomatoes	...	2



EDITORIALS (Continued) :—	PAGE	EDITORIALS (Continued) :—	PAGE	EDITORIALS (Continued) :—	PAGE
No. 445. Alcohol ...	18	No. 453. Mimicry of Nature, The ...	146	No. 461. Onychophagy ...	274
" Bathing ...	18	" Poultices ...	146	" Pulsation ...	274
" Cleanliness ...	18	" Water ...	146	" Sick Neighbours ...	274
" Excess in Eating ...	18	" Yawning ...	146	" Throat, The ...	274
" Eyes, The ...	18	No. 454. Cataract ...	162	No. 462. Appetite ...	290
" Hair, The ...	18	" Chilblains ...	162	" Cat Kissers ...	291
" Health... ..	18	" Colour Blindness ...	162	" Health... ..	290
" Japanese Children ...	18	" Dandruff ...	162	" Ingrowing Toe Nail ...	290
" Sponge Bath, The ...	18	" Eye, The ...	162	" Rheumatism ...	290
" Swimming ...	18	" Insect World, The ...	162	" Rheumatism in Japan ...	291
No. 446. Chemist ...	34	" Melancholy Affair, A ...	162	" Sleeping in Sections ...	290
" Cutting off Supplies ...	34	" Paris Sewers ...	162	" Tongue, The ...	290
" Darkened Sick Room ...	34	" Poisoning in 1531 ...	162	" Vegetable Diet ...	291
" Do We Eat too Much? ...	34	" Scarlet Fever ...	162	" Walking Race ...	290
" Drowned Persons ...	35	" Swimming ...	162	" Wet Feet and Colds ...	291
" Fainting Fits ...	34	" Thrush ...	162	No. 463. Bedrooms ...	306
" How Much to Sleep ...	34	No. 455. Bath, The ...	179	" Children's Teeth ...	306
" Milk for Invalids ...	34	" Biliousness ...	179	" Cured by being Poisoned ...	306
" Overwork ...	34	" Brains ...	179	" Dyeing... ..	306
" Peripatetic Hypnotiser, A ...	34	" Eyes, The ...	179	" Face, The ...	306
" Water ...	34	" Hair, The ...	179	" Hypnotism ...	306
No. 447. Babies' Eyes ...	50	" Hypnotism ...	179	" Illness... ..	306
" Back, The ...	51	" Nails, The ...	179	" Influenza ...	306
" Bread and Dyspepsia ...	50	" Red Hair ...	179	" Microbes ...	306
" Burns ...	50	" Schopenhauer ...	179	" Morphinomaniacs ...	306
" Coffee as a Disinfectant ...	51	" Skirts, Long ...	179	" Nutmegs ...	306
" Feet, The ...	50	" Suicides ...	179	" Salt and Snow ...	306
" Human Comprehension ...	51	No. 456. Apples... ..	194	" Schoolgirls ...	306
" Light Creates Sound ...	51	" Cut, A ...	194	" Treacle ...	306
" Medicine ...	50	" Diet ...	194	" Warts... ..	306
" Mouth, The ...	50	" Eyes, The ...	194	No. 464. Artificial Eyes ...	322
No. 448. Blood, The ...	66	" Food ...	194	" Boiled Milk ...	322
" Face, The ...	66	" Insanity ...	194	" Death ...	322
" Foul Air ...	66	" Mental Health ...	194	" Dimples ...	322
" How to Rest ...	66	" Nurse, The ...	194	" Diphtheria ...	322
" One or Two in a Bed ...	66	" Servants and Health ...	194	" Exhalation ...	322
" Quacks ...	66	" Smoking ...	194	" Hands, The ...	322
" Sick, The ...	66	" Weak Hearts ...	194	" Illness... ..	322
" Singular Insanity ...	66	No. 457. Air ...	210	" Not Hearing ...	322
" Sleep Walking ...	66	" Example, A Good ...	210	" Perspiration ...	322
" Vaccination Law ...	66	" Fallacies and Traditions ...	210	" Teeth, The ...	322
" Warm Feet ...	66	" Feet, The ...	210	" Vaccination ...	322
No. 449. Air ...	82	" Hand, The ...	210	No. 465. Appetite, The Human ...	338
" Dilated Stomach ...	82	" Health... ..	210	" Contagious Diseases in	
" Eating before Sleeping ...	82	" Heart, The ...	210	" Schools ...	338
" Foul Breath ...	82	" Height of Man ...	210	" Death as it is ...	338
" Gravel ...	82	" Love ...	210	" Funeral Reform Associa-	
" Hot Water Drinking ...	82	" Sleeping ...	210	" tion ...	338
" Hurried Dinners ...	82	" Smell ...	210	" Gladstone's New Doctor ...	338
" Long Life ...	82	" Smoking ...	210	" Habit ...	338
" Nature's Cures the Best ...	82	" Strength ...	210	" Medicated Prunes ...	338
" Oranges ...	82	" Throat, The ...	210	" Nails, The ...	338
" Petroleum ...	82	" Wrestler, The Champion... ..	210	" Poisonous Gases... ..	338
" Quinsy... ..	82	No. 458. Age of Women ...	226	" Sleep Walking ...	338
" Reading ...	82	" Colours ...	226	" Stammering ...	338
" Toast ...	82	" Curling Iron, The ...	226	No. 466. Diarrhoea ...	354
No. 450. Colds ...	98	" Digestion ...	226	" Digestion ...	354
" Contagious Diseases ...	98	" Disease... ..	226	" Drugs ...	354
" Eggs ...	98	" European Families ...	226	" Health and Hygiene ...	354
" Fruit ...	98	" Hair, The ...	226	" Nervous Headache ...	354
" Heart, The ...	98	" Hands, The ...	226	" Pneumonia ...	354
" Mesmerising ...	98	" Man ...	226	" Sty, A ...	354
" Nails, The ...	98	" Nosebleed ...	226	" Time to Give, The ...	354
" Ringworm ...	98	" Sea Sickness ...	226	" Water Test ...	354
" Sneeze, A ...	98	" Whole Wheat Flour ...	226	No. 467. Beef Juice ...	370
" Snoring ...	98	No. 459. Clark, Sir Andrew ...	242	" Burns ...	370
" Teeth, The ...	98	" Dancing ...	242	" Catarrh ...	370
No. 451. Burns ...	114	" Diet in Health ...	242	" Cough ...	370
" Cerebral Congestion ...	114	" High Living ...	242	" Eggs ...	370
" Eat Before Going to Bed ...	114	" Nervous and Mental		" Feet, The ...	370
" Medical Congress at Sea, A ...	114	" Diseases ...	242	" Health... ..	370
" Physical Sins ...	114	" Points to Remember ...	242	" Human Body, The ...	370
" Too Many Doctors ...	114	" Shakespeare and Sanita-		" Japanese People ...	370
" Wedding Trip, The ...	114	" tion ...	242	" Parody, A ...	370
No. 452. Appendicitis ...	130	" Stairs ...	242	" Remedy, An Easy ...	370
" Hair, The ...	130	No. 460. Bacterine ...	258	" Rheumatism ...	370
" Honey ...	130	" Deaths and Births ...	258	" Sugar ...	370
" Laughter ...	130	" Hot Water Drinking ...	258	" Underwear ...	370
" Memory ...	130	" Perfumes ...	258	No. 468. Apes ...	386
" No Need to Die Young ...	130	" Physicians at Pekin ...	258	" Bee, The ...	386
" Nutmeg, The ...	130	" Prescriptions ...	258	" Decayed Teeth ...	386
" Stockings ...	130	" Throat Diseases ...	258	" Dirt and Disease ...	386
" Sweat ...	130	" Vegetarians ...	258	" Feet of the Chinese ...	386
" Taste ...	130	No. 461. Cholera ...	274	" Feltham Industrial School ...	386
" Teeth, The ...	130	" Eating ...	274	" Life in India ...	386
" Warts ...	130	" Feet, The ...	274	" Microbes in the Art of War ...	386
No. 453. Child, A ...	146	" Fog ...	274	" Pain ...	386
" Clove, The ...	146	" Headache ...	274	" Pekin Physicians ...	386
" Expectorations ...	146	" Height of Man ...	274	No. 469. Death ...	402
" Infants ...	146	" Indigestion ...	274	" Food for the Sick ...	402
" Life ...	146	" Man ...	274	" Insomnia Parties ...	402
		" Nervous Diseases ...	274	" Life ...	402
				" Light from a Window ...	402
				" Marriage ...	402



EDITORIALS (Continued) :—	PAGE
" Poisoning from Charcoal	402
" Teeth, The	402
" Wounds	402

Eggs...	98, 181
Egyptian Children	226
Emetic, A Living	213
Emigrate, Those About to	40
Endurance	75
English	282
Establishment, A Modern	234
European Families	226
Example, A Good	210
Exercise	91, 118, 148
Exhalation	322
Existence, The Struggle for	180
Expectoration	146
Experiment, An Interesting	378
Eyes, The 18, 132, 162, 179, 194, 197, 213,	258, 280, 360, 370
Eyesight, Children's	101

## F

Face, The	66, 306
Fainting Fits...	34
Fakir Priests (Illustrated)	163
Fallacies and Traditions	210
Famous Women of Lowly Origin	389
Farming	322
Fascination	377
Fat	43
Fathers, A Word to	250
Feet, The 2, 50, 56, 66, 168, 184, 200, 210,	258, 274, 370
Feet of the Chinese, The	386
Feltham Industrial School	386
Festive Season, the	293
Fetters? A Retrospect	171
Fire Corps, A...	249
Flannels	199
Flowers of the Night	283
Fly, The	27
Flying	300
Fog	274
Food	194, 231, 328
Food for the Sick	402
Food, Proper	405
Foul Air	66
Fretting	233
Fruit	98, 164, 181, 186
Funeral Customs	213, 357
Funeral Reform Association	338

## G

Game	227
Girl, The Manly	107
Girls	138, 179, 279
Gladstone's New Doctor	338
Gleanings	59, 92, 108, 123, 218
Gloves	251
Grace before Meat	217
Grape Cure, The	6
Gravel	82, 169
Grumbler, The	67
Gymnastics in Sweden	19

## H

Habit	338
Hair, The 18, 130, 137, 153, 179, 195, 226, 405	
Hair Brushes...	22
Hands, The 210, 226, 313, 322, 356, 357	
Handkerchiefs and Disease	378
Happiness	28, 103
Hats...	74
Head, The	137, 153
Headache	274, 354
Health 18, 37, 75, 185, 194, 210, 290, 354,	362, 370
Health and Beauty	2
Health Resorts	276
Heart, The	98, 194, 210

Height of Man, The	210, 274
Hereditary Transmission	24
High Living	242
Hindoo Love Letter, A	123

## HINTS FOR THE HOUSEHOLD :—

Amber	294
Ants	246
Apples	150
Arms, The	214
Bed Covering	261
Bedrooms	150
Blacking	374
Blankets	182
Boots	310, 374
Bottles	134
Breakfast	86
Brushes	326, 342
Burns	310
Cambrics	246
Carpets	6, 38, 261
Canliflower	54
Chef, A	54
China	166, 326
Clothing	38, 86, 246, 342, 390
Coffee	182
Combs	118
Cough Candy	374
Cuts	261
Decanters	326
Dinner	86, 102, 278
Disinfectants	261
Dishes, Washing	230
Eggs	246
Emulsions	22
Enamel	278
Fannels	134, 199
Floors	86, 166
Flour	261
Flowers	214
Framing	70
Fruit	166, 182
Furniture	214, 310
Glass	28, 86, 246, 358
Gloves	38, 70
Grease	70, 132, 326
Ham, A	294
Headache	6
Hints 6, 22, 38, 54, 70, 86, 102, 118,	134, 150, 166, 182, 199, 214, 230,
	246, 261, 278, 294, 310, 326, 342,
	358, 374, 320, 406
Home	86, 102, 246
Household Goods	406
Ice	22
Idea, An Excellent	326
Ink	150, 294
Kitchens	22, 54, 70, 150
Knives	326
Lace	118, 150, 310
Lamp	6, 118, 358
Leaks	38
Linen	38, 150
Liniments	22
Lotions	102
Milk	22
Moths	102, 326
Night Lamp	54
Onions	294
Paraffin	70
Passages, Pantry, and Cellars	310
Paste	6, 294
Pictures	374
Plants	230
Plate Powder	342
Polish	102, 310
Puzzle, A	70
Russian Dishes	70
Rust	310
Sachets	182
Saucepans	326
Sauces	150
Shoes	6
Silver	102, 278
Skin Tonic, A	390
Soap	134
Sponges	294
Spurgeon	166
Stains	214, 390
Tea	118
Thimbles	38, 150
Toilet, The	261
True as Preaching	6
Truth, An Old	22
Try	390
Typhoid Fever	53

HINTS FOR THE HOUSEHOLD (Continued) :—	PAGE
Umbrellas	6
Visiting Cards	118
Washing Day	390
Watch Glass	261
Water	54, 86
Water Gilding	342
White and Gold	278
Window Cleaning	6, 86, 118
Woman, A Clever	230
Workbag, to Make a	246
Holidays	99
Honey	130

## HOSPITAL FUND, "The Family Doctor"

13, 29, 45, 61, 76, 93, 108, 124, 140, 156,	
172, 188, 204, 220, 236, 252, 269, 285,	
301, 317, 331, 347, 362, 378, 395, 411	
Hospitals	328
How Animals Practice Medicine	405
How Surgeon's Amputate (Illustrated)	147
How to Get Well	393
How to Remain Young	104
Human Body, The	370
Human Comprehension	51
Human Hand, The (Illustrated)	83
Husbandman, The	82
Hygiene	25, 355
Hypnotism	34, 57, 179, 306
Hysteria	340, 361

## I

Ice-cream	293
Illness	306, 322
Imagination, The	83
Immorality	233
Incubation	250
Indian Magic	229
Indigestion	274
Infants	122, 146, 281, 325
Influenza	246, 276, 306, 312
Inoculation	330
Insanity	66, 194
Insect World, The	162, 323
Insomnia	299
Insomnia Parties	402
Intemperance, The Greater	74
Invalids	34
Iron, How to Take	204
Italian Health Rules	297

## J

Japanese Children	18
Japanese People	370

## K

Kindness to Animals	91
Knowledge	172

## L

Laughter	130
Lawns versus Fever	88
Leanness and Obesity	344, 360
Life	136, 146, 196, 402
Life in India	386
Life Saving Competition	85
Light	51
Light from a Window	402
Linen	266
Lion, Operating on a	340
Liver, The	148, 149
Long Life	82
Love	210
Lunatics, A City of	58
Lung Trouble	213, 217

## M

Magic Squares	134
Maladie des Medecins, La	59
Malt	235
Man	132, 184, 187, 214, 226, 268, 274
Marriage	154, 232, 243, 402



	PAGE
Mars...	250
Massage	2
Meals	107
Meat	23
Mecca	196
Medical Congress at Sea, A	114
Medical Education	37
Medical Ethics	293
Medical News	309, 329, 341
Medical Officer of Health	298
Medicine	50, 372
Melancholy Affair, A	162
Memory	130
Mental Overstrain	404
Mercy, A Colony of	10
Mesmerising	98
Metropolitan Mortuaries	211
Microbes	306, 386
Milk	322
Milk, Condensed	404
Mimicry of Nature	146
Moral Courage	73
Morals and Laws	11
Morphine	153
Morphinomaniacs	306
Motherhood	98, 181
THE MOTHER'S PAGE, 7, 23, 39, 55, 71, 87, 103, 119, 135, 151, 167, 183, 198, 215, 231, 247, 263, 279, 295, 311, 327, 343, 359, 375, 391, 407	

Mothers and their Duties	264
Mouth, The	50
Muscle Measurement	52
Muscles	232
Mushrooms	228

## N

Nails, The	98, 132, 179, 338
Naphtha	12
Nasal Catarrh	105
Nasal Respiration	405
Nature's Cures	82
Needles	282
Nervous Diseases	242, 274
Nervous Headache	354
Nervous System, The	297
Neuralgia	124, 171
Nose, The	123
Nose, The (Illustrated)	211, 339
Nosebleed	226
Not Hearing	322

NOTES AND QUERIES, 12, 29, 45, 60, 76, 92, 108, 124, 140, 156, 172, 188, 204, 220, 235, 251, 268, 283, 301, 317, 331, 346, 362, 378, 394, 410	
--	--

Nurses	180, 194, 389
Nursing	169
Nutmeg, The	130, 306
Nutrition	58

## O

Observation	294
Old Age	324
One or Two in a Bed	66
Onychophagy	274
Opium	354
Oranges	82
Our Unbidden Guests (Illustrated)	115
Overeating	410
Overwork	34
Oyster, The	69
Ozoena	101

## P

Pain	260, 386
Parents and Schoolmasters	229
Paris Sewers	162
Parody, A	370

PATENTS, RECENT, 27, 85, 100, 116, 149, 162, 183, 194, 234, 247, 262, 278, 296, 308, 339, 358, 378, 394, 410	
--	--

Pekin, Physicians at	258, 386
Perfumes	258
Perspiration	322
Petroleum	82

	PAGE
Pharmacy	154
Phrenological Discussion	9
Phthisis	89
Physical Culture	90, 232
Physical Sins	114
Physician, The	51, 155
Physiological Revelations	403
Physiology (Illustrated)	259
Physique and Character	170
Platonic Affection	324
Pleasure	68
Plumber, The	84
Pneumonia	20, 354
Points to Remember	242
Poison	149, 217
Poisoning	162
Poisoning from Charcoal	402
Poisonous Gases	338
Poisons and Poisoning	314
Poles, The	163
Poor, The	265
Potatoes	315
Poultry	40, 146
Prescriptions	258
Prison, A Local	84
Prunes	338
Pulsation	274
Pulse, The	2
Punishment in Schools	373

## Q

Quacks	66, 106
Quarrel, The First	171
Quinsy	82

## R

Reading	82
---------	----

## RECIPES FOR THE TABLE:—

Almond Drops	342
Almonds	150
Angel's Food	342
Apples	102, 118
Asparagus	214
Bananas	294
Beans	214, 230
Beef	38, 102, 358
Beef Tea	38, 102, 310, 374
Birds	134
Biscuits	22, 168
Bread	6, 406
Brose	38
Broth	102
Brussels Sprouts	390
Buns	342
Cakes	38, 246, 310, 406
Calf's Head	134, 358
Charlotte Russe	342
Cheese Cakes	294
Chestnuts	278
Chicken	70, 86, 134, 182, 246
Chicken Tea	22
Coffee	150
Cooking	38
Cooking by Steam	406
Cordial	150
Crabs	150
Creams	278
Custard	278, 326
Cutlets	54
Dessert	278
Dish, A Relishable	150
Duck	70
Eggs	118
Fish	70, 86, 118, 134, 246
Fishballs	197
Game	134
Gingerbread	38, 86, 278
Goose	54
Grapes	294
Gravy	374
Halibut	214
Ham	38, 342
Heart	134
Ices	214
Iceing	278
Jelly	150, 166
Kedgeriee	118
Kidneys	54
Lobster	70, 102, 166, 246
Macaroni	6

RECIPES FOR THE TABLE (Continued):—	PAGE
Macaroons	86, 278, 294
Mayonnaise Dressing	230
Meat Scraps	406
Muffins	54
Mushrooms	166
Omelet	310, 326
Onions	166, 342
Oysters	54, 70, 118, 133
Peaches	214
Pears	54
Pickles	166
Pies	22, 54, 86, 102, 166, 230, 294, 310, 358, 390
Pigeons	134, 230
Pork	38
Potatoes	86, 102, 118, 197, 310
Puddings	6, 22, 54, 150, 166, 310, 326, 342, 358, 390
Puffs	230
Queer Food	214
Quinces	182, 278
Rabbit	86, 134, 150
Raised Pies	22
Rhubarb	390
Rice Fritters	358
Roasting	118, 326
Salads	102, 230, 326
Sandwiches	6, 86, 390
Sauces	310, 326
Scones	133
Sherbet	118, 390
Shortcake	86, 246
Sillabub	214
Soups	134, 166, 262, 310, 326, 358
Spinach	390
Steak	6
Stew	6, 38, 166
Sweetbreads	70, 86
Swiss Roll	22
Tapioca	38, 86
Toast	342
Tomatoes	54, 182, 310
Tongue	134, 342
Tripe	134
Turkey	230, 374
Turnips	246
Turtle	246
Veal	374
Veal Cutlets	342
Vegetable Puree	326
Venison	54, 246
Wafers	54
Weak Digestion, For a	166
Whiting	326
Wine	38
Yorkshire Pudding	358
Remedy, An Easy	370
Remedy, An Effective	392
Reserve Force	75
Rest, How to	66, 131

## REVIEWS:—

Best 6d. Cookery, The. By Josiah Oldfield	284
British Cycle Manufacturing Com- pany (Price List)	27
Hints on Home Nursing. By Dr. R. T. Halliday	284
London Rookeries. By Robert Williams	261
Stammering. By Emil Behnke	341
Suicide and Insanity. By Dr. Strahan	284
Tales of the Children's Ward. By Morton and Gethen	284
Those Little Ones. By Alice Powell	341
Wife's Guide to Health and Happi- ness. By Gordon Stables	261
Rheumatism	188, 290, 291, 370
Rib, The Lost	376
Rickets	268
Right, Is it?	228
Ringworm	98
Rubber Rings	2
Running	42

## S

Sacramental Cup, The	56
Saint Guildas-de-Rhuis	44
Salt and Snow	336
Sanitary	291



	PAGE		PAGE		PAGE
Sanitary Laws ... ..	313, 325	SPECIALITIES (Continued) :—			
Scarlet Fever ... ..	162	Natural Mineral Waters (Rosbach		<b>U</b>	
Schoolgirls ... ..	306	Water Co.) ... ..	203	Underwear ... ..	370
Schools ... ..	170, 196	Sarsaparilla (Townsend)... ..	389		
Schopenhauer ... ..	179	Sulphur Fumigating Candle		<b>V</b>	
Science ... ..	226	(Kingzett) ... ..	101	Vaccination ... ..	322
Sea Sickness ... ..	226	Swandown Flannelette (Hackett)	234	Vaccination Law ... ..	66, 216
Secret of Endurance ... ..	75	Virol (Liquor Carnis Co.) ... ..	374	Vegetables ... ..	251
SELECTIONS, 2, 12, 18, 21, 22, 26, 36, 41,		Voice Lozenges (Doughty) ... ..	177	Vegetarianism ... ..	73, 258, 291
43, 52, 58, 69, 72, 87, 88, 91, 100, 106,		SPECIFICATIONS PUBLISHED, 27, 85, 100,		Vehicle, A New ... ..	212
107, 114, 115, 117, 118, 119, 122, 123,		116, 149, 183, 194, 234, 247, 262, 278,		Veils... ..	328
131, 133, 136, 139, 146, 152, 155, 156,		296, 308, 339, 358, 394, 410		Ventilation ... ..	56
162, 163, 166, 167, 169, 170, 171, 181,		Spectacled School Children ... ..	536	Vivisection ... ..	11
184, 186, 196, 199, 201, 202, 203, 213,		Spelling ... ..	277		
214, 217, 219, 228, 232, 233, 234, 243,		Spiritualism ... ..	41	<b>W</b>	
247, 249, 251, 264, 266, 276, 278, 282,		Spoon Lore ... ..	87	Waldo, Dr. ... ..	105
291, 293, 294, 296, 298, 308, 309, 310,		Squinting (Illustrated) ... ..	371	Walking ... ..	290
311, 325, 326, 327, 329, 343, 344, 345,		Staff of Life, A New ... ..	36	War and Education ... ..	275
346, 354, 357, 358, 359, 371, 374, 375,		Stairs ... ..	242	Warts ... ..	130, 306
394, 402, 404		Stammering ... ..	338	Water 20, 34, 69, 82, 91, 117, 146, 258, 328,	
Servants and Health ... ..	194	Stockings ... ..	130	354, 409	
Shakespeare and Sanitation ... ..	242	Stomach, The... ..	82, 185, 267, 344	Water and Disease ... ..	180
Shall Doctors Kill? ... ..	25	Street Accidents (Illustrated) ... ..	355, 387	We Are Brothers ... ..	404
Sherlock Holmes ... ..	311	Strength ... ..	107, 210	Weather, The... ..	260
Shoes ... ..	297	Stupidity ... ..	57	Wedding Cake ... ..	285
Sick, The ... ..	4, 66, 249, 402	Sty, A ... ..	354	Wedding Trip, The ... ..	114
Sick Benefit Societies ... ..	282	Sugar ... ..	370	Wet Feet and Colds ... ..	291
Sick Neighbours ... ..	274	Suicides ... ..	179	Whale, The ... ..	277
Sick Room, The ... ..	34	Sunflower, The ... ..	68	What May We Eat or Drink? ... ..	89
Signs of Promise ... ..	100	Supper ... ..	342	What to Eat and What to Avoid ... ..	3, 57
Skin, The ... ..	92	Sarfeit, A ... ..	70	What to Wear in Winter ... ..	299
Skin Diseases... ..	164	Surgery in the Kitchen ... ..	60	Whole Wheat Flour ... ..	226
Skirts ... ..	179	Sweat ... ..	130	Witchcraft in Bengal ... ..	195
Skull, A ... ..	404	Swimmers ... ..	18	Woman, The Incapable ... ..	171
Skull and the Body, The ... ..	8	Swimming ... ..	162	Woman, The Sensible ... ..	251
Sleep ... ..	34, 377, 408			Woman of the World, A ... ..	68
Sleep Walking ... ..	66, 338	<b>T</b>		Woman's Dress ... ..	300
Sleeping ... ..	210, 290	Table for Invalids (Illustrated) ... ..	233	Women ... ..	276, 314
Sleeping Alone ... ..	290	Tablecloths and Napkins ... ..	372	Words of Warning ... ..	26
Smell ... ..	210	TALES WORTH TELLING 72, 121, 165, 202,		Working After Eating... ..	216
Smoking ... ..	194, 210	244, 329		Workmen ... ..	203
Sneeze, A ... ..	98	Taste ... ..	130, 275	Worth Trying For ... ..	310
Snoring ... ..	98	Tea ... ..	217	Wounds ... ..	267, 402
Soap... ..	75, 373	Teeth, The ... 4, 88, 98, 122, 130, 322, 386, 402		Wrestler, The Champion ... ..	210
Sober Facts ... ..	285	Teeth, The (Illustrated) ... ..	275	Wrinkles ... ..	57
Soldier's Foot, The ... ..	389	Therapeutic Problems ... ..	116		
Sore Throat ... ..	104	Throat, The ... ..	210, 258, 274	<b>Y</b>	
SPECIALITIES: MEDICAL, SURGICAL, AND		Thrush ... ..	162	Yawning ... ..	146
DOMESTIC :—		Tight-Lacing ... ..	197	Yerba-Mate ... ..	283
Alkaram (Dr. Dunbar) ... ..	404	Time to Give, The ... ..	354	Young, The ... ..	185, 266
Bathing Spirits (Freeman) ... ..	218	Toast ... ..	82	Young, No Need to Die ... ..	130
"Brain" Salt (Newbery) ... ..	172	Tobacco ... ..	41		
Bronchialine (Tibb) ... ..	218	Toe Nail, Ingrowing ... ..	290		
"Elect" Extract of Cocoa (Rowa-		Tomatoes ... ..	2		
tree)... ..	203	Tongue, The ... ..	214, 290		
Florador Food (Florador Food Co.)	218	Touch, Sense of ... ..	43		
Fruit Saline (Dunn) ... ..	130	Towels and Disease ... ..	403		
Isinglass and Gelatine (Swinborne)	172	Tramps and Infection ... ..	10		
Knitted Hosiery (Fleming, Reid, &		Treacle ... ..	306		
Co.) ... ..	218	Troubled Minds and Tired Bodies	40		
Lentil Food (Harvest) ... ..	404				
Masticator, The (Fordham & Smith)	122				





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# THE FAMILY DOCTOR

## AND PEOPLE'S MEDICAL ADVISER.

No. 444.—VOL. XVIII. SATURDAY, SEPTEMBER 2, 1893.

PRICE ONE PENNY.

### ANATOMY AND PHYSIOLOGY.

"We are fearfully and wonderfully made."

*See Engraving showing the Figure of a Man stripped of integument and exposing the entire external muscular system—superficial muscles removed on left-hand side to expose deep layers.*

WE are now entering upon a lesson in dissecting, and as the removal of the skin, or integument as it is called, is necessary before we can begin to examine the beauty that lies under it, we have given a drawing of a man so prepared.

On the right hand the superficial muscles of the front view are exposed, and on the left the superficial muscles have been removed to expose the deeper layers.

Let us take a cursory view of the right side, and observe the wonderful arrangement of the muscular system as displayed therein.

For a muscle to work, it must have two fixed points, as they are termed, which they draw nearer to one another by contraction, forming a series of mechanical levers. This would, of course, give a direct motion, and in the case of bending, the joints would draw one upon the other. But we require something beyond direct motion—we want to turn and twist the arm or leg about in a variety of ways, and so we get muscles taking indirect directions as it were, and twisting round in various ways to afford the requisite movement that adds so much to the usefulness of this limbs.

This direct and rotatory as well as lateral action, is all very well in its way, but if we bend our arms or legs we generally want to straighten them again some other time or another, and so we have a series of oppos-



ing muscles, or muscles acting in opposite directions, under the absolute control of the will.

When we bend the arm at the elbow, let us say for sake of example, the act is opposed by some very powerful muscles at the back of the arm; but as the front muscles are being commanded by the will, the back muscles yield, and allow the arm to bend, whilst they give elasticity to the action, and steady its movement. The arm does not fly forward and shut up like a pair of castanets, but it comes slowly and softly under conduct of the opposing muscles.

Reverse the influence of the will and let it command the back or extensor muscles, and the front give way.

The rotation of the fore-arm is performed by a diagonal muscle seen near the elbow, and the leg is lifted into the position of sitting cross-legged, like a tailor by that long thin band that proceeds from the point of the haunch bone to the inside of the knee.

The long tendons of the muscles are usually disconnected, or run in separate sheaths, as in the hand and foot, and are bound down to the bones by powerful ligaments; and the ends of bones are held together by a similar tie.

Besides the superficial muscles which to all appearances are quite strong enough to move a very much larger mass than a man, there is a subsidiary deep layer, and even a deeper below that.

The dissection of the left-hand side gives a view of some of them, but not by any means of all. The bones are exposed in some places, so that the direction of this and the superficial layer may, by comparison, be better understood.

A great deal of the power of a muscle depends upon the extent of its insertion—see the triangular fascia, as it is called, of the palm—how it communicates with the joints and forms a huge leverage for the small muscle inserted into it to act upon.

But all these matters will have to be dealt with in detail.



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## CONTENTS.

PAGE.	PAGE.
Anatomy and Physiology .. .. .	1
Editorials .. .. .	2
A Night Piece .. .. .	2
What to Eat and What to Avoid .. .. .	3
Consumption .. .. .	3
Care of the Teeth .. .. .	4
Nursing the Sick .. .. .	4
Alcohol—Its Effects Upon Our Social Life .. .. .	5
Recipes for the Table .. .. .	6
Hints for the Household .. .. .	6
The Grape Cure .. .. .	6
The Mother's Page .. .. .	7
"The Skull and the Body." (Complete Story) .. .. .	8
Danger in Wet Cellars .. .. .	8
Phrenological Discussion .. .. .	9
A Colony of Mercy .. .. .	10
Tramps and Infection .. .. .	10
Vivisection .. .. .	11
Morals and Laws .. .. .	11
Dysentery .. .. .	12
Notes & Queries .. .. .	12
Answers to Correspondents .. .. .	13

## EDITORIALS.

**THE FEET.**—The nails of the feet should always receive similar attention to that bestowed on the finger nails, and it will save much pain and discomfort if this fact is remembered while the feet are growing. Too often, as they are always "out of sight" in their usual coverings, they are "out of mind," until unpleasant reminders in the form of ingrowing nails, which are most painful, corns, and tenderness of the sole of the feet, demand attention. It is certainly as necessary to pay periodical visits to a chiropodist as it is to a manicure.

**SIGNIFICANCE OF INFREQUENT PULSE.**—Certain it is that slow heart occurs usually as a symptom of organic disease, whether this be confined to the heart and its arteries or to the brain. A slight reduction in the frequency of the pulse is very common in disturbances of the digestive tract. Particularly is this the case in dilatation of the stomach.

**TOMATOES AS A FOOD.**—Tomatoes are very succulent, they have a harsh tart flavour due chiefly to the malic acid they contain, says the *Horticultural Times*. When you eat a great many they produce a rather acrid and burning sensation; but this flavour is much modified by climate. In Italy they are gathered often before maturity for eating in salads, like cucumbers. They are also eaten cooked and seasoned in various ways; the most common preparation in this country is cutting them into two, stuffing with bread crumbs, seasoning, and cooking in oven; this is what they call "Tomatoes with crumbs." The tomato is a valuable aliment and seasoning, in the south of France it is eaten with almost everything. The gastronomic art has turned it to good account, and in certain forms the love apple constitutes a regular feast. But not only is it pleasing to taste, it is also a very healthy, refreshing, nutritious aliment, very suitable to bilious sanguine temperaments, for costive, irritable temperaments subject to hemorrhoidal congestions and sluggish intestines. Tomato potages are cooling and laxative; tomato broths are excellent during great heat.

TO TOBACCONISTS (commencing).—Illust. Guide, 259 pages, "Post Free." How to Commence. £20 to £1000. Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager, Hy. Myers. Est. 1866. Smoke "Pick-Me-Up Cigarettes."

MASSAGE calls into play each and every function of the body—respiration, digestion, combustion, circulation, nutrition, and elimination, doing for the body artificially what Nature does for it, and Nature shows her gratitude for the assistance rendered, by quickly resuming the work herself. It stimulates an enervated body or soothes an irritable one, cools a fever or arouses a warmth, destroys a lethargic state or induces sleep, makes pliable a rigid joint or stiffens and strengthens a relaxed one, removes obesity or makes flesh, and so on, many apparent contradictions, the explanation of which is, that the result depends on the manner of administration, each and every movement being given with a purpose, under a systematic method and the final result achieved is the normal standard belonging to health.

**HEALTH AND BEAUTY.**—The secret of beauty is health. Those who desire to be beautiful should do all they can to restore their health if they have lost it, or to keep it if they have it still. No one can lay down specific rules for other people in these matters. The work which one may do, the rest he must take, his baths, his diet, his exercise, are matters of individual consideration, but they must be carefully thought of and never neglected. As a rule, when a person feels well he looks well, and when he looks ill he feels ill. There are times when one can guess, without looking in the glass, that the eyes are dull and the skin is mottled. This is not a case for something in a pretty bottle from the perfumer's, or for a lotion that advertisements praise so highly. To have a fresh complexion and bright eyes, even to have white hands and a graceful figure, you must be well. Health and the happiness which comes with it are the true secrets of beauty.

**DID YOU REST WELL LAST NIGHT?**—In the tropics men sleep in hammocks or upon mats of grass. The East Indian unrolls his light portable charpoy or mattress, which in the morning is again rolled together and carried away. The Japanese lie upon matting with a stiff, uncomfortable wooden neck-rest. The Chinese use low bedsteads, often elaborately carved, and supporting only mats or coverlets. A peculiarity of the German bed is its shortness; besides that it frequently consists in part of a large down pillow or upper mattress, which spreads over the person, and usually answers the purpose of all the other ordinary bed-clothing combined. In England, the old four-posted bedstead is still the pride of the nation, but the iron or brass bedstead is fast becoming universal. The English beds are the largest in the world. The ancient Greeks and Romans had their beds supported on frames, but not flat like ours. The Egyptians had a couch of a peculiar shape, more like an old-fashioned easy chair with hollow back and seat.

**DISINFECTION BY HEAT.**—In the journal of the American Medical Association emphasis is given to the ready means of disinfecting excreta in the sick room, or its vicinity, by the application of heat. Exact experiments show that the thermal death point of the following pathogenic bacteria and of the kinds of virus mentioned is below 140 deg. F., viz.: *Spirillum of cholera*, *bacillus anthrax*, *bacillus of typhoid fever*, *bacillus of diphtheria*, *bacillus of glanders*, *diplococcus of pneumonia*, *streptococcus of erysipelas*, *staphylococci of pus*, *vaccine virus*, *sheep pox virus*, *hydrophobia virus*; ten minutes' exposure to the temperature mentioned may, it is found, be relied upon for the disinfection of material containing any of these pathogenic organisms, excepting the *anthrax bacillus* when in the stage of spore formation. The use, therefore, of boiling water in the proportion of three or four parts to one part of the material to be disinfected is recommended for such material; or better still, a ten per cent. solution of sulphate of iron or chloride of zinc, at the boiling point, may be used in the same way, three to one; this, in fact, having a higher boiling point than water, and serving at the same time as a deodorant.

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.

**DELICACY IN TASTE.**—The Chinese are well-known to possess great delicacy of taste, especially in regard to their favourite beverage, tea. Few would be inclined, however, to give them credit for such sensitiveness of palate as was recently described by a Chinese lecturer on tea-drinking, who said that when he was a boy about eleven years old, he lived with his father, who was a little near-sighted, in a cottage in the southern part of China. One day he was cleaning out his father's teakettle, and could not get all the tea-leaves out, so he put his hand in the kettle. About a half-hour afterward his father called for his tea, which the speaker took to him and returned to work. Shortly, the old gentleman called him again, and asked him if he did not tell him never to put his hand in the teakettle. "Well," said the speaker, "I did not know whether my father was peeping through the keyhole, watching me or not. So I let three weeks pass, when I knew my father was out on business, and I again put my hand in the teakettle. That evening I was called to answer the question which was asked me several weeks before. But you can rest assured from that time to this I have never put my hand in my teakettle."

**POISON IN RUBBER RINGS.**—Analyses have been made by W. Reuss of the rubber rings employed in the make-up of vessels used for containing some of the popular preserved foods. In this list, indiarubber rings made in Paris and extensively used, its average weight 0.5 grm., showed 66.6 per cent. ash, consisting almost wholly of red lead, with no antimony sulphide present. Again, an experiment was made by exposing a rubber ring to water under pressure at a temperature of 110 to 112 deg. C., for thirty minutes, at the end of which time the ring was found to be softened, and 0.0286 grm. red lead was suspended in the water, which contained no lead in solution. In the case of another ring, similarly treated in the presence of 0.5 kilo. of asparagus, the solution gave an immediate precipitate of lead sulphate on the addition of sulphuric acid, the quantity of lead in solution corresponding to sixty per cent. of the total amount in the ring. Indiarubber rings taken from tins of Australian meat from a large English firm had the same composition as the Paris rings, and red rubber rings from Vienna contained sixty-three per cent. of ash, the bulk of which was red lead.

## A NIGHT PIECE.

The sky is overcast  
 With a continuous cloud of texture close,  
 Heavy and wan, all whitened by the moon,  
 Which through that veil is indistinctly seen—  
 A dull, contracted circle, yielding light  
 So feebly spread, that not a shadow falls,  
 Chequering the ground—from rock, plant, tree,  
 or tower,  
 At length, a pleasant, instantaneous gleam  
 Startles the pensive traveller, while he treads  
 His lonesome path, with unobserving eye  
 Bent earthwards; he looks up—the clouds are split  
 Asunder,—and above his head he sees  
 The clear moon, and the glory of the heavens.  
 There, in a black-blue vault, she sails along,  
 Followed by multitudes of stars, that, small  
 And sharp, and bright, along the dark abyss  
 Drive as she drives; how fast they wheel away,  
 Yet vanish not! The wind is in the tree,  
 But they are silent;—still they roll along,  
 Immeasurably distant; and the vault  
 Built round by those white clouds—enormous  
 clouds—  
 Still deepens its unfathomable depth.  
 At length the vision closes; and the mind,  
 Not undisturbed by the delight it feels,  
 Which slowly settles into peaceful calm,  
 Is left to muse upon the solemn scene.

—W. Wordsworth.

**KEATING'S POWDER.**—Kills bugs, fleas, moths, beetles, and all insects (perfectly untrivalled). Harmless to everything but insects. Sold in Tins, 6d. and 1s.  
**WORMS IN CHILDREN.**—Are easily, surely, and with perfect safety got rid of by using KEATING'S WORM TABLETS. Tin 1s. 1d. Free by post 13 stamps.



# WHAT TO EAT AND WHAT TO AVOID.

## NUTRITIVE VALUE OF FOODS.

[SPECIAL ARTICLE.]

FOOD is nutritious according to the proportion of nitrogen and carbon which it contains. One part of nitrogen to sixteen of carbon may be considered as approximately perfect. In most foods, however, the relative proportion of these elements is not in accordance with this standard, and unless intelligent selection is made, a deficiency or surplussage of one or the other will exist. In calculating the amount of different foods to be taken, the best method is to refer to tables giving the proportion of nitrogen and carbon in the various articles. The ratio of nitrogen to carbon should be as one to sixteen, which is different from that of nitrogenous to carbonaceous material. This discrepancy is explained by the fact that all nitrogenous organised matter contains a proportion of carbon, and so, calculating on the basis of organised nitrogenous matter, the proportion of material needed to furnish the three hundred grains of nitrogen and forty-eight hundred grains of carbon required, would not be the same as the proportion of pure nitrogen and carbon to each other.

The best authorities give the necessary amounts of nitrogen and carbon to maintain the average man in health, in the average conditions of life, as 300 grains of nitrogen, and 4800 of carbon every twenty-four hours. Tables can now be studied to advantage giving the proportions of these elements in various food materials, and from them can be obtained their true nutritive value.

Table from Payen, showing the quantity of nitrogen and carbon in 100 parts of various alimentary articles. Under the head of carbon is included not only this element, but likewise its equivalent of hydrogen existing in the compound in excess of what is necessary to form water with the oxygen present. (Multiplying the figures representing the nitrogen by 6.5 gives the equivalent amount of nitrogenous matter.)

Material.	Nitrogen.	Carbon.
Lean beef without bone .....	3.00	3.06
Fat beef.....	7.78	29.08
Roast beef.....	3.50	17.76
Lean mutton .....	2.90	4.97
Fat ".....	1.90	31.11
Fat pork .....	1.70	48.90
Veal .....	2.60	15.80
Green bacon.....	1.10	66.80
Dried ".....	1.30	73.30
Ox liver.....	2.80	4.10
Tripe .....	1.95	16.40
Poultry .....	3.20	3.80
White fish.....	2.89	2.90
Eels .....	2.00	30.05
Salmon .....	2.09	16.00
Mackerel .....	2.74	19.26
Pike .....	3.25	11.50
Sardines—in oil .....	6.00	29.00
Foie Gras .....	2.11	65.58
Oysters—fresh.....	2.13	7.18
Lobsters—fresh.....	2.93	10.96
Cheese, Brie.....	2.93	35.00
" Cheshire.....	4.12	41.04
" Parmesan.....	6.99	40.00
" Cream.....	2.92	71.10
" Roquefort.....	4.21	44.44
" Dutch.....	4.80	43.54
Milk, cows .....	0.66	8.00
" goats .....	0.69	8.60
Butter .....	0.64	83.00
Lard .....	1.13	71.14
Eggs .....	1.90	13.00

### CEREALS.

Wheat, hard.....	3.00	41.00
" soft.....	1.81	39.00
Flour, best grade of white, is better than best wheat.		
Flour, Graham, equal to wheat.		
Rye flour .....	1.75	41.00
Barley .....	1.90	40.00
Oatmeal .....	1.95	44.00

Material	Nitrogen.	Carbon
Buckwheat .....	2.20	42.50
Corn, Indian .....	1.70	41.00
Rice .....	1.80	41.00

### VEGETABLES.

Beans, dried .....	4.50	42.00
Peas, " ordinary .....	3.66	44.00
" split, dried .....	3.91	46.00
Potatoes, Irish .....	0.33	11.00
Potatoes, sweet.....	1.50	16.05
Carrots.....	0.31	5.50
Parsnips .....	0.29	9.60
Turnips .....	1.20	5.10
Mushrooms .....	0.66	4.52

### FRUITS.

	Nitrogenous matter.	Sugar.
Apples .....	0.22	7.51
Pears.....	0.26	7.94
Plums.....	0.42 to 0.78	2.25 to 5.79
Cherries.....	0.93 to 1.10	8.00 to 13.11
Peaches.....	0.46	1.58
Apricots.....	0.38 to 0.83	1.14 to 2.73
Grapes.....	0.62 to 0.83	10.00 to 20.00
Gooseberries.....	0.30 to 0.57	6.30 to 8.06
Currants.....	0.35 to 0.68	4.78 to 7.12
Strawberries.....	0.35 to 0.61	3.24 to 7.57
Raspberries.....	0.54 to 0.66	3.59 to 4.70
Blackberries.....	0.51	4.44
Bananas.....	4.82	19.65

### Nitrogen. Carbon.

Figs .....	0.92	34.00
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### NUTS.

Chestnuts, Fresh .....	0.64	35.00
" dried.....	1.04	48.00
Almonds, fresh .....	2.67	40.00

### MISCELLANEOUS.

Olive Oil.....	Trace	98.00
Chocolate, in 3½ ounces .....	1.52	58.00
Coffee, ".....	1.10	9.00
Tea, in 308½ grains .....	0.20	2.10
Beer.....	0.08	4.50
Wine.....	0.015	4.00
Alcohol, absolute .....		52.00

In studying these tables, several practical deductions may be drawn. (1) It is seen that man is not necessarily limited to a small variety of foods in order to obtain the best results, provided he will make a wise selection. (2) That with respect to the true relative proportion of nitrogen and carbon, the cereals and vegetables present materials much more in accord with the right standard than the flesh foods. (3) That wheat, milk, buckwheat, and rice more nearly approach the normal standard than other foods mentioned.

Shall man select his food entirely from the vegetable kingdom, or live on a mixed diet derived from the animal and vegetable kingdom? This in the minds of many is an interesting and important question. So far as the constituent elements needed to nutrify the body in the best manner are concerned, they exist in materials from both kingdoms, with chemical identity, hence, life can be supported by either.

The argument against the use of flesh meats is in brief: Is it right or wise to take life unnecessarily in order to secure certain kinds of food? This question every one must answer for himself, as it is ethical rather than scientific. Undoubtedly, food from the animal kingdom is less likely to be free from deleterious substances than that derived from the vegetable. The manner in which cattle, sheep, hogs, calves, and poultry, are reared, killed, and brought to market, or brought to market and killed, entails greater risk of diseased products than in the use of cereals, vegetables, and fruits.

The statement has been repeatedly made by physiologists and physicians, recognised as scientific authorities, that certain liabilities to disease and contamination, if not actual poisoning, attach to the use of animal flesh as food. In plant life, under favourable conditions, no change occurs for a considerable period of time after maturity. On the contrary, in the animal kingdom, the moment life begins, death also invades the field, and imitates the processes of dissimulation, nerve, muscle, bone, and blood, breaking down into waste, poisonous material, which, if not removed from the body,

would in a short time cause disease, and finally the death of the animal. These products are not only poisonous to the animal when accumulated in the system, but they are poisonous substances in a degree to other animals if introduced into their systems. They exist in form of urea, creatinine, &c., in the partly broken down tissues of the animal, in the lymph, or juice of the flesh, and in the blood. The special fact to be borne in mind is that these substances are found in all flesh, that they are not nutritious, nor in any sense a part of the nitrogenous or non-nitrogenous elements of nutrition furnished by the animal but that they are simply foreign, waste, and excrementitious in character.

The effect of these substances taken with food is to heighten the circulation unnaturally, and excite the nervous system, and it is to these innutritious products that meat owes its stimulating quality. The consequences of excessive meat eating are often clearly observed in certain functional disturbances of the nervous system, and organs of excretion, and also in mental and moral characteristics. The same argument does not hold good in cases of animal products as milk, cream, butter, and eggs.

An erroneous impression has existed, and still obtains with many who are not aware of the facts in the case, that unless meats constitute a generous part of the daily bill of fare, no strength can be gained for working purposes. The particular office of nitrogenous foods is to build up the framework of the body, and maintain its structural integrity, but it is mainly the non-nitrogenous compounds, the starches, sugars, and fats that furnish material for heat and force, and that stand for its working power.

## CONSUMPTION.

MANY of the most important and vital organs of the human body cannot be reached by medicines in a solid, or even in a liquid form. Thus the lungs are shut up in a bony chest, to which access can only be had through the windpipe, the opening of which is closed up by a valve called the epiglottis, so sensitive and so delicately constructed that it will not allow the passage (except by main force) of the most minute crumb, or the smallest drop of liquid.

Every person who has swallowed the "wrong way" the smallest substance, whether liquid or solid, know the feeling of strangulation produced thereby. A man cannot, if he would, voluntarily swallow any liquid or solid into the lungs, or the passage leading to them. Therein lies the true reason why consumption is so often incurable. The classes of diseases known by the name of consumption are essentially of two kinds. One consists of the formation of tubercles—that is ulcers in the body of the lungs—the other is that of inflammation of the lungs, or the passages leading to them. If we could reach these organs directly by medicinal applications, there is no reason why ulceration and inflammations of these organs might not be as easily cured as those of the head or face.

Now, no medicines when swallowed go near the lungs, they pass down the gullet into the stomach. To take pills, &c., with the view of curing consumption is as absurd as to take them to cure a boil on the arm or an inflammation of the eye. Indirectly, proper medicines are aids, and great aids, in assisting to cure these complaints by benefiting the general health and tone of the system, and by enabling it to throw off this insidious disease. The lungs themselves can only be touched in an aeriform, or spiritualised, form, or by the inhalation of suitable drugs, &c.

The above remarks are not made to discourage the afflicted with this baneful disease—that medicine is no use—as before stated, it is (that is, proper medicine), of great use as an aid. Those remarks were chiefly made to guard the inexperienced against the many shameful and barefaced impostures practised by empirics of almost every grade in the present day.

Great care in clothing, guarding against the sudden changes of the atmosphere, strengthening diet, combined by early and skilful medical treatment, are the only safeguards against this, what may be truly and justly called the bane of England.



## CARE OF THE TEETH.

THE most superficial knowledge of hygienic laws will teach the necessity of providing for the future of the child through a proper course of diet. The teeth are but indications of the constitutional vigour of the child; if he be weak and subject to disease, the teeth will be pretty sure to show at an early age the lack of proper nutrition, and general strength will give its corresponding result. It is hardly possible to make pure milk too much an article of food for children—but purity is a very important consideration. In connection with milk, as the child advances in age, plain, nutritious food should be used, and that which is difficult of digestion or has little nutriment should be avoided. Many a digestion is spoiled, and the seeds of life-long misery laid, by the pampering of the child with articles wholly unsuited to its delicate stomach, and which, were it possible to digest them, would add little to the growing youthful tissue. If the mother is in doubt as to what may properly be used as food for her child, let her consult some standard work on hygiene, or her family physician, and watch carefully the welfare of her darling. The elements of strength and soundness of teeth and bone must be supplied through the food.

Reference has already been made to the possibility of nervous derangements, the cause for which could not be satisfactorily explained, arising from affections of the mouth and teeth. These may not only occur from difficult dentition, but are quite as likely to arise from some affection of the tooth pulp, which possibly may give no outward sign of its existence, and which none but a medical attendant may be able to locate. Nervous sympathy is too deep and intricate a question for treatment in the limits of a brief paper, but its possibilities should be borne in mind when an adequate reason for inexplicable disturbances of the system cannot be discovered.

There are numerous irregularities of the teeth which are more or less annoying, in proportion to the prominence with which they force themselves upon the attention of one's friends, or interfere with the proper use of the teeth, but which it is impossible to correct or prevent. There are others which are the result of habit, and may be prevented by care at the proper time. A steady pressure against the immature teeth, such as may result from continued sucking of a thumb or finger, or even a bottle-rubber or a "sugar-teat," which mothers occasionally give their children to keep them quiet, may press the incisors of either jaw outward, so that it becomes almost or entirely impossible to close the lips over them. After the mouth has become firm, and the position of the teeth permanently fixed, there is no cure for this ever-present reminder of an infantile habit, which a little forethought and care could easily have broken up.

An eminent medical authority, treating of the subject of deformities of the teeth and mouth, ascribes much of it to the precocious forcing of the mental traits, while yet the whole strength of the organisation should be devoted to the perfection of the physical structure. During the first seven years, he claims with admirable logic, the brain and nervous system, instead of being forced, should be carefully guarded, and their development rather retarded than stimulated. "Outdoor life, childish pursuits, plain and wholesome food, long periods of repose"—these are his lines of employment for the childish energies.

One of the most common affections of the teeth is tartar, a deposit which comes from the saliva and the various impurities with which it is mingled, forming an adherent crust which may be almost flint-like in hardness, or so soft that it may easily be removed with a finger-nail; the colour, also, may vary from black to white, through nearly all gradations. Where, as often happens, the formation insinuates itself between the gums and the teeth, it may work irreparable mischief, and whenever a deposit is noticed, it should have prompt attention at the hands of the dentist—not only for its removal, but for the correction, if possible, of the cause.

It cannot be too strongly impressed that any

diseased condition of the teeth should at once have treatment, and this for a variety of reasons, not all of which receive the attention that is their due. It is not only necessary in order to prevent more extended ravages, but the general health must unavoidably suffer. The breath of a person with diseased teeth is often so offensive as to sicken those who chance to inhale it, and, of course, correspondingly mortifying to the sufferer. But this is not all, nor the worst. The offensive particles which render expirations so offensive, must inevitably be carried to the lungs, where their effect will as inevitably be felt sooner or later; and mingled with the food and drink, they go to the stomach, whence their rank poison, absorbed into the circulation, permeates the system with deadly influence. How important, then, that cleanliness and constant care of the mouth and teeth should be exercised as a preventive of more serious disorders of the general system.

There are many ways in which injury may be done to the teeth through careless habits. The constant embrace of a pipe-stem (though our lady readers are, fortunately, not smokers of clay pipes) will wear away the teeth to their ruin, while the excessive use of vinegar or other acids will destroy the enamel. Whenever the teeth are "set on edge" by anything taken into the mouth, it is simply the nervous intelligence that the enamel has been attacked, and by so much weakened; and it is well to bear in mind, also, that every injury to the enamel is an injury for all time, since the nutrition of this flinty coating is insufficient to repair any accident or waste.

There can be no doubt that one of the best means for the development and perfection of the teeth consists in the use of such food as requires thorough mastication—in fact the adequate use of the teeth in this way yields a double benefit, since not only is the food fitted for the digestive fluids of the stomach, thus saving from the miseries of indigestion and kindred evils, but the teeth themselves are kept clean and pure by the labour which they perform, and are strengthened in a double measure—through their own activity and from the adaptation of the food to furnish the material of which the bones and teeth are formed.

## NURSING THE SICK.

By SISTER MARY.

WHEN patients leave their beds for the first time it is often advisable to lift or carry them to a sofa or couch, rather than allow them to walk; and this often requires some little ingenuity on the part of the attendants.

Having spread out a thick blanket over the couch conveniently for enveloping the patient without delay, the couch or sofa should be placed with its head close up to the foot of the bed, so that those who are lifting will not have to wheel round with their load, but by moving a few paces to the left or right, as the situation may require, the patient can be borne feet foremost, and deposited in the desired position.

Sometimes a patient may be, from paralysis, prostration, or any other cause, quite unable to help himself in any way, in which case three persons will be required to move him, and should arrange themselves as follows:—One on each side of the bed; that is, if the bed be not too wide, and has not footboard, in such case the bearers will have to take up their position both on the same side of the bed, and on the side nearest the sofa. Where everything is convenient for them to stand one on each side, they should clasp hands; one pair passing round the back, just below the shoulder-blades of the patient, and the other pair under the upper part of the thighs. When both are obliged to be on the same side the one bearer passes his arms under the shoulders, and under the small of the back, the second bearer places one arm under the lower part of the back, and the other arm under the knees; and both shall lift together at a given signal, that the patient shall also understand, the words, "one, two, three—away," being generally sufficient. The third attendant will steady the head, or an injured limb, if there be one, during the transit.

When one bearer can be considered sufficiently strong to lift and carry the patient, as may be the case with children or emaciated subjects, she must pass her arms well under the patient, one below the shoulder-blades, and the other under the two knees, and lift steadily and carry cautiously, not in bangs or jerks.

Sometimes it is necessary to keep the patient perfectly straight and recumbent, as in the case of a broken thigh. The better plan then is to get two long poles, or long broom handles might do, and lay one at each side of the bed, rolling the under sheet and blanket firmly round them. Then four bearers, two at each side, grasp the ends of the poles with one hand each and the centres of the poles with the other. Thus arranged, the patient may be lifted as on a stretcher, and carried to the sofa or couch prepared for him with comfort to himself, ease to the attendants, and safety to the limb.

Perhaps the patient may be strong enough, and otherwise able, to assume a sitting posture and yet quite unfit to walk. In that case he may be lifted and carried by two nurses in the manner known to schoolboys as the "sedan chair." This is arranged by each bearer grasping firmly the wrist of the right arm by the left hand, the backs of both hands being uppermost; passing these locked hands under, and grasping each other's left wrists with the right hands, a square seat is formed, of great power for the purpose of lifting. The patient may then place an arm round each attendant's neck, and the carriage will be complete. The bearers must only advance one foot at a time and be careful to keep step.

The patient may be able to walk with a little assistance. This is readily given by the nurse standing at the patient's side and passing one arm behind his back, and placing her hand firmly on the opposite hip, whilst the patient rests the arm nearest to the nurse upon her shoulders, letting his hand fall forward over the further shoulder sufficiently for the nurse to grasp it firmly with her disengaged hand.

When it is necessary to turn a helpless patient on to his side for any purpose, he should be arranged perfectly straight, with an arm close at each side and the legs fully extended. The nurse then passes both arms underneath him, one in the region of the chest, the other under the hips, so that the hands are well round on the other side. By a firm pulling motion the patient will roll easily over, and the exact position may be regulated with much nicety.

A necessity for the sick-room is a *bed-pan*, and a knowledge how to use it. There are two forms in general use, one being round and the other shaped like a slipper. Either should be covered with flannel, drawn round the edges by means of a piece of tape strung through the hem of the flannel, and tied to the required dimensions, so that the pan is covered without overlapping into its chamber.

The round pan is applied by just lifting the lower part of the back of the patient, and placing it sufficiently far under to prevent it from tilting.

The slipping pan is applied by drawing up the knees of the patient, and passing the thin edge under the body.

After using, they should be removed from the room at once, covered, and conveyed away to be emptied, great care being taken to wash clean by rinsing, and then a little water may be left standing in it, with a dash of disinfecting fluid. This precaution should be especially observed in all cases of infection or fever, when disinfecting fluid should also be added directly to the contents. By attention to such matters as these the nurse declares herself worthy of her vocation; by the neglect of them she plainly declares her incompetence.

Sometimes nurses will keep the contents under the bed for the purpose of drawing the doctor's attention to them when he comes; but as his visits may be irregular or uncertain, such a course cannot be too strongly reprobated. In no case should such an examination, which is oftentimes necessary, take place in the patient's room.

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# ALCOHOL—ITS EFFECTS UPON OUR SOCIAL LIFE.\*

By M. L. HOLBROOK, M.D.

LADIES and gentlemen :—I am asked to give some thoughts on the relation of alcohol to our social life. It is a somewhat difficult task. Nevertheless, something can be learned from history, something from the study of biology and something from such observations as students must make in the study of sociology, a science as yet almost in its infancy.

## WHAT BIOLOGY TEACHES.

Biological studies teach us that the character of the blood influences in a remarkable manner the character of the thoughts, feelings, and impulses which are generated in the brain. If this fluid is abundant and of a normal character, a joyous feeling fills the whole being, and there is a fulness of life, whether the person is rich or poor, cultured or uncultured; the thoughts and emotions are then more likely to be pure and good rather than evil. If there are exceptions, we need not here consider them. Then work is a delight and weariness does not come from long continued toil. If, on the other hand, the blood is deficient in quantity, depraved in quality, and does not circulate properly, the most abnormal mental and moral manifestations may take place. There is then no joy in the heart, nor such fulness and richness of life as ought to be the lot of every animated being, and particularly of every human being. Work, whether physical or intellectual, drags the person down, and every weight, however small, may become a burden.

If in this case the temperament and constitutional tendencies of the person be to vice or crime these phenomena occur at least far more readily than when the tendencies and habits are good and the blood is pure. This is the teaching of experience and also would seem to be in accord with reason.

## THE BLOOD IS THE LIFE.

The same thought is practically expressed in the Bible, when it says the blood is the life, and while this is usually interpreted to mean the physical life, it might also be construed to mean the kind, and degree of moral, intellectual and spiritual life. They are all influenced by the character of the blood, and this is influenced by the character of our food and drink, as well as by the vigour of the digestive organs. It cannot be otherwise. If we consider the anatomical structure of the nerve ganglions or so-called cells that go to make up the brain, we find that a capillary carrying a stream of blood passes close to each brain or other cell, and gives to it a little of the serum containing such nutriment as has been made from the food taken. If we imagine a boat at the dock, unloading a part of its cargo, we can see in our mind's eye, readily, how a nerve cell is supplied with its pabulum, excepting that the blood does not stop at the brains cells but gives off its portion while still in motion. Now, if the blood is loaded with alcohol, some of it passes with the serum directly into and around the cells. Its effects on them, in producing mental or physical manifestations, will depend on the amount of alcohol and upon the temperament and character of the person.

## TWO KINDS OF EFFECTS OF ALCOHOL.

There are two classes of effects, one the physical effect and the other the psychical. The physical effects are paralyzing.

The psychical effects are stimulating to activity.

The psychical effects are immediately, or nearly so.

The paralyzing effects come later, and after the alcohol has had time to penetrate all the tissues of the body and exhaust their natural irritability.

The psychical effects vary with the individual. I have known a sentimental, religious man to pray powerfully under the influence of alcohol. The prayer would not be a logical one, nor altogether rational. I have known a preacher who was in poor health and low-spirited take a little whiskey just the right time before his

sermon, and think he never preached so well, I once knew a temperance lecturer who took the same means to lash into action his intellectual faculties, jaded by overwork, insufficient sleep, and unsuitable food. That our politicians and statesmen do the same thing is notorious. Alcohol also sometimes opens the heart and may make one benevolent. Business men understand this, and when not swayed by ethical sentiments, gain advantage over customers by first giving them wine. Brutus says to Cassius, "Give us the bowl of wine, and we will forget all unkindness."

## EFFECTS ON LOWER FACULTIES.

But if alcohol stimulates to activity the moral and intellectual faculties, as it does in some temperaments and conditions, it in a far larger degree excites those functions which we call lower, and especially the combative and also sensual tendencies. The reason for this is that these functions are in a majority of persons more exercised and more easily brought into activity. Their condition is one of more unstable equilibrium. There is no doubt more blood sent to the centres that produce them. The result is that fighting and brawling have ever been associated with intemperance, and wine and women associated in song. Socrates hints this when he says to Critobulus, "Suppose we desire to choose a worthy friend, one on whom we can always rely, what would be our method of procedure in this matter? Should we not beware of much addicted to high-living, to wine and women, or of a lazy disposition, since enslaved to such vices, no one can be of use to himself or to another."

## WINE AND WOMEN.

One gets practical proof of this if he travels much in France and Germany, and finds himself thrown into the society of officers of the government, or of the army, or men of wealth and idleness, who spend much of their time in saloons or wine rooms and among those of criminal habits—what does he hear among those persons whom Nature has endowed with strong bodies and for whom culture has or might have done so much? Is the conversation devoted to moral and intellectual subjects. Does philosophy, philanthropy, or science come in for a share of the conversation? Is human progress and human perfection a subject for discussion? Is even the subject of a purer and nobler politics the theme of men who ought to be earnest and honest patriots in word as well as in deed? Are spiritual themes given any thoughts? Not at all. One of the chief topics of conversation with the wine taken is woman. But is it conversation concerning woman's virtues, her heroism, her self-sacrifice, her rights as a human being, her grand mission as a mother of the human race, as an educator and conservator of all that is good and pure and noble, and as an important factor in progress in art, religion and science? Nothing of the kind. The talk may be of war, of political intrigue, but it is also largely of woman as an instrument for the gratification of man's passion. Her beauty, her physical charms, her hot blood, her passion and power to excite passion in others. In this kind of talk, European men are far worse than Americans (though to their credit be it said they do not converse on these themes before the young) and this I attribute largely to the greater consumption of wine. We shall come to it eventually if we go on as we are going. Indeed we have already done so among those who make merry over the festive bowl. It is a serious matter in Germany how this evil is to be overcome. The Emperor recognised it and his suggestions concerning the evils of beer drinking, which a year or two ago called out so much opposition among Germans, were aimed at those foul dens where drunkenness and unchastity were stalking hand in hand on the road to physical and moral degradation.

## HOW ALCOHOL AFFECTS WOMEN.

Let us now turn the tables, and see how alcohol affects woman. It affects her worse than man. Woman is naturally modest and virtuous. The tendencies of evolution are to weed out at least the worst of those who are not so. Good men love and praise these two virtues. Women who are not modest and virtuous are excluded from the society of the good. They must find associates among their own kind. Did ever a sensual woman receive the

plaudits of the noble, or the high esteem of either sex? The moment a woman ceases to live a pure life she becomes weak. There is immense strength and power in purity, purity of heart, purity of life. But alcohol takes away these virtues from women. There is an proverb, "Wine makes a woman immodest." The Talmud has a saying :—

"One cup of wine is good for a woman. Two debases her; when she has taken three she acts like a strumpet." In ancient times when women lived more out of doors and was very robust in body, one cup may not have been enough to make immodest, but in our time it often does. It is by means of wine, alas, that women too often lose their virtue. Mr. I. Wilson, overseer of St. Margaret, says :—"The women here almost, if not always, attribute their downfall to the excitement of liquor. The saloon is the mainstay of the sensualist." Women could not be kept in brothels without ardent spirits to lower their love of virtue, and to take away their will power which enables them to resist temptation. And after her fall, as one writer says, "she drowns her remorse in drink."

## PREVENT.

A great poet has said :—

"Prevent! Spare useless labour, idle breath;  
Close up the drinking dens by night and day;  
So shall you find the prize you seek is won,  
And more than half the work of mercy done.

"Contrast with this, the maiden in her prime,  
Ere sin and grief had done the work of time.  
The artist takes his theme from long ago;  
'Tis truth to-day; and it was always so:  
Lust and corruption thrives where taverns  
flourish; there  
Sin opens hell gates to the young and fair."

## THE HUMAN RACE NOT IMPROVING AS IT SHOULD.

One word more and I will close. Some of our modern writers have recently hinted that the race is not improving as fast as it might. Even Darwin, that most hopeful of men, intimated that in our age the law of natural and sexual selection has been set aside to a very great extent, and that the vicious and intemperate and incompetent are leaving more descendants than is compatible with the interests of the future. Other writers have hinted at remedies which are not only unpracticable, but some of them almost revolting. Mr. Alfred Russel Wallace has, however, put forth some suggestions which are certainly worthy of consideration. He believes the time has come when man may take a greater interest in his own improvement through what he calls "human selection," which I take it is in part, at least, to supplement natural and sexual selection. We cannot enter into his argument here, but one of his strong points is that women should decline to marry men who are intemperate, impure, and sensual, demanding that they shall be pure and strong, and that men shall act in the same way in their choice of wives. If we reason from analogy, this certainly would give us a better race of men and women in the future. We know that alcoholic drinks indulged in by either sex to any considerable extent promotes sexual excesses, and we know that it may saturate the germs which are to produce a living being, and that either of these things tends to lower not only the chances for begetting the best children, but sometimes gives them a bias to evil which is truly appalling. In view of this fact, we will not go far wrong when we insist that the future fathers and mothers of the race, if they wish, as indeed they will, to give to the world nobler sons, and more queenly daughters, shall themselves be pure, strong, and noble in the highest sense in which we can use these words.

IS BRITISH SPORT DYING OUT? has often been a question for discussion, and it is very satisfactory to know that a negative answer can be given. The physical condition of Englishmen has improved during the past half century, and the cause of this satisfactory change is attributed to the better style of living which has been adopted by all classes. Men are more temperate, both in eating and drinking, and, above all, the system is kept in tone and the blood purified by medicines of sterling worth, such as Holloway's Pills and Ointment. The taste for sport will never die while people use these remedies, which will cure or relieve any complaint, and give strength in place of weakness.

\*Read before the World's Congress for Social Purity, in Chicago.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**BOILED MACARONI.**—Break sticks of macaroni into pieces about an inch in length, sufficient to fill a large cup, put it into boiling water, and cook until tender. When done, drain thoroughly, then add a pint of milk, part cream if it can be afforded, a little salt, and one well-beaten egg; stir over the fire until it thickens, and serve hot.

**MACARONI WITH TOMATO SAUCE.**—Break a dozen sticks of macaroni into two-inch lengths, and drop into boiling milk and water, equal parts. Let it boil for an hour, or until perfectly tender. In the meantime prepare the sauce by rubbing a pint of stewed or canned tomatoes through a colander, to remove all seeds and fragments. Heat to boiling, thicken with a little flour; a tablespoonful to the pint will be about the requisite proportion. Add salt, and, if desired, a half cup of very thin sweet cream. Dish the macaroni in individual dishes and serve with a small quantity of the sauce poured over each dish.

**BREAD.**—Two quarts of entire-wheat flour (before sifting), one quart of water, one-half cupful of sugar, one-half cake of compressed yeast, a little salt. Dissolve the yeast in part of the water, stir the sugar and salt into the flour and add the yeast and remainder of the water. Stir well with a large spoon and set in a warm place. When the dough has risen to twice the original amount, stir down and put in tins for baking, allowing it to rise a second time. It requires longer and slower baking than white bread to develop the rich, nutty flavour of the grain, but no definite directions can be given, since the size of loaves differ so much. Bake a full hour or even longer if the heat is a little slow. This quantity makes two loaves of bread. In hot weather less yeast will be needed if the bread is allowed to rise over night.

**STEAK PUDDING.**—Line mould with thin suet crust. Cut three quarters of a pound of rump steak in slices. Dip them in pepper and salt, lay in a dish, filling up centre with oysters, or mushrooms, wet with good stock. Tie the dish in a cloth and boil three hours.

**ENGLISH STEW.**—Cut up three pounds of rump steak. Dissolve four ounces of beef extract in one quart of water, add beef, and stew two hours. Season with cayenne, salt, grated rind and juice of half a lemon, one tablespoonful of cornstarch wet with three tablespoonfuls of mushroom catchup, one teaspoonful each of soy and Worcestershire sauce, and one glassful of port. Stew fifteen minutes.

**STEAK BALLS.**—Broil slightly two pounds of lean steak. Chop fine; add one tablespoonful each of flour and milk, and seasoning to taste. Fry in hot fat. Serve with a sauce.

**ROLLED STEAK.**—Beat a round steak and spread with forcemeat. Roll up and tie. Put in a pan with a little water, bake tender, basting often. Thicken gravy with browned flour wet with a little water, season; add ketchup to taste. Cut string.

**SPONGE PUDDING.**—Line a basin with apricot preserve, strew the preserve thickly over with browned sponge cake crumbs. Make a custard of two well-beaten eggs to half a pint of milk, season with grated nutmeg, sweeten with refined sugar, and flavour with orange-flower water or essence of violets (ground orris root). Pour carefully in. Steam or boil for one hour, and serve with scalded cream.

**SAVOURY BREAKFAST SANDWICH.**—Pound together to a smooth paste one part of fresh butter and two parts of grated Parmesan or thinly sliced Cheshire cheese, and made mustard to taste; butter some thin slices of bread with this mixture, and lay on half of their number a thin slice of ham, smoked beef, bologna sausage, or any other cured meat. Press the rest of the cheese, spread bread on the above, cut them into neat little sandwiches and serve on a bed of mustard and cress.

## HINTS FOR THE HOUSEHOLD.

**CARE OF UMBRELLAS.**—After coming in out of the rain, let the umbrella down and stand it on the handle that it may dry in this position; the water will thus drip from the edges of the frame, and the cover dry uniformly. When placed with the handle upwards, as is frequently done, the water runs to the top of the umbrella, and the moisture is there retained in the lining underneath the ring for some length of time, causing the silk or fabric with which the frame is covered to become tender and soon rot. A silk umbrella is much injured by being left open to dry, the silk becomes stretched and stiff, and will soon split, thus cared for. When not in use let the folds lie loose, not fastened down; the creases are less apt to split from this usage.

**WINDOW CLEANING.**—To begin with, have the windows thoroughly dusted every day when the rest of the room is done—window sills, ledges, sashes and all; the gas burned in the room gives off carbon, alias smuts, so of course in winter does the fire, and this together with the dust all lodges in the window. Naturally this is specially the case in winter—a time when window cleaning is particularly inconvenient. It stands to reason that if the windows are thoroughly dusted regularly they will not require to be washed or cleaned nearly so frequently. When the cleaning is inevitable, have ready a muslin bag full of whiting and two wash leathers. Dust the glass thickly with the whiting, then rub it off thoroughly with a damp—not wet—leather, and finally polish it well with a clean, dry one. This is a method pursued by workmen when cleaning the windows of a new house, and gives a polish unknown to the glass washed in the ordinary way. Another excellent method for giving brilliancy to glass is to dampen a cloth with spirits of wine, rub the glass well with this, and then polish as before with a clean, dry leather.

**PASTE.**—For ordinary purposes, paste consists simply of flour made into a thin cream with water and boiled. It then forms a stiffish mass, which may be diluted with water so as to bring it to any required condition. It is sometimes of advantage to add a little common glue to the paste. Where paste is kept for a long time, various ingredients may be added to prevent souring and molding. A few cloves form perhaps the best preservative for small quantities; on the larger scale carbolic acid may be used; salicylic acid is also a good preservative; a few grains added to the freshly prepared paste will entirely prevent souring.

**ETHER** will take out water marks from silk. A LITTLE paraffin rubbed on screws will make them enter wood more easily.

**MADRAS** muslin or printed frilled curtains are effective bedroom draperies and are much sought after by reason of their artistic colouring.

**NERVOUS** headache may be greatly relieved by the application of hot water to the temples and the back of the neck, particularly if a hot foot bath is used at the same time.

**CARPETS.**—To remove stains from carpets employ benzine, the purest kind obtainable at the chemists, rub well into the stain with a clean linen rag, allow it to dry, and repeat the application till the stain is removed. The benzine will not injure the colour of the carpet in the least; but if very extensive stain occurs, the breadth should be taken out and sent to a cleaner.

**TRAT VEXATIOUS LAMP-WICK.**—Sometimes the lamp-wick obstinately refuses to be turned up in the ordinary manner. It will seem firmly wedged at one side, while the other one runs up in a point, causing weariness and vexation of spirit. To overcome this depravity, take a new wick, draw out a thread near the selvage, and the wick will be found quite tractable when introduced into the burner, the cogs will take it up properly, and it will appear in good form, and give an even flame when lighted.

**STRIPS** of soft filtering paper soaked in a solution of salicylic acid and worn next to the

skin after drying, are recommended for perspiring feet.

"DON'T bite your thread, it is silk," was the warning a medical man gave a young woman the other day, who, intent on her fancy work, was snipping off with her teeth the frequent ends of silk her work produced. Serious cases of lead poisoning have resulted from the practice, as silk thread is soaked in acetate of lead to increase its weight.

"TRUE AS PREACHING."—What is the use of worrying at what angle a chair stands in the room, so long as the chair is a comfortable chair? We have known a poor tired woman to walk upstairs and downstairs, and into every room in the house, simply to make sure that every shade was pulled just so far down in each window, so that it would look nice from the outside: then she was too tired to go out that afternoon. Was it worth while? Hardly. True, there some people who never so happy as when they are miserable, and are never so content as when they are finding fault. Have we not known housewives, blessed among women, who, when they cleaned, were never so wretched as when they could not get more than half a dustpanful of dirt after sweeping a room? Rip Van Winkle's wife burst a blood-vessel in scolding the pedlar who crossed the freshly sanded floor. She cared about the floor; the pedlar didn't. She died; the pedlar lived.

**TO MAKE SHOES LAST LONGER.**—In the first place, as soon as you come in from bad weather, take off your shoes and fill them with dry oats, which will quickly absorb all the moisture and prevent the leather from losing its shape. Be particularly careful not to put your shoes near the fire. The next day take out the oats, which may be dried and made to serve again. If you do not like the idea of using oats, stuff your shoes with fine paper, which answers the same purpose. Paraffin will soften leather which has been hardened by water and restore its suppleness. A mixture of cream and ink is an excellent thing to rub on ladies' fine kid boots. To keep your shoes from creaking, rub the soles with linseed oil. You may do this more thoroughly by letting the soles rest on a dish containing a little of the oil, which will be absorbed by the leather, and in addition to stopping the creaking, will make the shoes impermeable to snow and water. Another way to keep out water is to heat the soles slightly, then rub them with copal varnish and let them dry. Repeat this operation three times and you can go into the wet with impunity.

## THE GRAPE CURE.

**NOW** that the season for grapes is upon us it will be well for those who need it to give some attention to the grape cure.

An important part of the grape is its sugar, which may be as high as thirty per cent., or as low as five per cent. The warmer and drier the weather at the time of ripening, the more sugar in the grape, and the less acid it is found to contain. There is a small quantity of albuminous matter in the grape, similar to the albumen in the blood, also some gum and dextrin. The mineral constituents are tartrate of potash, soda, phosphoric acid, lime, magnesia, and iron. From seventy to eighty per cent. of the grape is water. . . . The physiological effect of the grape is significant. Eaten with other suitable food in quantities from one to two pounds daily, they increase nutrition, promote secretion and excretion, improve the action of the liver, kidneys, and bowels, and add to the health. The sugar of the grape requires no digestion, but is taken almost at once into the blood, where it renders up its force as required; so, also, of the water. . . . Eaten moderately, with a suitable diet, they will not produce cathartic effects, but a more natural action of the bowels, so important to health; or if eaten in large quantities, they are generally laxative. As soon as this occurs obstructions disappear, and a feeling of comfort arises which is very gratifying to the sufferer.



# THE MOTHER'S PAGE.

## THE ART OF SAYING "NO."

WAS sitting with a friend, a mother writes, when her twelve-year old boy sprang into the room, eager and impetuous. "Mother," he shouted, "can I go out swimming this afternoon? All the fellows are going."

The mother quietly shook her head. "I am sorry," she said, "but you cannot go." The boy did not see me in his absorption, and he straightened himself defiantly. "I must go," said he.

Instantly a look of reproof and command came into the mother's face, and she silently looked her boy in the eyes.

He softened at once. "I want to go awfully," said he.

"I know it," she answered gently, "but your father has decided that you are not a good enough swimmer to go into the water without him, and he cannot go with you this afternoon. Here is Miss B.," his mother added; "cannot you go and speak to her?"

He gathered himself together and came and shook hands with me politely, but all his bright, eager looks had vanished. He was plainly bitterly disappointed. He went and sat down in the garden for some time in silence. Finally he came in again.

"Mother," said he, "I don't believe Harry Hotchkiss can go swimming either. If I can get him, may we go over to Pelham Woods together?"

"Oh, yes," answered his mother, cordially; "and there are some nice ripe apples. You may take some for both of you."

Tom's face grew brighter; he made a plunge for his mother, and gave her a hug which disarranged her hair and crushed her neck ruffle entirely. "Mother," said he, "I do love you."

"So do I you, Tom," she answered quickly. And then Master Tom dashed out of the room. I have since watched other mothers to see what their methods of refusal were.

"No; you cannot."

"No; and don't you ask me again."

"No; and stop teasing."

"No; and do go away somewhere."

"No; and when I say no, I mean no."

These forms of refusal were common in a number of families. I heard them repeatedly, always spoken in an irritated tone; and I heard one mother say, "No; and if you ask me again I'll whip you."

How could I show that mother that she was mistaken?

I am sure that children can be taught that it is just as necessary to obey a pleasant "No" as a cross one, and it is so much easier for them when they are refused kindly. The spirit of combativeness is not aroused, and all they have to do is to bear the disappointment whatever it may be, which alone is hard enough for their eager little hearts to endure. But if they love you and trust you, and you give them as much sympathy over their trouble as you would for a cut finger, for instance, you will be surprised at the brave way in which they will resign a forbidden pleasure.

"It is easy to mind Aunt Margaret," I heard a girl of twelve say not long ago.

"She says 'No' just as pleasantly as she says 'Yes.'"

Is it not worth while for busy preoccupied mothers to thus make it "easy to mind" them as far as possible?—*Christian Globe*.

## WOMAN.

IN every known country in the world woman is looked upon from a different point of view: her status has been graphically and tersely defined by Madame de Lambert, who expresses herself thus to her compatriots:—

The one most indefinable being in the world is woman. Carry your thoughts over the

different nations of this globe and you will not find two alike in their ideas on that subject.

In Africa woman is a slave cringing under a savage master.

In India and China she is an animated machine, wound up simply to minister to the pleasure of some ugly, baboonish man.

In Turkey she is a pretty, jewelled plaything (generally bought in the market), easy to lose, and, therefore, has to be kept under lock and key.

In Spain she is somewhat of a dangerous enemy, whom it is advisable to shut up now and then.

In Russia she is a sad, miserable companion, whom it is considered good to beat from time to time.

In England she is on a submissive equality, esteemed, admired, and loved.

In Poland she commands.

In France she is adored as a divinity, and Madame Lambert winds up this definition with the remark, "French women are consequently not the most to be pitied."

\* \* \* \*

## INFANTILE CHOLERA.

PERHAPS the most important, because the most perplexing disease of summer, is that of infantile cholera.

Infants from six to twelve months are the most ready subjects, but it may occur at any age up to two years. Those fed artificially are the greater victims—heat and foods being the two great common factors in the causation of the disease.

The onset of infantile cholera is sudden, whether it occurs in the midst of health or in ordinary diarrhoea.

The stomach soon becomes intensely irritable, and everything swallowed is ejected. The appetite is lost, but there is great thirst; the tongue dry and pasty, the abdomen placid, restlessness, the breathing is irregular, and the urine suppressed. After a few hours the infant melts into a mere shadow, with pale face, pinched eyes, sunken cheeks, and eyelids only partially closed when sleeping; the muscles grow soft and flabby, extremities cold, thready pulse, drowsiness, apathy, and collapse.

In the stage of collapse, heat to the spine, or heat and cold in the form of a spray, or hot and cold sponging, gives great relief. If the patient requires stimulating, mix five drops of brandy in a tablespoonful of water, and give one teaspoonful every fifteen minutes. Send for medical aid at once; remember that there is no time to lose in waiting. The baths, drink, and enemas are what you must depend upon.

If foods and heat are the causes, the first duty is special attention to these. Children should have only what Nature has furnished in the way of food. The mother's milk, if normal, and the child kept cool, not exposed to the excessive heat or sudden effects of cold, it is not likely to take infantile cholera. If fed on the bottle, then comes the great problem, what to feed? Some children, healthy and with good digestion, scarcely sicken on anything. Some are fed on cow's milk, diluted or undiluted, oatmeal, condensed milk, &c., and a mother so fortunate as to get her child through on this roughness will boast of her success. Oh, the ignorance displayed in some cases? It will not do to take such risks. If a child has infantile cholera, what shall we feed? We answer, nothing but the breast of a healthy mother; but we are met with the remark that babes are not all so fortunate as to have mothers. Then get a wet nurse, and if not, then you must feed artificially. Now what? Infants are not nourished by what is swallowed, but by only what food is digested and assimilated. They differ in digestive power, and the difficulty therefore lies in inability to formulate a food applicable to every case. As age and strength increase, there is a corresponding

development of the gastro-intestinal functions and a call for stronger food. As the system reduces by disease, the digestive function is correspondingly reduced; and the impairment may be so great as not to admit of the simplest nutrient material. Strength of the constitution depending upon the digestive and assimilative powers, the patient must soon yield. An infant may, therefore, starve to death when nutritious elements are given, but vomited, or passing through whole; on these accounts many changes of diet, both in quality and quantity, must be anticipated and made.

As this lesson cannot be fathomed, it is the safest plan to keep close to what Nature has designed for the general nourishment of the infant. If, then, a mother's milk cannot be had, its qualities and quantity should be accepted as a standard.

Infants have but little secretion of saliva during the first few weeks. The secretion of pepsin and acid is fairly well established; the secretions of bile is considerable in quantity; the pancreatic secretion is very poorly developed in early life. Fats are fairly digested, cane sugar poorly, starchy foods are an abomination in feeble digestion. The formation of acids in the alimentary canal is likely to become excessive whenever foods cannot be digested; fermentation is the result, giving rise to irritation and diarrhoea.

Manufacturers of infant foods have sought to overcome the defects of cow's milk and to give us artificial foods as near like the natural as possible. Much credit should be given these firms for what they have done. Some babies do well on a certain kind, while the same food will not agree with others. As to these foods, we are guided by selecting that food having the nearest analysis to mother's milk; but we have tried one and then another, and another, until we find none that will answer in all cases.

The following is a good preparation for a child twelve months old:—

Milk six tablespoonfuls, cream one teaspoonful, lime water one tablespoonful, sugar of milk one teaspoonful.

Lime water may be used in amount according to the excess of acid fermentation. Some recommend as high as one-half to milk, but large quantities may irritate and do damage, especially a constant use. One-fourth or one-eighth is in most cases sufficient. Lime water contains only one-half grain of lime to the ounce.

We often abandon all milk foods and use mutton tea, perhaps a teaspoonful or two of cream in it. Thus you can see we exercise great care and am governed much by the condition of the child's stomach and bowels. Giving any kind of milk foods, and curds pass the bowels, that food must be withdrawn or peptonised.

## \* \* \* \* WHAT TO TEACH OUR BOYS.

NOT to tease girls or boys smaller than themselves.

When their play is over for the day, to wash their face and hands, brush their hair, and spend the evening in the house.

Not to take the easiest chair in the room and put it directly in front of the fire, and forget to offer it to their mother when she comes to sit down.

To treat their mother as politely as if she were a strange lady who did not spend her life in their service.

To be as kind and helpful to their sisters as to other boys' sisters.

Not to grumble or refuse when asked to do some errand which must be done, and which otherwise takes the time of someone or other who has more to do than themselves.

To take pride in having their mothers and sisters for their best friends.

To try to find some amusement for the evening that all the family can join in, large and small.

To take pride in being gentlemen at home.

To cultivate a cheerful temper.

To learn to sew on their own buttons.

If they do anything wrong, to take their mothers into their confidence, and, above all never to lie about anything they have done.

**STEEDMAN'S Soothing Powders for Children** cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere. Please observe the *EE* in Steedman.

**TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES** quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1d. and 2s. 9d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, R. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.



## "THE SKULL AND THE BODY."

### A HIDDEN DEED,

THE

### MYSTERY OF GRUNDY SQUARE.

By T. HUGH BRYANT.

*"Please send the body immediately. Be careful how you pack the trunk. Hide the deed, if possible; but on no account leave out the skull, as you suggested."*

"HORRIBLE! What are we to do?" cried Mrs. Chevalier, as she perused the above sanguinary missive, and then passed it on to her equally horrified spouse, who in his turn ejaculated, "Horrible! Ghastly!"

"The letter, of course, is mis-directed, and is intended, doubtless, for the new people at '32'; unfortunately, they are named 'Chevalier,' also."

"I think, my dear, we had better communicate with the police at once," cried Charles Chevalier when he had sufficiently recovered from the shock caused by the reception of this horrifying epistle.

"Decidedly, dear," assented Mrs. Chevalier. "If a dreadful crime has been committed, we may be the means of bringing the criminals to justice—but we shall have to move out of the Square, as our names being the same, people will not trouble to inquire whether it was at 22 or 32 that the ghastly deed was done, and we should be marked people for the rest of our lives."

"Nonsense!" replied the more matter-of-fact husband. "If one of these people has committed a murder, he or she will be caught and hanged, thanks to this letter" (tapping it satisfactorily).

"I consider it quite providential that it has fallen into our hands. There is some chance now of one of the many undiscovered crimes that are daily being committed in our midst coming to light at last. Percy Chevalier, I believe is the name of the man living at 32," continued Mrs. Chevalier, "as letters have come here before; he is in some mysterious kind of business, for I often see the telegraph boy going in there, and he also visits the solicitor living opposite almost daily."

"Ah!" Mr. Charles Chevalier, having delivered himself of this portentous monosyllable, resolved to proceed straightway to the police station, and disgorge his news.

The sergeant was delighted with the case; not only were visions of future inspectorship floating in his mind, but also the prospect of an exciting episode in the somewhat too respectable and highly decorous town of Tonbridge. No such vulgarities as murders or divorce cases ever disturbed the placid monotony of existence in that excessively genteel spot.

The Chevaliers of 32, Grundy-square had already been subjected to the suspicious eyes of the inhabitants, as no one but the landlord of the house knew anything about them, and as this worthy was a close-listed, excessively unpopular solicitor, no one ever thought of asking him questions about such a personal matter as the respectability of his tenants.

"We must watch the house—both the wretches (meaning Mr. and Mrs. Chevalier) are implicated in the atrocious affair," said the inspector, when the letter was shown to him. "This (holding up the epistle) evidently comes from the husband in London to the wife. He, or both of them, have murdered some poor thing who has in some way injured them or stood in their path, and he has gone off to London to find some place of security in which to dispose of the remains. The address on the box or package will give us some clue to his whereabouts. As you see, he is sharp enough not to have written an address in his letter."

"What will you do?" asked Chevalier, with some concern.

"There is only one course for us to adopt," replied the inspector. "To follow the track of the parcel or whatever description of package that leaves 32, Grundy-square."

"How is Chevalier of 32 to know about sending a parcel," queried Mr. Chevalier, of 22, "unless the letter is delivered? We had better put it in another envelope and re-address it."

"A good idea! It shall be done."

Accordingly, for the next few hours, Mr. and Mrs. Charles Chevalier and the police officers were on the highest pinnacle of expectant excitement. About nine o'clock the next morning Mrs. Chevalier's clear voice was heard calling upstairs to her rather belated husband: "Charles, Charles! come down quickly—here it is!"

Charles bounded downstairs, and took up his position behind the drawing-room curtains, his toilet being still rather incomplete. A huge American portmanteau was being hauled into the railway van.

"The thing is large enough to hold a whole family!" said Mrs. Charles. "I wonder how many poor things are inside?"

"Don't be silly, Annie! Didn't the man write in the singular number: 'the body' and 'the head'?"

"Oh, yes! I forgot."

"Now I'm off! I want to get to the station in time to see the address."

"Silly boy!" laughingly said Annie. "Are you going like that?" alluding to his lack of coat and collar."

"No, dear, of course not." He was already half way upstairs again; returning, however, in a few seconds, he said, "Don't wait breakfast if I'm not back in half an hour. Here's a piece of luck—a hansom passing. Good-bye, darling, for the present." And away he bolted.

Grundy-square was not far from the station, and Charles Chevalier found the inspector and sergeant of the police awaiting the arrival of the van, as a detective had told him the "box" had been fetched away from the house.

At last the van arrives—now for the address:—

"Miss Chevalier, 44, Dalrymple-street, Mayfair."

"Ah!" said the inspector.

"What do you think of it?" enquired Charles, in a stage whisper.

"Complicity!" was the curt reply. "However, I have wired to Scotland-yard, and the box will be handed in to the house by detectives. Miss Chevalier, if there is such a person, will be arrested at the same time as Mrs. Percy Chevalier here."

The huge portmanteau was duly consigned to 44, Dalrymple-street, Mayfair, and opened in the presence of two detectives, Miss Chevalier standing under arrest and looking on at the unpacking.

The first thing they came upon was a quantity of lace.

"Do you think I have been smuggling all these things from Paris?" said Miss Chevalier, with a laugh.

"All impudent bravado," thought Detective Hughes, not deigning a reply. Next came a very stylish body of an evening dress; then a very peculiar bag which contained a lot of manuscript paper and several microscopical slides; then several books upon different medical subjects—then they took out the tray.

"Oh! please be careful, or you will break the skull!" cried the girl, as the men began to overhaul the contents rather roughly.

"What?"

"The skull! There is a skull in that box, and several other human bones!"

"Yes, sure enough, here it is," exclaimed Hughes, as he came across a hard square box. Having received this timely caution, he lifted it out with care. There, most carefully and securely packed in this wooden box was—not the severed head with probably distorted features, that the detectives longed to discover—but an ordinary skull used by students when studying anatomy. The men were dumbfounded, and looked at one another with decidedly sheepish countenances.

"Well, now that you have saved my maid the trouble of unpacking that trunk, perhaps you will be good enough to favour me with the particulars under which I have had the pleasure of receiving an introduction to you?" asked Miss Chevalier, with eyes which were literally scintillating with laughter.

"We are only acting under instructions," sulkily replied Hughes, mentally vowing vengeance on the Tonbridge superintendent for sending him on this fool's errand.

"Whose?"

Hughes thought the simplest way out of the difficulty in which he found himself was to relate all he knew. Miss Chevalier simply screamed aloud when she heard the interpretation that had been put upon her brother's letter to his wife.

"Percy, Percy!—come here!" she shouted to her brother, who had just entered the front door. "Isn't this amusing! What an idiotic letter you must have written to Edmée—and put the wrong number also. These people have come to look for 'the body, the trunk, and the skull'; and you told her to conceal 'the deed,' so she put it into the box with the skull."

\* \* \* \*

For the enlightenment of the uninitiated, suffice it to say that "the body" was one left behind by Miss Chevalier at her brother's house upon her last visit, and which she requested might be forwarded in "the trunk," with her nephew's medical books, microscopical slides and "skull" (he having only recently joined a London hospital), and "the deed" was a wedding present for Miss Chevalier, of freehold land from her eldest brother; but as he did not wish his other brothers and sisters to know of the transaction he requested his wife to conceal it, fearing that if any of them were present when the trunk was opened, their natural inquisitiveness might lead them to ask what the parchment was, thereby occasioning some little unpleasantness, as the property in question being situated in a very desirable and fashionable part of the town, was much coveted by them all.

"Well, after all said and done," laughed Percy Chevalier, when he heard the news and the apology of the detectives, "there's no help for it; the police can do no wrong, and there's no remedy for us, so we must make the best of a bad job—anyhow, it will do for a plot for my next novelette."

## DANGER IN WET CELLARS.

SCARCELY anything is more prejudicial to good health than wet cellars. Rheumatism, bronchitis, pneumonia, and malarial affections, including neuralgia and sciatica, are some of the dangers to be apprehended. Damp cellars mean foul and noxious air, and should be sedulously avoided. Now, before the rains come, while the water or moisture is considerably below the surface, is the proper time to prevent these evil influences. Drain tiling, laid outside and a foot below the base of the foundation, and running diagonally across the cellar, and connecting with the outside drains, and thence leading to the street drain or some low ground, is the best and perhaps the only safe way to drain, not only the cellar, for a foot below its surface, but the outlying ground for several feet in all directions from the house. This drain, while having a free outlet, should furnish no opportunity to put into it anything but what is extracted from the soil. It should never on any conditions have any connection with sewage, nor receive any kitchen slops or surface water, and should be well below the frost line. If possible, the cellar floor and the sides of the wall, as high as the surface of the ground outside, should be well cemented. It is well, owing to the great porosity of brick, if used for foundation walls, to have intervening layers of cement, so as to prevent, as far as possible, the upward passage of the water by absorption. This drain should be laid as far as possible from the well, lest in some way its contents should be emptied in the well and contaminate the drinking water. The expense of such drainage and wise precaution would be but a trifle—especially if, by its neglect, a protracted sickness, with its doctor and nurse bills, and eventually a funeral, should be prevented.

The soundest wisdom and strictest economy favour the adoption of all measures that lessen, or reduce to a minimum, the dangers from preventive diseases.



## PHRENOLOGICAL DISCUSSION.

A REVIEW BY "H., M.D." OF THE LETTERS THAT HAVE APPEARED ON PHRENOLOGY.

I MUST be excused for not reverting again to the letters that appeared in the FAMILY DOCTOR for July 22.

"Prof. Max Millar!"—Professor of what and where? This critic of my original article ventures to assert that Phrenology is a "true science." Assertion, Sir, is not proof, and as an argument an assertion is not worth the waste of breath that it took to utter it, unless bolstered up by facts. The Professor then gallantly tries to shield himself behind physiognomy, but *physiognomy* is not *phrenology*; I said nothing about it. My critic goes on to blow his own trumpet, and tells us how he has examined "clergymen of the Church and Nonconformists, doctors, lawyers, and all classes of men." No doubt. Carlyle once said something extraordinarily pungent, and perhaps a little rude, about "mostly fools." The Professor in his last paragraph having blown his own trumpet, sounds forth the praises of Phrenology, and then finally ventures on a prediction, which I trust will turn out all right, for the Professor has adopted the course of a wise man, and left all attempt at serious argument alone, for the case does not admit of it.

"T. G. Roscoe" is rude, and doses me with plenty of advice. He tells me that I have "made a mistake in rushing into print," and, furthermore, "that doctors are a mistake to themselves, and their past history has been characterised for blindness and stupidity." This kind of nonsense is best left unwritten. Chaff is allowable, but vulgar abuse I cannot notice, and I leave his letter to the judgment of his betters, my readers. There is not one word of serious argument in it. He found out what everyone must have seen, that by an accident an "organ" was wrongly named. A mistake I regret, but which I did not observe until too late to rectify.

"J. Moon" is too involved in his expressions on paper to follow clearly. He seems, from what I can gather, to argue as much one way as the other. He tells us it will puzzle me to "tell what temper is in its varied aspects." I decline the puzzle. It has nothing to do with my position *re* Phrenology, and the same may be said of "does not mean to infer—he cannot mean that a knowledge of ourselves will give a knowledge of tendencies and character." I never said it would, or would not. I did not infer it, or suggest it. I trust this disclaimer will satisfy my critic. "Can anything be learned well or acquired without application?" asks "Mr. Moon"; and he goes on to express his great astonishment that a medical man holding this up as a loophole for the phrenologist. But I never said anything about the matter. I am afraid "J. Moon" has got mixed up in his thoughts. Let him restate his matter in a clear, logical, understandable way, and then we will deal with it.

"W. H. H. N." takes up a curious position. He tells us that on reading the last three issues he is struck by the absence of "facts" from the discussion, and then proceeds to give some, and commences with the "frontal sinus." But if he will re-read my article he will find it dealt with. I am afraid he cannot read his FAMILY DOCTOR carefully—perhaps he scans it in an arm-chair, solaced by a pipe and a "peg," when visions grow hazy and ideas flit to and fro like gnats on a summer's eve.

To "F. R. Oliver" let me point out, that when a cattle dealer is judging a "beast" he has before him a mass of muscle which can be *handled and judged by the eye*, but thoughts are not things you can touch and see; therein lies the difference.

"Thomas Tinson's" letter boiled down by the ruthless necessities of the sub-editor (who, I am bound to say, treats his correspondents with marked liberality), does not present any argument that needs a reply. When the chaff was winnowed from the wheat of his letter there is so little of the latter that I am surprised that that little even saw the light of day at all.

Now I come to a more serious opponent,

"Anglo-Austrian," but when looked at squarely in the face the bottom falls out of his pseudo barrel of facts. He advises me first of all to read certain books. I have already done so, pardon me not doing so again; I have newer material still unread. I did not go to newspapers for my information; if in my casual reading I picked up a little worth knowing from my *D. T.* who shall object with reason? Then he quotes at length Sir Geo. M. Humphry to this effect:—"The skull is moulded upon the brain, and *grows* in accordance with it. The size and general shape of the brain may be estimated with tolerable accuracy by the size and general shape of the skull. The opponents of Phrenology, by denying this, do not in the least advantage their cause in the estimation of thinking persons, because the statement is of a kind at once to commend itself to common sense as being highly probable. The frontal sinuses and the projecting ridges, the inequalities on the surface of the skull, which have no correspondence in the interior, do not amount to much, and *show only that allowances must be made, and that we must not expect in this way to form an accurate estimate*; but they do not affect the principle that the skull is moulded upon and fitted to the brain, and that its exterior does, as a general rule, convey pretty accurate information respecting the size and shape of that organ. The arguments against Phrenology must be of a deeper kind than this to convince anyone who has carefully considered the subject." It will be noticed, just to add a little touch of realism to the quotation, that I have put two and a half lines in italics, and shall I say, for the information of my critics, that I entirely agree with Sir Geo. M. Humphry. The "*allowances*" that have to be made was only one of my collateral arguments, which added another item of uncertainty to this science (scio—I know) of Phrenology. My principal argument was that you cannot judge of the *quality* of a man's brain, and that *quality* has in brain work no relation to *quantity*, and that even as regards quantity if you admit, which every reasonable man must do, that there is a close relation between the amount of grey matter and the brain-power, then you *cannot judge of its amount* from an examination of the skull (external) because the *depth and complexity* of the convolutions, which would be unobservable from the skull exterior, vary to a large extent, and even granting, for argument's sake only, that you could estimate the amount of grey matter with tolerable certainty (which you cannot), you still have no means of estimating the quality of the ganglion cells, and if you choose the quality of the nerve matter, inasmuch as many admitted fools and persons of slow and even weak intelligence have a good physique and fine muscular system, so that it is obvious there is no relation that is *satisfactory as a test* between the two. But what I particularly want my critic to grasp is the fact that the *pleating* of the convolutions may or may not be very extensive without making any impression on the brain-case, and, as a matter of fact, it varies largely; with increased pleating you have increased amount of grey matter, all of which shows that even if there were not the inaccuracies pointed out by Sir George Humphrey, you still are in a fog. The brain-case, whilst the bones are still membrane, does undoubtedly grow with the brain, and impressions are made on it by the more prominent convolutions, but the *internal impressions give no outward sign*.

See what a difference ensues to the shape of the skull from the length and method of delivery in childbirth. It is nearly always possible to hazard in after years that so and so, from the shape of his skull, was delivered during birth by forceps. Again, it is well known that children who made their appearance into this world feet first have an entirely different shaped skull from those that come vertex first. Any consulting midwifery expert will bear me out in this, and the effect is permanent to a large extent. What a curious position the professor of Phrenology would be in when placed in front of a child whose head had been bandaged during infancy in order to produce a better shape, a course frequently pursued even in England, common on the Continent, and in vogue in certain semi-savage tribes; the shape is thus permanently altered by this means,

Does the phrenologist mean to say his thinking powers are altered also? If so, I suggest that a society should be formed, in view of the statement that criminal tendencies are hereditary, to bandage the heads of children born in our criminal population. Bandaged in directions approved by professors of this *true science* great good might (!) be forthcoming.

But to return to "Anglo-Austrian." Cannot he see that if the *paths* of the nerve currents (white matter) are irritated the same effect is produced as if the centre was irritated. I could give countless instances of it. Gall undoubtedly did give an impetus to the subject of localisation, but he applied the genius of his industry to wrong conclusions. He made this great mistake, *he fitted his facts to his theory*, which he formed before his facts were complete.

"In spite of all that has been said against Gall (the founder of Phrenology) and all that has been written in deprecation of his labours, beyond all doubt his researches gave an impulse to the cerebral localisation of our faculties, the effect of which is especially visible in our own days, and I look upon his work as a vast storehouse of knowledge, and as an imperishable monument to the genius and industry of one of the greatest philosophers of the present age."

In this paragraph all "F. Bateman" does is to state that Gall gave an impetus to cerebral localisation, and then pays a tribute to his industry and genius, *but he does not say* Gall was correct, far from it; if what "F. Bateman" teaches in his work is correct as a whole, then Gall is wrong. I am afraid "Anglo-Austrian" is a careless casual reader, his quotations do not in the least, as any impartial person must admit I have shown, advance his position one iota.

"E. D." again wets his pen, and declines to read Oliver Wendell Holmes's works, whose writings I will vouch "E. D." will find far more entertaining than those he names, and calculated to help him to understand that a serious argument cannot be met by a discussion as to whether my writing on Phrenology is a waste of time or not. It is, I may point out, a waste of my time to review a letter that contains not a single line of argument, and therefore I pass on to "A Lover of Justice," whose letter is devoted to a discussion not on the merits of Phrenology itself, but on a discussion as to its probable fields of usefulness if applied by doctors. Quite so, but inasmuch as I have endeavoured to prove that Phrenology is a "delusion and a sham," the sphere of usefulness of a *delusion* hardly comes on the carpet yet. Time enough to discuss its uses when it is proven true, but "A Lover of Justice" must see we are retrograding, and Phrenology is on its trial, and I am assured a verdict of guilty will be returned. One word to "E. D." before I close. He must surely see that it is absolutely unreasonable to ask me to name in public print *living persons* with retreating foreheads, or even idiots with prominent ones, it would be highly personal, and even the latter class must be protected from naming in their affliction.

Having now answered my critics, I would earnestly impress on all the absolute necessity of keeping to facts; it lands us nowhere arguing the "previous question." If, as I have been told, I have not the bump of "cautiousness," how do you suggest any proof as to whether I have or have not this bump? If I think I am cautious, naturally I think you wrong, and the end is, we are no nearer any conclusion than before. Someone has kindly sent me a pamphlet on "The Phrenological Aspect of Modern Physiological Research," by the President of the British Phrenological Association, pointing out that he meets all my objections to Phrenology. I have carefully perused it, and a more garbled, trivial piece of reasoning I never met. One would have fancied that the President of this "true science" would not indulge in reasoning of this kind, two specimens of which I give as a sample of the rest, and confidently leave the work to the judgment of his peers. He is discussing Dr. Ferrier's cerebral localisation, and the results he got from experiments on monkeys. I give the extract exactly as it appears, without the annexed diagram:—

## "VENERATION."

"The centre 2 lies on the organ of respect, veneration, godliness. This is the sentiment that a lower animal may not be able to exhibit,



yet Dr. Ferrier's monkeys exhibited 'flexion of the thighs, rotation inward of the leg, with flexion of the toes,' the nearest approach to bending the knee in worship that a monkey could be expected to exhibit."

Did you ever hear of a monkey engaging in worship? The attempt to fit the fact of the "flexion," &c., of the thighs as an indication of worship is extremely ludicrous. Here is another extract:—

#### "BENEVOLENCE.

"Further, when he stimulated 5, which is on the phrenological organ of benevolence, the monkey did its best to confirm phrenological teachings, for it showed 'extension forwards of the opposite arm, as if the animal tried to reach or touch something in front.' It wanted to lend a helping hand."

This is really very comical. Because this poor monkey extended forth its hand or a portion of its brain being stimulated, it is evidence that experimental physiology bears out Phrenology, and a monkey has an "organ of benevolence"! First get your theory, then fit your facts (*sic*), and this must be done to save this "true science" being laughed out of court.

But this is on a par with the arguments generally used, not one whit better or worse. One would fancy the worthy President was poking fun at us, except that the pamphlet with its illustrations must have cost his pocket no small sum, which I apprehend is the only serious matter about the tract.

### A COLONY OF MERCY.

ALL who want to make themselves acquainted with a work which forms one of the most romantic chapters in the history of modern philanthropic effort should read Miss Julia Sutter's singularly interesting book, which bears the title that we have placed at the head of this article. If any of our readers can go themselves to visit it, they may find the means of spending a charming holiday, and at the same time of gaining direct personal knowledge of a new world full of delightful surprises. Westphalia is not a hackneyed country, like the Rhineland or Belgium; and it is famous for other things besides hams. Visitors to it will find, for one thing, that the people speak a dialect that has remarkable affinities with provincial English; and they will make acquaintance with a collection of folk-stories that in freshness and quaintness have a charm that is all their own.

The colony in question is to be found in a beautiful valley in the great Teutoburger Forest, behind the town of Bielefeld. This part of Westphalia can be easily reached either through the Netherlands, or from Bremen on the north, or from Düsseldorf, in the Rhine country; and whichever route the visitor may choose, he will find in it abundant opportunity for the observing of primitive manners and quaint costumes. If he is already in the neighbourhood of Düsseldorf, his presence there will probably be due to an interest in modern art, and in the school which takes its name from that æsthetic little town on the lower Rhine. If his route lie through the Low Countries, he will no doubt recall many stirring episodes in the marvellous history of a people who had to carry on a war of life and death both against powerful and savage human foes, and against the terrible assaults and encroachments of the sea. While, if he travel by way of Bremen, he will not only see the tokens of an enormous marine traffic, chiefly with America, but will also, no doubt, recall the delicious story told by Grimm of the companionable creatures who determined to be the official musicians of that town, and their strange adventures by the way.

What would our supposed visitor find when he arrived in the neighbourhood of Bielefeld? He would find, first, a collection of homes forming a colony, to which the general name of "Bethel," or "Zion," has been given, although there are parts of it which are separately known as "Sarepta" and "Nazareth." These names will no doubt have the effect of repelling many who would look with favour on most forms of philanthropic effort; but if this not unnatural prejudice be got over the inquirer will find in this village and its suc-

curals much to interest the mind and to move the heart. What he has come to visit is a colony of epileptics—a sad enough sight in itself, no doubt; but the sadness is greatly modified when you look at the beautiful surroundings of the place, and become acquainted with the varied arrangements that have for their object the employing of the energies of the inmates and the making of their lives useful and happy. The situation has been admirably chosen. The afflicted population are accommodated in buildings that show various styles of architecture—the prevailing type being the picturesque, high-roofed, gabled houses that are characteristic of Northern Germany. Everywhere you look you are reminded that you are in the midst of a forest country; and up there, on the highest point of a richly-wooded ridge, you see the stately church, the foundation-stone of which was laid by the late emperor, Frederick, while he was still crown prince, just ten years ago. This strangely touching gathering of homes has grown quite gradually during the last twenty-six years. It was begun in a very humble way by the purchase of a small peasant's cottage, which was first occupied by four epileptics, and consecrated to its purpose, by the name of "Ebenezer," on October 14, 1867, but in the silent lapse of the years, the unpretending cottage, still holding its place of honour on the ground, has grown into more than a hundred substantial buildings, scattered picturesquely over a wide space; and the four patients of 1867 have become a great multitude, 3439 in number, of whom 1388 were present in 1891-92, the year that has last been reported on.

All sorts and conditions of men are to be found in the colony, and they are engaged in a great variety of employments, which are pursued to a large extent in the open air, in forest and field, and which embrace gardening and farming, and other out-of-door operations. Bakery and smithy and brick-kiln are to be found in the establishment. Lock-making, carpentering, tailoring, shoemaking, house-painting, bookbinding, book-selling—these are the occupations that are followed, with a large measure of success. Shelters, schools, hospices, convalescent homes, children's houses, and a hospital provided with a hundred and twenty beds, find a place in the arrangements for the comfort and the cure of the afflicted colonists. Provision is made, however, rather for the comfort than the cure of the patients. Specially pathetic is the sight of the Kinderheim. *Morituri te salutant*, cried the gladiators to Cæsar, as they looked up from the arena in which they were forthwith to meet their fate; and it is touching to see these innocent children, suffering for the sins of their parents, destined every one of them to an early death, yet moving about in childish glee, enjoying eagerly the amusements which their nurses provide and superintend, and gathering in excited groups about the splendours of a German Christmas-tree.

The head and soul of the colony, the founder of the first cottage-home, and ever since the moving spirit of the multifarious agencies that are carried on in this Westphalian valley, is Herr von Bodelschwingh. He is a pastor, although he has the aristocratic prefix to his name. The noble and beautiful and marvellous work that he has accomplished has grown quietly and naturally out of a devoted love that has never known the feeling of weariness. From this meagre sketch of what he has done, it will be seen that he is a highly practical and many-sided philanthropist. Herr von Bodelschwingh has been severely criticised, misunderstood, and, consciously or unconsciously, misrepresented. Criticism is easy work. Any fool can stand aside and find fault. To many the picking of holes is a most congenial occupation. And it is not pretended that Herr von Bodelschwingh's methods have always been the best. No doubt, as Prof. Eulenburg points out in his highly appreciative notice, it would be well if greater advantage were taken of this unexampled opportunity for the scientific study and treatment of the various forms of epilepsy, with a view to prevention and cure; but it remains true that this simple German pastor has done a work for which he deserves the gratitude of the whole of Europe in his unique Colony of Mercy.—*Sanitary Record*.

### TRAMPS AND INFECTION.

THE interesting discussion at the Newcastle meeting on the spread of infectious diseases by tramps opened up a question which is of the gravest importance to the community, says the *British Medical Journal*. The efforts of sanitarians in regard to the suppression of infectious diseases are at the present day mainly directed into two channels: one the production of such a general improvement of the sanitary surroundings of the people as shall render them more able to resist disease, the other the prompt removal and isolation of the sick, so as to prevent infection of the healthy. Some of the younger and more hopeful among us may think to see the day when the first of these shall be sufficient, but certainly at the present time, and so long as the lives of the poor remain as they are, we can no more afford to allow the free dissemination of infection than a farmer can permit the use of matches in his rickyard.

Everywhere this is being recognised. Notification is spreading over the land, isolation hospitals are arising on all sides, which, although often very imperfect, show at least that the principle is being widely accepted, by elected and directly responsible bodies, that individuals shall not be allowed to infect the community. As a consequence, respectable citizens are finding their liberties in many respects curtailed, workmen are debarred from their ordinary means of earning a livelihood, children are shut out from an education which is their right, and ratepayers have to support large hospitals, all for the sake of restraining the spread of disease, and yet the vagrant is allowed to roam over the country caring for none of these things, and carrying with him his rags and his infections from town to town, without let or hindrance. We need, then, feel no surprise that people who have to submit to such restrictions, and who do submit to them with more or less willingness in the hope of thereby deriving some protection, object strongly to their efforts being antagonised by the wanderings of tramps and vagrants.

The sturdy beggar and the homeless vagrant have troubled the law-abiding citizen far back into the times of early history; the tendency to vagrancy, the dislike to settled habits, the hatred of control being so ingrained in a certain proportion of the human race, that the genus tramp—with all its dirt and tendency to spread disease—has always been able to hold its own against the laws, often harsh and cruel, which have for ages been levelled against it; and we certainly must not allow any hope or expectation of an advancing civilisation leading to the extinction of the race to stand in the way of such measures as may be found necessary to prevent the evils arising from its nomadic habits.

Dr. Ring pointed out how frequently epidemic diseases were carried into new districts by tramps, and how common lodging houses and casual wards became dispersion points for infection. Dr. Armstrong also has shown the immense importance of vagrancy in the dissemination of small-pox; seventy-three per cent. of the urban districts in which small-pox had occurred, and from which he got returns, having sooner or later been infected by vagrants many of them having had it introduced in the same way over and over again. The case, in fact, in regard to small-pox is so strong, that perhaps the discussion drifted unduly in the direction of compulsory re-vaccination as a way out of the difficulty, for the probability is that a mode of dissemination proved in one disease operates in others, and that many a strange and unaccountable outbreak of diphtheria or scarlet fever dates back to the cup of water given by a villager to some passing tramp.

Unfortunately the remedies proposed all touch freely on that thorny question—the liberty of the subject. Compulsory detention, re-vaccination, and disinfection, with compulsory reporting of their movements, and even, as recommended by Dr. Ring, the registration of their comings-in and goings out on a card carried for the purpose, form the staple of the suggestions which were made; but when one realises that we have to deal with people who dislike gaol chiefly because it brings them



under the ken of the authorities, and to whom the "ticket," with its suspicious resemblance to a ticket of leave, would seem a greater punishment than the penalty for not using it, we begin to see some of the difficulties with which the question is hedged around. Nor are these lessened by the fact that, although tramps form a class apart, separate, and distinct from the rest of the community, they are intimately mixed up in their haunts and their movements with the unemployed poor. However much it may be insisted on that the tramp requires severe measures, the only places where he can be caught to be dealt with at all are the casual wards and the common lodging houses, in both of which he is mixed up with a crowd of unfortunates, out-of-works, and ne'er-do-wells, who by no means deserve the same severity; and although it may be true that an experienced officer can pick out the tramp at a glance—nay even, as was suggested, at a sniff—that his hardly the sort of evidence on which it would be right to condemn anyone to exceptional treatment.

We, like the Hindus, have our fairs and great gatherings, although with less religious aims, and ours, like theirs, doubtless act as disseminators of disease. Hop picking, harvesting, and strikes, all set up large movements of the poorest of our population, who become intermingled in our casual wards and lodging houses with detachments of that great army of 60,000 vagrants which is said constantly to perambulate our country, and, efficacious as it might be from a sanitary point of view to treat all these people like ticket-of-leave men, we hardly think it probable that Parliament would be induced to take that view.

In the meantime our authorities might certainly apply with greater vigour the powers which they have. Little control as we have over the tramp himself, we do already possess considerable authority over the keeper of the common lodging house. If the description of doss houses lately given in the *St. James's Gazette* are to be trusted, these dwellings are far indeed from the perfection which could be enforced by the law even as it now stands, and if it be objected that to make them clean and decent would render them too expensive for the tramp, we would answer—so much the better. The sooner the tramp can be driven to a reformed casual ward, where at least he can be washed and his rags be disinfected, the better for the country. It would probably well pay the nation to give him both bed and breakfast in return for being allowed to scrub him.

## VIVISECTION.

IT is pleasing to note that the medical fraternity are at least willing to concede that in experiments upon living animals unnecessary pain should not be inflicted. We might rest content with this if the limitation were not so variable. To a rapt enthusiast nothing which conduces to the end he seeks is unnecessary. Noble as is the medical profession, grand and useful as is the end at which it aims, and generous and self-sacrificing as are its members, it is nevertheless the case that its pursuit tends to make its devotees cruel.

Whoever thinks his work the most important of all things will naturally become cruel. If the healing of the body be the greatest of works, then nothing that aids such a cause can be considered cruel. Sound characters are of more consequence than sound bodies; nor are these in the noblest sense necessary concomitants of each other.

The man who in the cause of science is indifferent to the sufferings of a helpless dog, will be quite likely to care little for pain inflicted upon a worthless tramp. At what point he may pause and consider beyond that, suffering and life of more consequence than experiment and learning, who can tell?

It is unfortunate if vivisection operations are painless as is claimed, that the observation of them by disinterested spectators and the description given in medical journals have

created so wrong an impression. The story is told of a noted lecturer that to illustrate his teaching he brought before his class for experiment a living monkey. The poor creature trembled with fear at sight of the instruments designed for its torture and man's instruction; when the knife was applied it shrieked and struggled helplessly, whereupon the operator severed the nerves connecting with his victim's vocal chords; thereafter it could only in dumb pantomime manifest its agony.

It is said that much of the benefits which the art of medicine might thus have secured were lost by the impulsive action of a young lady, who sprang upon the stage and beat the learned professor over his head with her parasol. It is impossible to prescribe save in general terms to what extent vivisection may be properly carried. This is certain: No unnecessary work of this kind should be done. The infliction of pain for the mere purpose of illustration, is always unnecessary cruelty.

No person not possessed of a keen sense of the duty of man toward all beneath him, in his power, whether men or animals, should undertake such experiments. Vivisectionists should act under a full realisation of their responsibility in assuming that the pain they inflict upon the weak will be compensated by the joy they can bring to the strong.

Finally, it is gratifying to note that the medical fraternity now concede that unnecessary pain should be avoided. My recollection is that twenty years ago, the sufferings of the subject were if considered at least not discussed.

## MORALS AND LAWS.

By W. SCHOOLING, in the *Humanitarian*.

LEGALITY and morality are two rulers who hold sway over a large amount of territory in common, but each has in addition a sphere of influence where it reigns alone. Legality sometimes permits what morality forbids, and morality frequently commands when legality is silent. There are abundant opportunities for being legally immoral, and abundant legal punishments for acts that morality does not condemn. Legality is often immoral, and morality is frequently illegal.

Legality is chiefly concerned with external acts, morality influences thoughts and feelings besides. The one must of necessity coerce, the other does best to persuade. The one is formal and not readily changed, the other informal and flexible.

Laws are needed most where morals have least influence. Morality is most potent where legality has been narrowed in its sphere, and both are constantly varying, at one time forbidding what was previously enjoined, at another time encouraging what is subsequently condemned.

But abstract propositions such as these, require, as Pooh-Bah would say, that "corroborative detail which is calculated to give artistic verisimilitude to an otherwise bald and unconvincing statement."

The common territory of the two monarchs includes at present among ourselves such matters as theft and murder, incendiarism and tax paying, about all of which there is considerable unanimity of opinion: Though, even in regard to such matters as these the dictates of morals and law have varied and do vary

greatly. The Companies' Acts permit wholesale swindling, which, though condemned by morality, is currently judged by success or failure. The honest trader who is unsuccessful is rigorously condemned, and the successful promoter of a bogus mine is emphatically and nauseatingly belauded.

Indeed, limited liability is an excellent arrangement for excluding the sway of either law or morals. The favours bestowed by Parliament on a dishonest company are only equalled by the convenience of a corporation having no conscience to trouble it, and of an anatomy presenting no opportunity for that physical punishment sometimes administered by the boots of the outraged. Murder is not readily done in too open a manner among us now, but there are prenatal and post-natal suppressions that sail very near the wind, and elsewhere we see a public opinion—practically a morality—enjoining a duel that may become a murder, while the law forbids it. Though probably morality allows the modern duel because it is usually harmless, and the law forbids it because there is a chance of it being occasionally injurious.

Incendiarism is forbidden by the law and by some codes of ethics, but there are devotees of a certain social ideal, who appear to consider a fire a usual and meritorious method of persuasion when strikers cannot get their way, and dynamite a desirable argument when Parliament is obstinate or a Czar despot.

Legality has always insisted very strongly on the paramount duty of paying taxes; while morality, though usually allowing the necessity, has seldom had occasion to become emphatic on its virtue; and there are not a few among ourselves who feel that the rates levied by vestries, school boards, and county councils, would be very different from what they are did morality rule them instead of law.

Political restrictions on account of sex or theological opinion are again matters where legality is assuredly not moral, and where there is very good reason for holding it to be immoral. It may be advisable to withhold certain rights of voting and serving in public ways from people whose knowledge is not such as to give wise opinions, or whose stake in the country gives them an insufficient interest in its material prosperity; but the exclusion of educated women who contribute to the revenue of the country is a survival from a barbaric past, no longer plausible as expedient, and no longer justified by morality.

History is full of instances where morality has prompted conduct in vigorous opposition to law; and the progress of liberty of thought, of speech, and of action, owes much to those who have obeyed the dictates of morals, even at the cost of punishment by law.

It is only very slowly that the sphere of law has been restricted from regulating opinion and speech, dress and behaviour. In England to-day we may think as we like, and say almost what we please, and this prepares the way for culture to teach us to think wisely and speak well, by which reservation we escape that condemnation that Mathew Arnold used to hurl so eloquently at those worshippers of "machinery," whose aim is to be free without troubling whether they are using their freedom well or ill.

But this freedom tends to make law more and more a matter of externals only, and to leave thought and opinion to morality, which, of course, rules conduct too; it tends also to lessen

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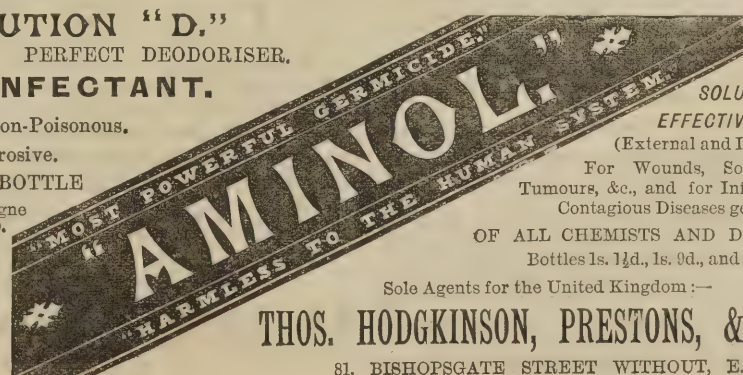
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the influence of law and increase that of morals, by doing effectually, by ethics, what Acts of Parliament imperfectly achieve.

The more we yield to the persuasion of morality, the less we like, and the less we require, the coercion of law. There are very many good people who are not restrained by Act of Parliament from doing wrong, and who would continue to act rightly, however legal it might be to do otherwise.

And here there comes in, not only the distinction between coercion and persuasion, but between formal and informal influence, between rigid and flexible rule.

A law is, for the most part, supposed to be applicable to every member of the community, and is the same for all, and the consequence is that it is a dead letter for the great majority, and it can only be altered by a lengthy and cumbersome process, after the discovery of abuses, and their toleration for a long time. Even then, there is considerable rigidity about its execution and no pliability suiting it to different cases. But morality changes gradually and most imperceptibly, there is a higher code adopted by the better part of the community before it is received by the worse, and it is only when a considerable proportion in a state has adopted, voluntarily, certain moral principles, that they become crystallised into law. Modification is easy in the proof sheets of morality, it is difficult in the stereotype of law.

The practical deduction from all this is that whatever changes in the conduct of a community appear to be conducive to its improvement must be made first in its moral sentiments and may (or more probably may not) be with advantage subsequently made in its laws.

There is the disadvantage that many people are inclined to base their moral standard on the current legal code, but if they can be persuaded to consider the chaotic incongruity we have just been indicating, they may come to think that greater happiness and greater benefit is likely to be derived from a rational morality.

Perhaps the idea is gaining ground that the passing of Acts of Parliament is a laborious process, by which square pegs are constantly being inserted in round holes with a sublime indifference to the nature of the holes, the parliamentary pegs are to fit, and a sanguine expectation that round and square may somehow prove synonymous. There is better reason for thinking that rational morality has a self-adjusting arrangement for fitting round pegs into appropriate circular apertures.

The great bulk of people have no rational morality, only traditional, and if new cases appear that call for moral regulation they are frequently at a loss when their inherited notions of right and wrong give them no guidance. So it is that when scientific investigation throws a fresh light on physiological phenomena that traditional ethics exhort to denial of the discovery, or are unable to assimilate the new facts that ought to have a potent influence in modifying ethical theories.

Of course, those who desire to modify moral opinions must keep pegging away in order to achieve their object, and they must do so with apparently disproportionate emphasis. The sensible reformer does not think the particular

reforms he is anxious to bring about are intrinsically more important than some other matters; but they may be unduly ignored, they may need to be especially insisted upon at a certain time, or it may be his special duty to emphasise them. Anyway, they have to be urged from many points of view: Appeals must be made to the rational to reason, and to the sentimental to feel. The scattered light from physics and physiology, from psychology and sociology, must be brought to a focus, and many images formed, many pictures made, of the improvement it is sought to achieve. It is only in this way that a change can come, gradually but surely working slight modifications in moral opinions that must precede law.

To a great extent, morality is a growth, and legality a casting. When the ethical growth has attained certain proportions it is sometimes encased in the rigidity of law, and if the growth is not arrested by the process, the law very soon becomes a bad fit, owing to the continued progress of the moral growth.

It is frequently necessary, when the conduct of some falls very far short of the moral standard of the great majority, that the coercion of law should be employed to prevent the injury to others that their degradation would cause; but where a desirable reform has to be made in the opinions of most, then it must be made in the growing organism of morals, not in the casting of law; in the proof sheets of ethics, not in the stereotype of legality.

To try to change moral opinions, to extend the moral sphere, is too often a disheartening task. It is fairly certain that every genuine effort will succeed in the long run, but apart from success or failure it is the duty of each to utter fearlessly the highest truth he sees, "knowing that, let what may come of it, he is thus playing his right part in the world—knowing that, if he can effect the change he aims at—well; if not—well also, though not so well."

**DRINKING NAPHTHA.**—Some people doubt the presence of naphtha in the worst kind of whisky and other liquor, but, says a correspondent, a large quantity of worthless liquor is toned up with this horrible liquid, and some men positively like the mixture. It used to be a common practice in chemical works throughout the world to adulterate alcohol used in manufacturing with naphtha with a view of preventing bibulous workmen from drinking it. The practice is not so universal now, owing to the discovery that men with a taste for pure alcohol will drink it almost as readily when thus adulterated as when chemically pure. As to the effect upon the human anatomy, it can be best imagined by pouring a few drops on to a piece of leather or raw meat, and watching the results.

THEY who would rule safely must rule with love, not arms.

THEY who would take charge of the soul, must never be too wise to regard the heart.—*Lord Lytton.*

A NOBLE act is one which is prompted by a good heart, and which it requires energy to carry out.—*Montesquieu.*

HE who reigns within himself, and rules passions, desires, and fears, is more than a king.—*Milton.*

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## DYSENTERY.

### ITS HYGIENIC TREATMENT.

DYSENTERY is usually a disease of warm malarious climates, though not altogether absent in the warm season from temperate regions. Sometimes it is epidemic, and probably it is then contagious or infectious, in which case it must have its cause in some micro-organism in the food or water. Its seat is in the large intestines, more usually in the lower part of the colon. It causes congestion, and if severe, ulceration with much pain and fever. There is a diarrhoea and the discharges are bloody. This originally gave the name bloody-flux to the disease. In former times the treatment was to give castor oil, laudinum, Dover's powders, brandy, starch injections, and other similar remedies, but the mortality from this treatment was often very great. Modern hygienic methods are far more successful. They consist in first cleansing the colon by tepid or quite warm water injections given very slowly and as copious as can be borne, the patient lying on the left side. To give the water an antiseptic character a little salt may be used, say a teaspoonful to a pint of water. After the intestine has been thoroughly cleansed frequent cold injection may be used but do not employ much water at a time—a little and often should be the rule. Clothes wet in ice water should be laid over the abdomen and changed as often as they become warm. The fever may be kept down by sponging, or a full bath if the patient is not weak. Perfect quiet in bed should be observed. The food should be liquid and the juices of stewed black-berries with sugar may be used freely, or other acid fruits, if more agreeable. They are sufficiently nourishing. Dysentery is usually caused by heat, impure water, bad food, and an unclean condition of the intestines. It rarely occurs in families whose habits are hygienic.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

**PHRENOLOGY.**—Could any correspondent inform me as to whether there is a phrenologist in or near North London?—*A. N. Trebarne.*

**EAST COAST.**—Will any reader kindly suggest a quiet seaside place to spend a fortnight's holiday? The East Coast preferred, where bathing is good and the air bracing.—*L. S.*

### ANSWERS.

**SUMMONS.**—The summons should certainly contain your surname. However, as you have no doubt that it was intended for you, we advise you to appear in answer to it. It was duly served, and the judge has power to amend the mistake in your name on whatever terms he thinks just. You say you have a good defence on the merits; what good purpose would your refusal to appear under the circumstances serve? It is easy enough for her to ascertain your right name, so she would merely, if necessary, have to take out another summons in your right name.

**BIRLEY'S PREPARATIONS.**—"G. A. P."—We have forwarded your letter to the proprietors.

## GIFTS FOR BAZAARS.

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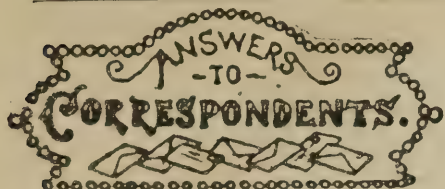
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## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

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for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

R. ARCHER, JUN.—Your deafness is due, in all probability to obstruction of the eustachian canal. Before your hearing can be restored, it is necessary that this difficulty be removed, and that will need the use of the eustachian catheter. You had better, therefore, go again to the same or some other ear hospital, where this can be done for you at proper intervals by an experienced surgeon. It would be quite impossible—and if possible, it would be dangerous—for you to attempt the operation on yourself. We do not know the address of the gentleman named in your query.

DONIVON.—You have no occasion for worry. The condition only came on at Easter, and you commenced your swimming just about that time. It is easy to connect this cause and the effect described. You do not require any treatment of any kind whatever, except that you should take care to keep your bowels freely open and to make your mind easy on the score of disease.

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PADDY.—We are disposed to agree with you that the pains are due to rheumatism. We should advise you to take more outdoor exercise; to avoid sugar, coffee, beer, preserve, foods, and pastry. Take a smaller quantity of meat, and a larger proportion of green vegetables and fruit, as well as fish, three times a week. The following medicine will help you: Sulphate of soda a scruple, bi-carbonate of potash fifteen grains, tincture of henbane twenty minims, tincture of gentian twenty minims. Water to half an ounce; three times daily between meals. A mustard leaf applied to the seat of pain for twenty minutes will be of much service.

HONOR.—It is a misfortune that you have thrown away so much money on useless so-called treatments. You would have done better to have consulted a properly qualified medical man at the outset. In reply to your questions: 1. These spots are found in nearly everybody, and are of no consequence. 2. Take the following mixture night and morning, giving up your laudanum taking at once: Bromide of potassium twenty grains, tincture of hops half-drachm, water to half an ounce. The conditions you describe are common to most young men of your age, and you need not worry yourself unnecessarily about them. If after taking the above for a month you do not find much improvement, write us again, re-stating your case.

ANXIOUS.—The person named is not qualified to practise in this—nor, as far as we know, in any other country. He is what you suspect, and you will do wisely to avoid him. You had better consult a properly qualified physician, with special experience of these diseases, as from the somewhat unusual history of the case, a personal examination of the parts will be necessary before prescribing for the condition. Meanwhile, do not take so serious a view of the state of affairs as you appear to be doing, and if we can advise you further, do not hesitate to write again, restating the case in full.

WESTMINSTER.—We should advise you to postpone the marriage under the circumstances. Take up some hobby, such as we do not much care to answer, and in any case there is no such thing as absolute safety in the rule you mention, 1 and 2. Four days preceding and subsequent.

A. WALTERS.—The symptoms described are unfortunately not at all uncommon, and generally need very careful treatment. At present it would be unwise of you to think of marriage, but possibly in six months or so it may be that a more satisfactory state of health may admit of your entering the conjugal state. Just now, you must learn to pass a bougie (No. 9 English) twice a week—the chemist will tell you how to manage it—and take the following mixture twice daily for a month: Dilute phosphoric acid ten minims, tincture of nux vomica five minims, bromide of potassium fifteen grains, water to half an ounce. Keep the bowels free. Take fish at least three times weekly; walk five or six miles a day, and indulge in a cold bath as frequently as convenient.

INQUISITIVE.—Keep your bowels acting regularly by a morning dose of sulphate of magnesia, one teaspoonful or less in a little water; learn to pass a bougie (No. 10 English) twice a week, retaining the instrument in position for two min. ten each time. Eat your food slowly. Take up some hobby, such as gymnastics, cycling, or football; read works of travel, biography, or science, and every night and morning swallow a dose of the following mixture: Bromide of ammonium twenty grains, tincture of hops half-drachm, tincture of henbane fifteen minims; tincture of gentian twenty minims; water to half an ounce. We do not think your case by any means severe, and have every reason to think you will recover after a time.

A SUFFERER (H).—Without some further description of the enlargement, it is impossible to state the cause of it. In all probability your surmise is correct and possibly the condition may yield to treatment. The palpitation of the heart and the pains are due in part to indigestion, in part to the nervous condition. Your liver is also deranged temporarily. For the present you must certainly refrain from taking either port wine or stout, as they are much more likely to increase your troubles than to be of any service to you. You must manage somehow to take more exercise, to eat your food slowly, to take no sweets in any shape whatever. Try also the effect of a dose of the following mixture taken regularly before each meal: Dilute hydrochloric acid ten drops, sulphate of benzoin twenty grains, tincture of gentian half a drachm. Water to half an ounce.

PERPLEXED.—We do not wonder at your suffering from this discharge under the circumstances named. The repeated irritation of the parts within so short a time would be quite sufficient to induce a similar condition in any body, however healthy. You must give up all bad habits at once: take a cold bath daily or bathe the parts with cold water twice a day, and take the following medicine: Bromide of sodium twenty grains, tincture of hops half a drachm, tincture of gentian twenty minims. Camphor water to half an ounce. It does not appear that you have caught any infectious disease.

CITWOLD.—We have no knowledge of the advertised remedy but judging from our somewhat extensive experience of similar puffs we should advise you to keep clear of it. The only treatment likely to be of service is massage skillfully applied, together with the use of fresh formers such as Frame Food, cream, eggs, and so on.

CEDE DEO.—You have indigestion, constipation, and piles. You do not take enough exercise, and should endeavour to be in the open air at least two hours each day. The whole of the difficulties are due to these causes and they should be no real trouble in obtaining prompt relief. Bathe the parts twice a day with cold water, take one of these pills every day with dinner, and a dose of the medicine each morning before rising: Blue pill one grain, compound rhubarb pill two grains, in pill. Sulphate of magnesia forty-five grains carbonate of magnesia ten grains, nitrate of potash five grains, peppermint water to half an ounce. To make a mixture.

THAME.—Your general health is depressed. The discharge is not what you suppose it to be, and is not of any consequence. You had better take the following mixture three times a day between meals: Bicarbonate of potash fifteen grains, sulphate of magnesia half a drachm, tincture of henbane twenty minims, infusion of buchu to half an ounce. Bathe the parts every day with cold water, and should there be no improvement let us hear again from you in a month's time.

TROUBLED SISSEY.—The only method known to us of preventing these losses is to avoid every possibility of excitement. You can very easily do this if you make up your mind to it. Further, you may bathe the parts twice or three times daily with cold water; and three times a day take the following mixture: Bromide of potassium twenty grains, tincture of hops half drachm, camphor water to half an ounce.

D. O. M.—You ask us to recommend a cure for a habit. How can we do that? If you will describe to us the conditions for which you seek relief, we shall be very happy to help you as far as possible. Meanwhile make up your mind to give up the habit at once.

HAMMERSMITH.—It is not unusual to find similar conditions of weakness following influenza. But your letter suggests that you are also suffering from indigestion. You should, therefore, eat your food slowly, avoiding coffee, sugar, preserved foods, and other indigestibles. Drink only after meals, take a reasonable amount of out-door exercise, and take the following mixture three times daily: Subcarbonate of bismuth ten grains, mucilage of acacia half-drachm, tincture of nux vomica six minims, chloroform water two drachms; water to half an ounce. If you smoke, give up the habit, and become a total abstainer if you are not one already.

NIL DESPERANDUM.—1. Cause, acid urine, due to indigestion with sympathetic liver disturbances. 2. See reply to "Hammersmith" in these columns, follow the directions there given, and take the following medicines: Pill of colocyath and henbane three grains, compound rhubarb pill two grains, daily with dinner. One teaspoonful of sulphate of soda in water each morning before rising. We shall be glad to hear the result.

W. J. W.—Yes. You would do well to consult a doctor as you suggest. Half-an-hour's conversation with a physician habitually treating such cases would probably put you altogether on the right road. In any case, you must look more carefully on the state of things, for there are very many patients with more definite symptoms than yours who get perfectly well under proper treatment. But you must avoid advertisers such as those named.

ETITNA.—You have most likely an abscess surrounding a portion of the diseased tooth. Your best plan will be to have the tooth extracted without delay. No other treatment can be efficacious in removing the difficulties of which you complain.

RENA.—We are sorry to be unable to give you the name and address of a specialist physician in these columns. If you forward us a stamped addressed envelope restating your request we shall be happy to comply with it.

J. W.—Protrusion of the womb, and constipation, with resultant congestion of the parts, are the causes of the troubles of which your wife complains. She will need to lie upon her back for two hours each afternoon; to keep her bowels acting regularly with a daily dose of one teaspoonful (or less) of compound liquorice powder; to bathe the parts daily with cold water and soap, and after drying thoroughly to anoint them with the following ointment: Pure creasote twenty drops, red oxide of mercury six grains, oxide of zinc one drachm, vaseline two ounces.

FALKA.—Quinine and iron is about the last thing in the world we would suggest in your case. On the contrary, you require quite different treatment. Take the following pill every night: Pill of colocyath and henbane four grains, extract of nux vomica quarter grain, and this mixture twice a day between meals: Bicarbonate of potash twenty grains, sulphate of potash twenty grains, infusion of buchu to half an ounce. Give up all beer and spirits, and drink no coffee. Take neither sugar, eggs, nor preserved foods.

INCH.—You have catarrh of the pharynx-respiratory tract. Your plan will be to use an inhalation of the compound tincture of benzoin, twenty drops to a pint of boiling water, several times a day. Avoid exposure to sudden changes of temperature; give up the habit of expressing the mucus, as you say you do. Keep the bowels acting freely; give up smoking; eat your food slowly, and be careful not to indulge in indigestible foods of any kind whatever.

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**KAIRNEY.**—We know of no preparation superior to that so'd by Mr. Clarkson. Even the best, however, is apt to impair the quality of the skin at the consequences.

**CHAS. JACKSONS.**—The reply to your question must depend entirely upon the nature of the course of medication that you have undergone. Will you, therefore, please tell us exactly what you have taken, in what quantities, and for how long? It may be advisable, under certain circumstances, that you should take a short special course of treatment preparatory to marriage, but we shall be able to advise you on hearing the particulars named.

**CHATELAIN.**—Keep your hair cut closely as possible; wash the scalp twice a week with soap and hot water, rinsing afterwards with cold water; dry thoroughly, and apply the following lotion with a sponge to the roots of the hair: Blistering fluid four drachms, tincture of capsicum four drachms, glycerine eight drachms; rose water to six ounces.

**WRETCHED.**—Neither of the appliances named can be of any possible service to you. You had better therefore save your money rather than throw it away as you have done already. Take as much exercise as possible; indulge in a daily cold bath, especially for the local parts; and take the following mixture regularly three times a day for a month: Bromide of ammonium twenty grains, citric acid ten grains, tincture of nux vomica ten minims, water to half an ounce. Have patience, and you will be and by feel much better, and possibly recover entirely from the effects of former bad habits.

**JEAME.**—Give up vegetarianism, which does not suit you, any more than it does other people. It is a bad, calculated to do a very great deal of harm, especially to young people of your age. Bathe your eye with the following lotion several times a day: Boracic acid twenty-four grains, glycerine two drachms, extract of opium six grains, rose water two ounces, distilled water to six ounces. Keep your bowels free, and do not sleep in a draught.

**EDDERLY.**—Cause, indigestion. Eat your food slowly, and take the following mixture an hour after each meal: Dilute sulphurous acid half drachm, sulphate of magnesia twenty grains, compound tincture of cardamoms half drachm, tincture of gentian twenty drops; water to half an ounce. Drink no tea, give up all stimulants, take a reasonable amount of exercise, and think as little about your trouble as possible.

**MINNIE.**—You are suffering from physiological acne, but you tell us nothing as to your diet, occupation, general health, &c. See advice given to "Hammersmith" in these columns. Wash your face in hot water, using only some good soap, such as vinolia or tenebe. Rub the face thoroughly after drying, and bathe it afterwards with elder flower water.

**JAS. BURTON.**—Probably the injury is a sprain consequent on lifting the furniture, and has nothing to do with the blow received. Had a vein been ruptured there would have been evidences under the skin of such an accident, none of which, however, appear to be present. Your best plan will be to soak the arm twice a day in hot water for twenty minutes at a time, rub the part gently towards the shoulder, using on the operating hand the following liniment: Glycerine of belladonna one ounce, soap liniment twelve drachms. Keep the bowels free, and do not use the left hand more than you can help for the present.

**II. PRESTON.**—The recipe already sent you covers all you ask for, it is not only good, you mean of removing what you call the roughness (glycerine), but it also gives you the proportion of quinine, one ounce in twenty-nine. Twenty drops in a wineglassful of water for a dose. Why did you not take the prescription to a chemist who would have explained the whole thing to you?

**ST. KILDA.**—No, the treatise is worthless. The only method we know that can be of any service in such a case is that of treatment by electricity. That can only properly be practised by a qualified medical man, who has also a substantial knowledge of electricity, and the modes of applying it in such cases. Medicines alone, we fear, would be of no service.

## A WONDERFUL MEDICINE.

# Beecham's Pills

ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blisters on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

## WORTH A GUINEA A BOX.

For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them.

For a Weak Stomach, Impaired Digestion, and all Disorders of the Liver, they act like magic, and a few doses will be found to work wonders on the most important organs in the human machine. They strengthen the whole muscular system, restore the long-lost complexion, bring back the keen edge of appetite, and arouse into action with the rosiest of health the whole physical energy of the human frame. These are FACTS testified continually by members of all classes of society, and one of the best guarantees to the Nervous and Debilitated is BEECHAM'S PILLS have the Largest Sale of any Patent Medicine in the World.

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As a remedy for Coughs in general, Asthma, Bronchial Affections, Hoarseness, Shortness of Breath, Tightness and Oppression of the Chest, Whooping, &c., these Pills stand unrivalled. They are the best ever offered to the public and will speedily remove that sense of oppression and difficulty of breathing, which nightly deprive the patient of rest. Let any person give BEECHAM'S COUGH PILLS a trial, and the most violent Cough will in a short time be removed.

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Sold by all Druggists and Patent Medicine Dealers every where.

N.B.—Full directions are given with each box.

**IGNORAMUS.**—Avoid both brandy and port wine, especially the latter, except where absolutely necessary through faintness. Take instead strong black coffee without sugar or milk, with a crust of toast or a dry biscuit. When on board make a point of living on your back whenever you fell at all sick.

**YOUR FRIEND.**—For your sister, see that the ends of the hair are regularly clipped once a fortnight. Let the head be washed once a week. Avoid the tongs and allow Nature to do the rest. For yourself, you are probably suffering from varicella, and the lips are subject to attacks of herpes. Take a teaspoonful of sulphate of magnesia in water every morning before rising; touch the lips with eau de Cologne frequently when the spots begin to form; and be careful to avoid indigestible food at all times.

**MINERVA.**—See reply to "Hammersmith" in these columns. The reply to all the questions is "yes." You are extremely nervous, and we would suggest in addition to the medicine prescribed for "Hammersmith," that you should, each night at bedtime take twenty grains of bromide of potassium in water. With regard to the sal volatile, our advice is leave it alone.

**TROUBLED ONE.**—You are suffering from indigestion, with its concomitants. See advice given to "Hammersmith" in these columns, and take before each meal the following mixture: Dilute hydrochloric acid ten drops, tincture of nux vomica ten drops, chloroform water two drachms, water to half an ounce.

**CONTEMPLATING MARRIAGE.**—You have nothing to worry about. Leave well alone, and cease to bother yourself about what is practically of no consequence. Of course, you should avoid unnecessary excitement, and keep the bowels acting, but further than that you need not distress yourself.

**J. BAKER.**—See reply to "Wretched" in addition you must learn to pass a gum elastic bougie (No. 9 English) twice a week, retaining it in position for two minutes. The chemist from whom you buy the instrument will show you how to use it.

**ANDREW.**—1. Three or four times a week during that period; less frequently afterwards. 2. Persevere with your cold bath, take plenty of exercise, and the following mixture three times daily for the next six weeks: Dilute phosphoric acid ten minims, bromide of sodium fifteen grains, tincture of nux vomica eight drops, bitter infusion to half an ounce. We cannot see that you have any occasion to worry yourself.

**ADA LINCOLN.**—Take one of the following pills every day with dinner and supper: pill of aloes and iron three grains; and the following mixture night and morning: Bromide of potassium fifteen grains, fluid extract of black willow half a drachm, camphor water to half an ounce.

**ULCERATED.**—You should have gone on with the medicine which did you so much good for at least twelve months after the ulcer had healed. It will be much more difficult now to do you good, but you may try the following plan: Keep the leg raised above the body for several hours a day, by lying on a couch, the lower end of which is elevated four to five inches. Apply some calomel ointment, diluted with an equal part of vaseline, and take the following mixture: Iodide of potassium two drachms, glycerine one ounce, compound tincture of bark one ounce, water to eight ounces. Take one tablespoonful with an equal part of water three times a day, and write us again in two months.

**J. J. CRAIG.**—Yes. Flatulence is the cause of the pain. Half-an-hour after every meal take the following mixture: Dilute sulphurous acid half drachm, compound tincture of cardamoms one drachm, tincture of gentian half drachm, water to half an ounce.

**DEMOSTHENES.**—You are suffering from hyperaesthesia of the parts, the consequence of former bad habits. You would do wisely to consult a specialist physician on the matter, with a view to electrolytic treatment. Meanwhile take a scruple of bromide of potassium every night and morning in a wineglassful of water. Keep the bowels acting freely, and take as much exercise as possible. We should not advise you to marry until you have undergone a course of treatment.

**II. L. J.**—Yes. A properly made and properly fitted elastic stocking should be of great service to you. But you must be careful that it is not too tightly fitted above the calf. Under the circumstances, we do not see what other course you can follow.

**A CONSTANT READER.**—The genuineness or otherwise of the powder depends upon the purity of the ingredients. The weight is a secondary matter, but it is advisable to make the preparation of the ordinary weight in order that its action may be effectual. No doubt you will find what you require in "The Physician," which contains many good recipes. You can obtain it at the FAMILY DOCTOR Office, 18, Catherine-street, Strand, W.C., post free 1s. 1d.

**DOUGLAS.**—There is no remedy better than "time" for the trouble of which you complain. You may assist by using a lotion containing glycerine one ounce, rose water two ounces, elder flower water three ounces. Th be applied to the affected parts four or five times a day.

**W. A. HUTCHISON.**—Indigestion with sympathetic liver disturbance will account for the troubles. See the reply to "Hammersmith," in these columns, and follow carefully the directions there given.

**TUTOR (OXFORD).**—1. No medicine will accomplish that which depends solely upon the will of the sufferer. Twenty grains of bromide of potassium in half an ounce of camphor water twice a day will help. 2. You should have a slight operation performed to cure the phymosis, and prevent the accumulation of secretion (emegma preputialis). 3. No. 11 is not safe to undertake active treatment of the kind named. That should only be done by a properly qualified physician.

**II. S.**—Take twenty grains of bromide of potassium in half an ounce of camphor water night and morning. Take as much out-door exercise as possible.

**V.F.P.**—Take moderate out-door exercise, and continue the use of the mixture already prescribed for you. You cannot do better, but patience will be necessary.

**THOMAS BERRY.**—No. There is no necessity to change the medicines ordered for you. Persevere for another month; then, if you still feel out of sorts, write us again, giving all the particulars of your case.

**J. P. WYNER.**—Take the following mixture three times daily before meals: Dilute phosphoric acid ten minims, sulphate of magnesia twenty grains, sulphate of quinine two grains, tincture of nux vomica ten drops, water to half an ounce. Take a daily cold bath or at any rate bathe the parts affected with cold water as frequently as convenient.

**E. A. L.**—Take syrup of iodide of iron half a drachm, solution of magnesia two minims, water to half an ounce. Three times daily after food. Rub into the parts iodide of potassium ointment, each night after bathing well with hot water and soap.

**GARDNER.**—Your liver is your chief trouble. You had better take every morning a dose of the following medicine: Sulphate of magnesia one and a half drachms, carbonate of magnesia ten grains, nitrate of potash ten grains, peppermint water to an ounce. Take as much exercise as possible and cease to think about your troubles, which are not so serious as they appear to you to be. Keep on with this medicine for three months, then write to us again.

**EARLY CONTRIBUTOR.**—Your weight is much less than it should be considering your stature. The symptoms described may indicate not only the troubles named, but certain others which need attention. You would probably do wisely to take a little stout (one pint a day); but we cannot say that stimulants make much difference in the tendency to catch cold. We are sorry we cannot give the name and address of the medical man in these columns, but if you enclose a stamped and addressed envelope stating your wish, we shall be happy to send it to you by post.

**E. S. D.**—You have forgotten to tell us the cause of the enlargement of the joint. Have you met with an accident? Do you suffer from gout or rheumatism? Have you worn ill-fitting boots at any time? Please give us answers to these questions, and meanwhile rub the part daily with new whiskey, and keep the bowels regular.

**WM. DAWSON.**—Every day at dinner-time take the following pill: Pill of colocynth and henbane three grains, compound rhubarb pill one grain. Every morning before rising, one teaspoonful of powdered sulphate of soda in a wineglassful of water. Give up coffee, sugar, pastry, and eggs.

**ANXIOUS SWIFT.**—You must really give us some further details of your condition, to enable us to make a diagnosis. If you will describe your troubles fully, stating your age, h occupation, diet, &c., we shall be in a better position to give you our advice.

## The New Non-Poisonous Disinfectant.

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“IZAL” instantly destroys Infection in its most dangerous and virulent forms, stops Cholera, Smallpox, Diphtheria, Influenza, Scarlet, Typhus, and Typhoid Fevers, and is a sanitary necessity and protector for the sick-room, nursery, household, hospital, and in public. Its disinfecting properties are enormous, and as a destroyer of disease germs it possesses antiseptic power greater than pure Carbolic Acid. No offensive smell can exist near it. It can be used for all disinfecting purposes the same as with the old-fashioned Disinfectants—Being *non-poisonous* it is safe under all conditions—Being *non-caustic* it will not numb the hands or irritate the skin, and is invaluable for washing wounds and in surgical dressings. Being *non-corrosive*, it will neither stain nor injure linen, bedding, clothing, carpets, hangings, furniture, metals, or surgical instruments. CAN BE USED WITH GREAT ECONOMY. Sold by Chemists and others in large bottles, 1s., 2s. 6d., and 4s. 6d., and Gallon Tins, 10s. Sample bottle or tin sent Carriage Free, in the United Kingdom, for Postal Order.

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1 Shilling Tin, 9d.; 2 Shilling Tin, 1s. 6d.; 4 Shilling Tin, 3s. PETERMAN'S C. & B. FOOD is the only NON-POISONOUS preparation that ACTUALLY KILLS Cockroaches and Beetles. It attracts them, they eat it and are dried up to a shell. In quantity as well as quality this is now the cheapest article in the market. J. F. SHOKEY MANUFACTURING CHEMIST, 67, FARRINGTON ROAD, LONDON, E.C.



# ONCE IN SIX MONTHS NOT ENOUGH.

**T**WICE a year, at least, it has got to be done. Every house-keeper knows it. Carpets must be taken up and beaten, floors scrubbed, paint washed, walls white-washed, holes and corners overhauled and purified, useless odds and ends turned over to the ragman or the dustman, and the house made clean, neat, and orderly for another six months. Good old custom! It defines the difference between the homes of civilised human beings and the huts and caves of savages. But some parts of the house ought to be cleansed every day. Dirt is our worst enemy. Let us not allow him to have things all his own way for months.

There is one house, anyhow, which must be kept clean all the time. The regular Spring and Autumn scouring isn't enough. The house may be rotted down and the tenant dead before that.

A famous physician says: "Intelligent men and women will go to all the trouble and expense of driving away dirt when it is where they can see or smell it, yet seem to have no idea that an enormous quantity of foul, rotten, and abominable matter exists within their bodies—the seeds of disease and premature death."

The doctor is quite right, but why don't people understand it? Because they have never been taught what "disease" really is. They think of it as something to "catch," a sort of mysterious thing which comes and goes like gusts of wind in the tree tops. Yet disease—no matter what a lot of hard names the medical men call it by—is simply the effect of impurities that get inside of our bodies—*dirt in the most wonderful and complicated house that was ever built.*

Now, how does the dirt get there? How can we clean it out? Two questions right put to the point—both of them. Let us see.

Lying on our table as we write are more than fifty letters, all on the same subject, and all saying the same thing. We pick up the first that comes to hand. It is from a woman, and we will tell you the substance of what she says. Away back in February, 1886, she was taken ill. Exactly what ailed her she couldn't tell. But that she felt weak, low, and miserable was certain. For one thing, she had a hacking cough that shook and tired her and broke up her sleep.

Often, particularly in the morning, a sour, bitter stuff came up into her throat and mouth, and half choked her. Her tongue was covered with fur, and her mouth tasted badly, a sickening taste that made her shudder and shiver with disgust as one would

at a mouthful of mouldy, wormy biscuit. Even good food had no charms for her; everything had lost its relish. No sooner did she swallow a bit of bread or meat than it gave her a dreadful pain at the chest and sides, as though it had lodged in the wrong place. Then there was the phlegm that gathered all the while, and compelled her to weary herself out with hawking and straining to get it up. Well, we needn't go much farther into the details. Almost everybody who reads these lines has suffered the same way, or knows others who have. The lady grew weaker, of course. What else could be expected? No nourishment, no strength. That's the law for us all—from kings to coal-heavers. A doctor gave her his opinion and his medicine. She tried the latter for two months, then stopped. What's the sense of going on taking drugs that make one feel no better? None, to be sure; it's a waste of time and money. And money is too hard to come by to throw away for no good.

By this time our friend could barely walk about, and if help didn't come soon she wouldn't be able to do even that. Merciful Goodness! how many thousands of women there are in dear old England in precisely this pitiable shape this blessed minute. Well, thank Heaven, some of them hear the good news every day that dawns.

"In June," says this one, "I read the wonderful little book that tells of Mother Seigel's Curative Syrup. I got the medicine from Mr. F. Mays, Chemist, Friars Street, Reading, and found relief in a few days. I continued taking it, and was soon in good health. Yours truly (Signed), Mrs. Mary Skeate, St. Leonard's Square, Wallingford, Berks, November 25th, 1892."

Constipation, indigestion, and dyspepsia were the cause of all the mischief. From the dull and torpid stomach, from the sour and fermented food, went forth the impurities which filled the blood and set up pain and misery. That, and nothing else, was the trouble, and *that* is always the trouble. What makes it? Uncleanliness, ladies. Pardon us, but you want the truth. If, with Mother Seigel's help, you will keep the interior of your *bodies* as clean as your *parlours*, you won't write such sad letters.

Clean house, then keep it clean. Not once in six months; but gently, sensibly, all the while. When you *feel* the dirt (you can't see this kind) wash it out at once. The human body is God's temple, the Bible says.

## FITS! FITS! FITS!

ALL PERSONS SUFFERING FROM  
**EPILEPSY**

Should send name and address to JAMES OSBORNE, Medical Pharmacy, Ashbourne, Derbyshire, who will forward, free of charge, full particulars, with testimonials, of the most successful remedy ever discovered for this distressing malady. Sent to all parts of the world.

## ECZEMA.

SIR,—After TEN YEARS suffering and irritation your "VELVETA" has cured my leg. It has been worth **TWENTY POUNDS** to me.—JOHN JARVIS FOVANT.

"VELVETA," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury. Please mention this paper.

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Absolutely free from Morphia or Opium.

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OF NEARLY

ALL THE ILLS INCIDENTAL TO THE HUMAN FRAME,

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THE MIGHTY HEALER,  
It has a power over diseases hitherto unknown in medicine.  
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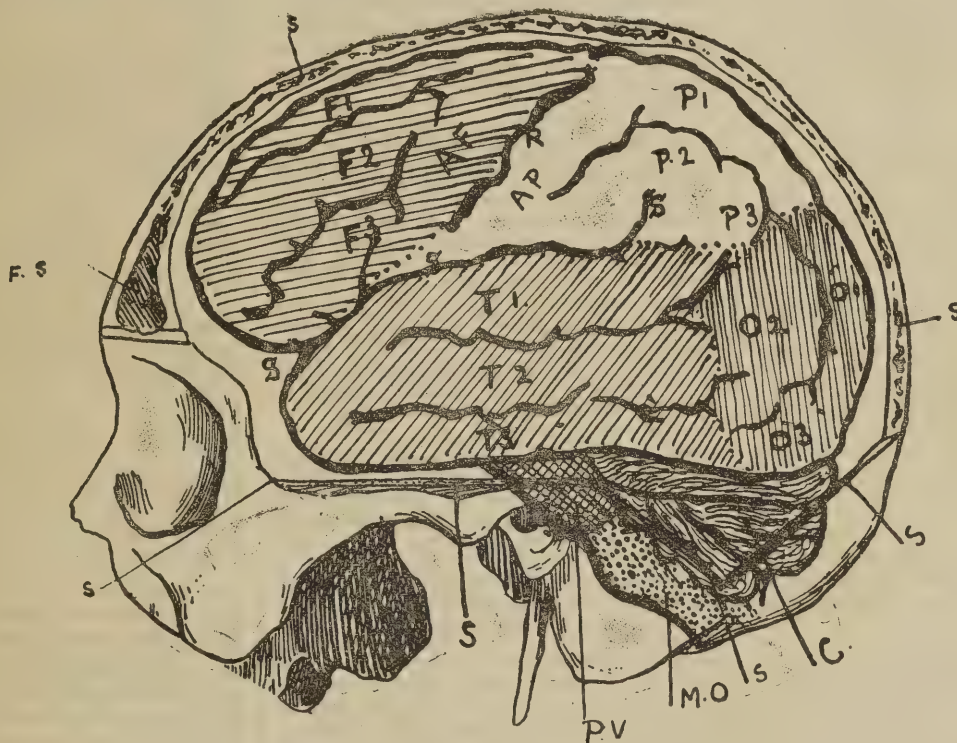
## AND PEOPLE'S MEDICAL ADVISER.

No. 445.—VOL. XVIII. SATURDAY, SEPTEMBER 9, 1893.

PRICE ONE PENNY.

## THE HUMAN BRAIN AND ITS FUNCTIONS

### PART I.



### Lateral View of Skull,

*The Bones having been cut away at the side to Expose the Brain, which is shown, for the sake of clearness, in a somewhat diagrammatic form, but the relations are correct.*

F. S.—Frontal Sinus.

s, s, s.—Line of Cut Bones.

P. V.—Pons Varoli.

M. O.—Medulla Oblongata.

C.—Cerebellum.

S. S. S.—Fissure of Sylvius.

Frontal Lobe.

F 1, 2, 3.—First, second, and third frontal convolutions.

Temporal Lobe.

T 1, 2, 3.—First, second, & third temporal convolutions.

Occipital Lobe.

O 1, 2, 3.—First, second, & third occipital convolutions.

Parietal Lobe.

P 1, 2, 3. First, second, and third parietal convolutions.

A. F.—Ascending Frontal convolution.

A. P.—Ascending Parietal convolution.



## THE FAMILY DOCTOR.

SATURDAY, SEPTEMBER 9, 1893.

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## CONTENTS.

PAGE.	PAGE.
The Human Brain and Its Functions—Part I. (Illustrated) .. 17	The Mother's Page .. 23
Editorials .. 18	Unto the Third and Fourth Generation .. 24
"Love Seeketh not Its Own" .. 18	Physicians and Incurable Patients .. 25
The Human Brain and Its Functions .. 19	The History of Hygiene .. 25
Gymnastics in Sweden .. 19	Words of Warning .. 26
A Few Words about Water .. 20	Burial Alive .. 23
One Cause of Pneumonia .. 20	My Little Bride .. 26
The Origin of the Incas .. 21	The Importunate Fly .. 27
Bedrooms .. 21	Reviews .. 27
Recipes for the Table .. 22	Child Marriages the Curse of India .. 28
Hints for the Household .. 22	The Intoxication of Happiness .. 28
To Clean Hair Brushes .. 22	Our Open Column .. 29
Meat Eating a Cause of Bad Temper .. 23	Notes & Queries .. 29
	Answers to Correspondents .. 29

## EDITORIALS.

**TAKE CARE OF YOUR EYES.**—The way people abuse their eyes is amazing. They try them, strain them, and overtax them in all manner of ways. And when their eyes begin to weaken with ill-usage and age they are too proud to give them the aid of glasses, which they crave. Furrowed cheeks, sallow complexions, and white hair can be hidden under enamel and rouge and dyes, but there is no fashionable nostrum that can cover up weakness of eyes. Spectacles proclaim the defect which they mitigate, and are looked upon by those whose minds are as weak as their eyes as a badge of infirmity, and sooner than saddle their noses with them they saddle their lives with semi-blindness.

**BE** careful to avoid excess in eating. Eat no more than the wants of the system require. Strength depends not on what is eaten, but on what is digested.

**WE** must make the keeping of ourselves in health both a duty and a privilege. Health is so much a measure of our capacity for work, and work is so much the only thing we can do for human welfare and holy service, that it behoves us to use this talent as not abusing it.

**BATHING.**—Weak constitutions that cannot stand a great amount of vigorous bathing will find an excellent use for the flesh brush in taking what might be called a dry bath. There are seasons when, from having a cold or some other ailment, one becomes particularly sensitive; and at such times a brisk brushing with a good flesh brush will do much towards keeping the skin clean and smooth and the flesh firm, and may with advantage take the place, say every other morning, of the regular daily bath. But the dry bath is only for unusual occasions, the proper use of the flesh brush being as an adjunct to the bath, not as a substitute for it.

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**WHY GOOD SWIMMERS DROWN.**—There is nothing in a cramp in a leg to prevent an ordinary swimmer supporting himself in the water by his hands or on his back, or to cause him to throw up his hands and sink once for all like a stone. The cause is attributed to perforation of the ear drum, through which the access of water pressure occasions vertigo and unconsciousness, and a practical caution results, to persons having such perforation, to protect their ears with a stopper of cotton when bathing.

**HAIR OF THE HUMAN.**—The study of the hair upon human species offers an extensive field for inquiry, and one which presents many unsolved problems of the first order of importance. Why man, as a species, should present the kind and the amount of hair which he does is variously explained, and the differences between the varieties of the human race are so great in this respect that one of the most popular subdivisions of species is founded upon it. That the human family have the longest hair of any species of animal is a well-known fact, but why they lost it over most of the body is a subject for much curious conjecture and speculation.

**CLEANLINESS THE FIRST LAW OF HEALTH.**—The following words of the late Dr. Richardson should be ever kept in mind: "Cleanliness covers the whole field of sanitary labour. Cleanliness, that is purity of air; cleanliness, that is purity of water; cleanliness in and around the house; cleanliness of persons; cleanliness of dress; cleanliness of food and feeding; cleanliness in work; cleanliness in habits of the individual man and woman; cleanliness of life and conversation; purity of life, temperance all these are in man's power."

**WE** learn from the *Vegetarian* that Japanese children are suckled by their mothers, so that cow's milk is not needed, and the cow is only used as a beast of burden in Japan. It is interesting to see what is the result of this natural habit, and, as we might expect, it seems generally agreed that it is beneficial. The child benefits in an almost entire absence of the terrible disease of rickets, which is such a scourge in our "advanced" civilisation. Further, too, the ghastly disease of tubercular meningitis and mesenteric wasting which kill off our English children by the hundreds and thousands are practically unknown in this land.

**THE SPONGE BATH.**—While the great majority of women have neither the facilities nor the time to take a full bath every day, nearly all can take a sponge bath, which is all that is necessary for cleanliness. A basin, a sponge, and a cork mat comprise the essentials, and five minutes' application a day will keep the pores of the skin open and the body in a healthy condition. Some people require more bathing than others. Brunettes, as a class, and fat people in particular, are apt to need more baths and lotions to dispel the secretions and perspiration that defile the skin. In order to live up to the ideal, a woman should be exquisitely and habitually clean, and rather overstep than fall short of the so-called hygienic standard. It is advisable to be suspicious of neatness, if necessary, in order to perfect it.

**EXTERNAL USES OF ALCOHOL.**—The use of alcohol as an application and a dressing for excoriated surfaces, ulcers, old sores, and the like, is not what it should be. For all bruises and contusions it is most excellent, preventing any great discolouration of the affected part, and relieving the pain to a greater extent than almost any pain-obtunder. It is almost a sure preventive of "black eye," when that organ has been struck; four or five thicknesses of linen, moistened with alcohol and bound on the part, being all that is necessary. Numerous cases are on record where its use daily as a wash had cured chronic ulcers of the leg, inducing healthy granulations, this being the only medication employed. As an application to ulcers of the rectum, we know of several instances where it has been advantageously employed, the parts being well washed and cleansed with warm soft water, and then a pad of raw cotton soaked

with alcohol inserted—the burning sensation lasting only a short time, and not being very severe. As an injection in cases of vaginitis and leucorrhœa it exercises a very marked beneficial effect. In these cases it should be used in dilute form—say 20 to 50 per cent. in warm soft water. But for ulceration of any part of the vaginal tract the sores should be swabbed once or twice daily with a pledget of cotton saturated with full-strength alcohol. Incipient boils may be aborted by covering the spot with a pledget of raw cotton kept wet with alcohol. Pruritus is always relieved, and frequently entirely cured, by the application of alcohol to the parts.

## "LOVE SEEKETH NOT ITS OWN."

**ONE** sunny day, when life with me was gladness,  
 And I was wand'ring at my own sweet will,  
 Not caring whither, for the world was bright  
 Around me, and above me the blue sky  
 Was flecked with fleecy films whose shadows lay  
 In cooling softness on the lovely flowers,  
 I heard from overhead a plaintive cry  
 As of a wounded bird; and lo! it fell  
 In flutt'ring beauty at my very feet.  
 I found it was no native of these isles,  
 But one which storms had driven from its home  
 Across the troubled ocean. To my heart  
 Its loveliness and grief at once appealed.  
 I gently raised it, but I saw no wound—  
 Its cruel pain was hidden in its breast;  
 It opened its fond eyes, looked into mine,  
 And seeing only love there, closed them  
 Contented, and lay quiet in my hand.

I took it to my home; and soon it learned  
 To love me as I, too, had learned to love  
 It for its beauty and its wondrous voice.  
 Sometimes its song, rich with ecstatic joy,  
 Rose to the highest pitch of eloquence,  
 And thrilled my inmost soul with great resolves.  
 And sometimes it was sad, and made me weep  
 Hot sympathetic tears of love and grief,  
 Because I knew not how to comfort it.  
 Was it that it was pining to be free?  
 I drove away the thought. It could not be!  
 Had I not given it a sumptuous cage,  
 And made its daily wants my constant care,  
 And talked to it, and fondled it within  
 That cage? Ah! yes, "within that cage." Alas!  
 It pined for freedom, and that meant to me  
 The loss of that which I so fondly loved.  
 "So fondly loved"? Say, "loved so selfishly!"  
 For, true love "seeketh not its own." It joys  
 Ever to give its all, yea, life itself  
 To bless the object of its adoration.

So feel I now; but then I knew it not,  
 Or would not know. I closed my eyes to that  
 Which others saw, and kept my lovely bird  
 A captive still. It loved me, yes, oh, yes;  
 It loved me, and because of its great love  
 I could not let it go. So thought I then.  
 But when true love, begot of love, prevailed,  
 I knew that mine had selfish been, and gave  
 My pet its liberty, although my heart  
 Was well-nigh breaking, as I took that cage  
 And in the fragrant garden opened it.  
 My beauty, at the swinging door, then stood  
 And, ere it flew away, poured forth its soul  
 In song,—a farewell song, for I believed  
 That I should never see my pet again!  
 But that one act of freedom was the link  
 Which bound its little heart to mine the more.  
 It left the gilded cage, but not my home;  
 And when it saw me break its prison bars  
 And trample them beneath my feet, it flew  
 And nestled in my breast. I choked with tears,  
 And swore that never more would I confine,  
 By bars of brass or gold, one living thing,  
 But ever by the gentle bonds of love,  
 And love alone, would link each life to mine.

—Alpha Lyra.

**WHAT** a cage is to the wild beast, law is to the selfish man. Restraint is for the savage, the rapacious, the violent; not for the just, the gentle, the benevolent. All necessity for external force implies a morbid state. Dungeons for the felon, a straight-jacket for the maniac, crutches for the lame, stays for the weak-backed; for the infirm of purpose, a master; for the foolish, a guide; but for the sound mind in a sound body, none of these.—Herbert Spencer.



# THE HUMAN BRAIN AND ITS FUNCTIONS.

By AN M.D.

(See Frontispiece.)

## PART I.

THIS subject naturally follows on the series of letters that have appeared in the FAMILY DOCTOR on "Phrenology," a subject which awakened a large amount of interest. Now the question arises, if what Phrenologists state regarding the brain is incorrect, what then are its functions, and how have they been ascertained. This will be our duty to set forth as clearly as this very intricate subject will admit.

The brain is now universally admitted to be the seat of the intellect, but this was not admitted in olden times. Aristotle declared the heart was the seat of the reason, for he said it is the only organ that alters under emotion, which alteration was visible in increased beating. Plato declared it to be the seat of reason. Hippocrates, the great physician, regarded the brain as a great mystery, but laid down extensive rules for the treatment of a number of ailments which he stated had their origin in the brain.

But we cannot linger over what the earliest thinkers thought about the brain, nor trace thought through the black Middle Ages and during the early days of the Reformation. Vesalius, Willis, Malpighi, Haller, names which stimulate us to industry, and the gradual unfolding of the gross anatomy of the brain.

Electricity was the means of putting in the hands of experimenters the first method of ascertaining reliable results, as will be hereafter shown. But to understand the functions of the brain we must be clear on the subject of its shape, form, and component parts. The brain, then, is situated in the skull, and if the bone were removed you would find beneath first a white dense shiny membrane, the dura mater, which protects the brain, and next a delicate membrane which carries the bloodvessels which supply the brain.

The brain, if lifted out of the skull in its entirety and then hardened by immersion for some days in spirit, to allow of its being handled more freely than in its soft, pulpy condition, would be found to be pleated in and out all over its surface, divided from back to front into two halves, and to have a sort of root or peduncle, which was attached and continuous with the spinal cord which runs down the back. And on turning it over and looking at the root (the medulla oblongata, M.O.) there would be seen the cerebellum, C., or little brain, divided also into two halves, situated behind and on either side of the medulla oblongata. The medulla is a pyramid-shaped body of great importance. Above it is a transverse band of fibres about an inch wide, called the Pons Varolii, after the old time physician who first described it. The fibres of the medulla run through the Pons on into the hemispheres of the great brain, and if the halves of the great brain, or cerebrum, are separated, a great connecting band between the two sides will be seen, and several other projections with which we do not purpose to deal, as the matter is too complicated for the subject of a popular paper like this, which aims at giving a bird's-eye view of the main well-ascertained facts connected with the functions of the brain.

The great brain is, as we said before, divided into two halves down the centre, and if you look at the drawing you will see the principal convolutions and fissures indicated, named, and numbered for reference.

Now, if the cerebrum is cut into it will be seen to be composed of, first a layer, about a quarter of an inch thick, of grey matter and then of white; now research has shown that the grey matter is the fountain of all spontaneous thought and action, and the white matter is simply made up of conducting fibres. But whilst there is this simple division into white and grey matter in the halves of the cerebrum,

there are isolated spots of grey matter all over the medulla and pons, and these isolated spots play a great part. For instance, there is a spot in the medulla called the "vital" spot, simply because life ceases at once if it is injured or destroyed. This spot performs the automatic work of transmitting the necessary impulses which keep the respiration going without our being aware of it. If we had to voluntarily inspire and expire, and keep our heart and lungs going, we might possibly forget with dire consequences to the body, so we are formed with an automatic self-containing machinery in the medulla to do the work, but this centre is under the superior control of the grey matter in the cerebral cortex, and so, if we desire it, we can slow or hasten respiration at will, and if our thoughts wander elsewhere, the lower centre in the medulla takes up the work without fail. In Part II. we will deal at much more length with all the known functions of the cerebrum and cerebellum.

## GYMNASTICS IN SWEDEN.

By I. C. BARROWS.

GOING from Saxony to Sweden, one is at once struck with the height, the carriage, and the fine complexion of these people. The Saxons are short of stature. During the time when the university lectures are going on in a city like Leipzig, for instance, this is not noticeable; but when vacation comes, and the three or four thousand men from all parts of Germany scatter to their homes, one finds himself among a race of little men. In Sweden, on the contrary, the men as a rule, seem, by contrast, almost gigantic. The King sets the example, being one of the tallest men in the kingdom—straight, dignified, and handsome. The Crown Prince dwarfs any man beside him. At a recent drill of army officers at the Central Gymnastic Institute, the director, Dr. Törngren, a man considerably over six feet, was the tallest person in the drill hall until the Crown Prince came in and stood beside him. In an instant Dr. Törngren shrunk to a man of medium height, while his future sovereign towered several inches above him.

The women, also, have the same splendid physique, as though Nature had had a fair chance to let them grow as tall as they would. One forgets the gnawings of envy in pure delight and admiration.

Of course, there are plenty of homely, short, and stubby people, such as one finds everywhere; but they attract no attention. In looking at the tall and stately men and women of Sweden, one cannot but ask how much the universal practice of gymnastics has to do with making them such noble specimens of humanity. A few years ago some careful statistics showed that girls who had practised gymnastics were actually taller than girls in the same school who had not. Even those who had attained their height, as was supposed, before beginning regular exercise, seemed, and actually measured a trifle taller from the better way in which they learned to stand and walk. It would not be strange, therefore, if the constant use of the very best system of gymnastics from the age of seven up to manhood and womanhood should, in the course of years, develop a race of tall, broad-chested, erect, and handsome men and women. It may be unreasonable to suppose that ugly features can be changed by physical education; but the plainest face may be made beautiful by a fine complexion, and nothing tends more to create this than simple diet and plenty of wholesome exercise. And these the Swedes have.

Gymnastic drill begins in the primary classes, and is considered an essential part of the education throughout the entire course of study. Teachers are trained in the Central Institute. This institute was founded under the direction of Ling, the father of Swedish Gymnastics, though it is a royal institution and under governmental management.

All the young officers of the army, as they come along in military succession, are compelled to take a regular normal course in this institute. There are lectures and instruction in physiology and anatomy, drill in free-hand exercises, with apparatus, fencing, bayonet exercises, &c. In some of these exercises the

men wear padded leather jackets and helmets as heavy and large as those of the Middle Ages. The weapon is a broad, double-edged sword, which comes down with such a thwack on the helmets that one almost expects to see helmet and head both split asunder. The apparatus is so arranged that a chance is given to practice scaling walls and walking on narrow ways, and the power of balancing that the men acquire is something remarkable. Vaulting of all kinds gives cavalry practice, and the general result is that these army officers find themselves far better fitted for their military duties than ordinary barrack and parade-ground drill could give them. They have plenty of normal work, for the public school children of Stockholm go to the institute for their gymnastics; and these officers, supervised by instructors, are their teachers.

A class of twenty-five young women is admitted every other year. When one class has finished the prescribed two years' course, another class begins. It is strange that it cannot be so arranged that a class can enter every year.

Sailors, as well as soldiers, must undergo this daily drill until they have completed the prescribed course. They have just had their annual examination and public display of their powers. An enthusiastic young gymnast thus describes the successful occasion:—

"As boys, of course, they were spry; as soldiers, they were precise; as gymnasts, they were finely developed; and as sailors, they were nimble and light. You can imagine the combination of all four. How they did frisk and scramble and drop off from high places, never making a sound! They were just like cats. Their feet were so light that they seemed to find it as easy to keep them stretched in the air above their heads as to stand on them. I think what appealed to me most was when the whole class, in two long rows, Indian file, all turned cart-wheels—or Catharine wheels—at once, rolling clear across the hall, keeping the lines straight all the time, and all doing it in the same rhythm—oh, so nice!"

Not only is great attention paid to pedagogical gymnastics in Sweden, but therapeutic, or medical, gymnastics play an important rôle. Every nurse learns to give massage, every physician learns when to prescribe it; and manual treatment is given at the institute for all manner of diseases. The normal classes also are taught the value and the practical application of this method of treatment. And, since there is much more disease than there are hands to treat it, steam is called into aid; and in a large medico-mechanical gymnastic establishment one may be rubbed, pounded, shaken, stretched, pressed, vibrated, trotted on a saddle, suspended, measured, "chopped," flexed, rotated, and jolted as on a velocipede by a Zander machine of one kind or another. These machines are by no means intended to supersede manual treatment but to supplement it. They are marvellously simple, and at the same time effective. They are like tireless human hands, and are guided by what seems almost like intelligence in the machine itself. The trades association of Germany are rapidly adopting this method, and the percentage of cures of members of these associations who have been treated is remarkable. Men who are obliged to leave hospitals before they are ready for work rapidly acquire strength under this treatment. It appeals to one's common sense as infinitely preferable to tonics for building up the human system.

The combination of pedagogical and medical gymnastic treatment may account for the fact that it is almost impossible to find a chemist's shop in Stockholm. After diligent search two were eventually discovered, but so modest in appearance that the casual passer-by would never suspect what they were if he were unaware of the fact that the devices of the serpent and the owl in the glass window-panes hint at the medicines that may be found within.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 11d. and 2s. 9d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 15 or 24 stamps by the Maker, E. T. Towle, Chemist Nottingham. Beware of imitations, injurious and worthless.



## A FEW WORDS ABOUT WATER.

BY A YOUNG PHYSICIAN.

AS water enters so largely into the composition of our bodies, constituting, as it does, three-fourths of the entire body weight, and as it forms a most important agent in the chemical and physical changes which take place in our vital processes, a few words upon this important fluid may not lack appreciation in these columns.

As a matter of fact water is one of the most important, if not the most important, dietetic agent we possess; for without it the tissues of the human body could not exist, and when the supply falls below the normal, the dire results of such abstinence is familiar to all. Just as the plant withers and dies from want of a due supply of water, so with the human subject.

Leaving out of consideration here the analytical composition of water, and the intricate physico-chemical processes to which it is subjected in the body in order for it to fulfil its proper function, we will pass on to more general details concerning it. It is absolutely essential that water for dietetic purposes should be pure—that is, fresh, limpid, without odour or colour, and having an agreeable taste. It ought to contain a certain percentage of gas and mineral matters in solution, and be free from vegetable and animal substances (organic matter). It is the carbonic acid gas and mineral substances dissolved in water which give it its agreeable taste.

In order to maintain the quantity of water at a uniform amount, a balance is struck between the quantity taken in and the quantity lost by exhalation, evaporation, and excretion from the lungs, skin, and kidneys.

The uses of water in the animal economy are to dissolve the food, and thus assist in its conveyance to different parts of the system; to dissolve and remove effete products from the blood and tissues; to assist in equalising the body temperature by evaporation, and to assist in building up the tissues of which the body is composed.

Having thus glanced in a cursory manner at the part played by water in the economy, we may go on to state as to how our knowledge may be applied to the benefit of the community.

Notwithstanding the lessons to be gleaned from a study of the good effects produced in a large portion of the community by an annual sojourn at one or more of our now numerous hydropathic establishments, mineral springs, &c., we fail to believe that a sufficient knowledge concerning this important dietetic and hygienic factor—water—is met with amongst the majority of people, hence our endeavour to point out a few points connected with the subject.

Without entering into a consideration of the conditions requiring residence at mineral springs or special baths—we leave that to the physician in the treatment of individual cases—we will merely point out a few matters which may be utilised broadly.

In the first place, water is applied externally as a cleansing agent, and its importance in this direction is of the greatest magnitude. Then nothing can be more beneficial than the daily cold shower or plunge bath (before breakfast), followed by the brisk application of a rough towel until the skin glows with reactionary heat. In delicate persons, and those who cannot stand the cold shower or plunge, cold or tepid *sponging*, followed by active rubbing, should be adopted. The bath thus used acts a general tonic of the highest order, bracing up the system, stimulating and causing the skin to act efficiently in its most important aspect as an eliminator of waste material. In order to attain these ends the bath should not be prolonged so as to cause a chill, but should be a rapid procedure, and the subsequent friction is a most important factor in the process, causing reaction in the skin. Thus used it acts by maintaining a healthy condition of the skin in keeping its excretory structures free, and is a first-rate preventative against catching cold.

The hot bath, ranging from a temperature of 90 degs. to 112 degs. F., besides being used as a cleansing agent, acts, in the first instance, as a general stimulant; but is apt, if prolonged, to be followed by depression of the heart's action,

and consequent bodily enfeeblement. It is an excellent measure to adopt in the early stages of all feverish affections, especially in children, to open the pores of the skin, and produce copious perspiration.

Having treated in a general way of the uses of water externally applied, we may now turn our attention to the uses of that fluid when taken into the body.

A healthy adult man requires daily 70 to 100 ounces of water, one-third of which is contained in articles of diet, the other two-thirds being supplied in the form of additional fluids. As we have said, water dissolves the food and helps in its conveyance to all parts of the system, and removes effete and waste products. When water is introduced into the mouth it stimulates to some extent the secretion or pouring out of saliva, which latter fluid has to do with the conversion of starchy matter contained in the food into sugar. It also dissolves salts and saccharine matters. Thus we see its importance at the very start of the digestive process, and we must admit that a certain amount of fluid is essential to the proper digestion and assimilation of food.

Physiologists tell us—and there is every reason to believe that they are correct—that when food enters the stomach it is turned over and over, and so thoroughly mixed with the gastric juice, or digestive fluid of the stomach. What, then, we ask, could aid digestion more than a due amount of water introduced at intervals during the progress of a meal? By this means the solvent power of the water is carried still further; and, as a natural sequence, digestion and assimilation are assisted. It must be stated in passing, however, that the introduction of a large quantity of cold water into the stomach may be productive of the arrest of the process we wish to aid, for, in order that the digestive juice of the stomach be poured out, the blood-vessels of the organ become engorged with blood at the commencement of the digestive act, this condition remaining during the process; and if a large quantity of cold water be introduced, a chill may result, followed by contraction of the vessels, and thus the process is hindered or arrested. Hence the evil of partaking of large draughts of water immediately before or during the progress of the meal, a practice which is common with some individuals. For water to be of use in the important process of digestion it should be taken in small quantities at intervals during the progress of a meal.

Another use of water in the economy, as before stated, is the bathing of the tissues and the removal of waste products from the system. This is brought about by means of the circulation, through whose agency the fluid is carried to all parts of the body, dissolving in its course soluble matters and carrying them away through the channels by which water leaves the system—namely, the skin, kidneys, &c.; and by the washing away of this effete or waste matter, the way is paved for the growth of new material. If these waste products were allowed to accumulate, the vital processes would be effectually clogged, the system poisoned, and a whole train of serious evils result; but by their removal the way is opened for reconstruction of tissues, and thus the general tone of the system is improved. It is a recognised fact that too little water is taken by most persons, especially by those in the higher walks of life; and in these we see the natural result—namely, illness attendant upon deficient elimination of refuse material.

A draught of cold water every morning is an excellent hygienic measure, stimulating the action of the bowels, giving tone to the stomach, and increasing the appetite. Moreover, water taken in this way when the stomach is empty is more rapidly absorbed, gains access to the tissues, and thus is better enabled to wash away the waste products.

A few words may now be said concerning the drinking of hot water—a measure advocated by some eminent members of the medical profession in America, but not appreciated according to its merits on this side of the Atlantic. All are acquainted with the beneficial and prompt action of warm water when it is taken to produce sickness, and it is the most handy, and often the most useful, emetic we possess. Taken at a higher temperature than to produce sickness—say, at the temperature at which we

drink our tea—it is found not only not to produce sickness, but oftentimes to allay it. It is strongly advocated in America in certain forms of dyspepsia, and we have frequently seen its good effects. In individuals whose occupation is sedentary, and in whom the appetite is poor, who are plagued for hours after their meals with pains in the stomach and bowels, feelings of drowsiness and oppression, half or a tumblerful of water as hot as it can be comfortably borne, sipped slowly after the meal, is followed by disappearance of the symptoms, which renders eating a misery, and produces feelings of comfort to which the dyspeptic martyr has long been unaccustomed. In those who, as a general rule, are free from dyspeptic trouble, but who at times experience vague feelings of discomfort after meals, the tumbler of hot water is decidedly beneficial. So called bilious subjects who are martyrs to sick headache, with sallow complexion, poor appetite, irregularity of the bowels, and show signs of depression generally, may often be permanently relieved by careful diet, fresh air, and the use of a glass of hot water taken two or three times a day. In certain individuals a glass of cold water in the morning would be intolerable, but if the water be taken hot the same good results accrue. In rheumatic and gouty subjects in whom the non-elimination of waste products is the source of trouble, the hot water habit lessens the tendency to bouts of illness, and these may often enable such persons to live in comparative ease and comfort.

Some will exclaim against the practice on the score of its tendency to produce sickness, but, as we stated before, tepid water is a pretty effectual emetic, whereas if the water be taken as hot as it can be borne with comfort, no such result will take place. Moreover, if taken in this way the water is not nearly so disagreeable to the palate as would be supposed, and those who are accustomed to the habit state that it is positively pleasant, giving a sense of sweetness and cleanliness to the mouth.

Much more might be said upon the subject, but we think enough has been set forth to impress upon the reader the importance of a plentiful supply of water, and the valuable means he has to hand in the prevention of disease, and in the preservation of hygienic principles which are of great importance in everyday life.

## ONE CAUSE OF PNEUMONIA.

THE increase of pneumonia cases among middle-aged men is thus speculated upon by Dr. I. F. A. Adams:—“Without attempting to dogmatise in what may be called an unexplored field, it is pertinent to ask whether the great increase of steam-heated office buildings, in which the great majority of rooms have no adequate means for renewal of the air to be warmed, may not in a large measure account for it. Many of these buildings are admirably constructed to keep out air, whether cold or hot, and this very perfection contributes to their insalubrity. In these hermetically sealed office rooms that abound in our business buildings, the steam heats the atmosphere to a delightfully comfortable degree; the occupant breathes and re-breathes the air in the zero days, when he cannot endure an open window; and the effect is to silently undermine his powers of resistance, so that when he goes forth, exchanging this balmy tropic air for the keen breeze of a frozen harbour, it may be—through some subtle change in his system which has robbed his lungs of their power of resistance—their ability to endure the onset is gone, and in a few days his death of ‘pneumonia’ is recorded.”

HARDY MINERS TOIL LONG AND HARD in the bowels of the earth to bring forth precious gems and metals for the use and pleasure of their fellows. In many parts of the world the pick and shovel have struck the first blow of civilisation. Holloway's Pills and Ointment have been potent factors in the quick march of progress, for they have given the armour of good health and strength to travellers both by sea and land. They protect the system from attacks of disease even in climates where its influence is fatally felt. During the present hot weather, when stomach and liver complaints, diarrhoea, dysentery, &c., are liable to attack anyone, these remedies will be found simply invaluable.



## THE ORIGIN OF THE INCAS.

IN the library of the British Museum, the largest in the world and a veritable treasure house of rare and precious literature, says the *Globe*, the student may examine a Spanish manuscript (No. 25,327) written in 1631 by a member of the Society of Jesus, a missionary in Peru, Father Joan Anello-Olivio, a native of Naples. This work of his, which has never been published, is full of information that cannot fail to interest all persons who have read anything about Peru. Dr. Le Plongeon made an exact copy of the Spanish manuscript, and a condensed translation appears in the *New York Tribune*. According to this, the story of the Incas runs as follows:—After the great deluge, the first who came to people these countries (South America) landed at Caracus, afterward spreading over the territory even to Peru. Some of those colonists found their way to Sumpa (Point Santa Elena), two degrees south of the equator. There they founded a great city by order of their chief, Tumbe, a good, intelligent, and just man. After a time he sent out an expedition with orders to seek other lands and return in one year, but those people never came back, though after several years had elapsed some were heard of in Chili, Paraguay, Brazil, and remote parts of the continent.

## THE LOST EXPEDITION.

Tumbe was profoundly grieved at not knowing what fate had overtaken those sent out by him; and because he was too advanced in years as well as too infirm to go in search of them, he mourned so much that he brought on an illness which resulted in his death. He left strict orders that someone should go to find out about the expedition, and that if new lands were found, settlements should be formed in them. Tumbe left two sons. The elder was named Quitumba, the other Otoya. It was not long before these two men disagreed concerning Government affairs, and the result was that each lived in fear of the other. Quitumba, the elder was also the wiser, and he resolved to avoid trouble by leaving his brother in undisputed authority while he went away to search for the lost expedition in compliance with his father's dying commands. He guided his followers to fertile plains in proximity to the sea, and in latitude three degrees south founded a town, which he named after his father, Tumbe, (now called Tumbez). Quitumba had a wife named Llira, famous for her beauty, and he had left her at home, she having consented to his going only on condition that he would return within a fixed period; but this he did not do. She bore a beautiful son and called him Guayanay, which means swallow. From him descended the Incas. The father of this child having founded a new city in the plains, did not forget his own father's last wish; he sent out parties of men to search for traces of the lost expedition. These journeyed many days along the sea coast, and reached the city of Rimac (now Lima), whence they returned to Quitumba, telling him that they had found good and extensive countries for the foundation of new cities. But they had not obtained any knowledge regarding the last expedition.

## INVASION BY GIANTS.

Meanwhile, Otoya, the second son of Tumbe, had remained at Sumpe, free from all interference on the part of his brother. He consequently gave way to his evil propensities, indulging in all manner of excesses, till finally his vassals resolved secretly to put him to death. Unhappily for them, Otoya, discovered the conspiracy and inflicted a most cruel death on those who had plotted against him. After that affair he continued in the gratification of all his vices. But while he was following this unbridled career the country was suddenly invaded by giants of formidable size and forbidding aspect. They were also exceedingly cruel, and soon made themselves masters of the place. The vicious Otoya was taken captive, and all his subjects were treated with such tyranny by the newcomers, that they lived in terror. But Pachacamac delivered them from that dreadful oppression by destroying the wicked giants, no less vicious than Otoya, who died in his prison. The God caused

a rain of fire to fall on the giants and consume their bodies. Tradition says that those giants had come by sea and were four times as large as ordinary men. We may safely regard this as a poetical exaggeration. It is, however, true that exceedingly large human bones are even now found along the coast in many places showing that at some time or other giants really did live there. According to Zarate the tradition is to the effect that Pachacamac sent a beautiful youth, who, descending from the sky in the midst of a resplendent cloud, hurled thunder-bolts upon the giants until they were reduced to cinders.

## A FORSAKEN WIFE'S REVENGE.

Meanwhile Quitumba, the elder brother, living in the city of Tumbe, had heard of the arrival of the giants and of their doings in his native place. Fearing lest they should come to treat him and his people in the same manner, he resolved upon a general move. In order to make escape sure he caused a number of canoes to be made, and with all his vassals sailed out to sea. After two days they reached an island, fertile and fruitful. They called it Puna (in the Gulf of Guayaquil), and establishing themselves there, resolved not to return to the mainland while the giants held possession of it. Constancy does not seem to have been one of the virtues of the wise Quitumba, for he had in no way kept his promise to his wife Llira. At the end of ten years she learned that her husband was alive and had settled on the island. Losing all hope of seeing him again, and enraged at his desertion of her, her love for him turned to profound hatred. Unable to avenge herself personally, she went secretly, taking her little boy Guayanay to the summit of the sacred mountain of Tancar, where on her knees, weeping, she implored Pachacamac to avenge her, and chastise her faithless spouse. Tradition has it that surprising phenomena immediately occurred as if in token of Pachacamac's having heard her. The recital of these occurrences still forms part of the native folk lore. It is related that suddenly the skies were overcast, darkness prevailed and a terrible tempest of rain, hail, and lightning ensued. The elements seemed at war with each other, and Nature to be rending herself. It is said that from that day the winds, every year at a fixed period, change their direction and blow continually for a certain time from the south-east along the coast. From that time also rain ceased to fall in those parts.

## A ROMANTIC ELOPEMENT.

In view of the omen granted her, Llira, full of gratitude, resolved to offer her son as a sacrifice. She built a pile of wood and laid her child upon it, but just as she was about to apply the torch a condor descended from the heights, and, seizing the boy in its claws, flew to a floating island called Guayan. There the youth remained hidden for ten years, maintaining himself on the roots and fruits. After the dreadful storm that had been raised by Llira's prayers the countries on the coast suffered from drought, becoming arid and desert as they now are. When Guayanay had reached his twenty-second year, a terrible tempest drove his floating island to the mainland, and left it stranded at a place inhabited by a fierce and barbarous tribe. Impelled by curiosity, some of those people boarded the island, discovered the young man, and led him prisoner to their Cacique. This chief had him imprisoned, intending to sacrifice him at an approaching festival. Guayanay was a good-looking fellow, with a clear complexion and curly hair. A great number of persons came to look at him and hear his story; but the Cacique's daughter Ciguar loved him at first sight, and made up her mind to save him, cost what it might. She found an opportunity to tell him that she would risk her life to rescue him if he would let her accompany him where fate might direct his steps. To which he replied that he would gladly devote his whole future to her. During the night Ciguar managed to effect the escape of the prisoner and to elope with him. After several days they came to an island which on closer inspection proved to be Guayanay's own floating home that the winds and tides had again carried far from the mainland. There the young couple made their home and lived many years blessed with a large family. Ultimately, Manco, Guayanay's son, left the island with

his people, in obedience to his father's wishes, and settled on the mainland, thus founding the Inca dynasty.

## BEDROOMS.

FOR matters of health and pleasure, it is important that bedrooms should be kept with absolute cleanliness. There is no truer test of good housekeeping than the care taken of sleeping rooms.

In the first place, painted or waxed floors are far preferable to those with covers. If carpeting is insisted upon as a matter of comfort, let it be in the form of a very large rug, which can be removed occasionally and thoroughly beaten. Many housekeepers leave carpets down in bedrooms from one year's end to another, allowing the accumulated dust and possible disease germs to be breathed into the lungs of the unsuspected sleepers.

In no apartment in the house is such simple taste so welcome and appropriate as in the bedroom. Here there should ever be an air of quiet and repose, and a complete absence of all obtrusive colours. An air of subdued harmony should invest the entire apartment; and walls, ceiling, floor-coverings, woodwork, and hangings should all be selected so as to unite all together and form a peaceful *tout ensemble*.

If carpets are tacked down, they ought to be taken up and cleaned thoroughly at least twice a year.

Large "stuffy" chairs, heavy window draperies or lambrequins, elaborate bric-à-brac and bookshelves, large picture frames, and all other things likely to become repositories for dust, are objectionable. Sleeping rooms ought to be simply furnished, given all the sunlight possible, and thoroughly aired every day. It seems impossible to think that there are housekeepers who make beds before breakfast, and without placing the sheets and blankets in a position to be thoroughly aired.

The springs and under part of the bed ought to be thoroughly cleaned and dusted at least once a week, and mattresses beaten and turned. Badly soiled ticking on pillows and mattresses is seen frequently, and when found masquerading beneath snow-white pillowslips and sheets is especially revolting. The cleanliness of housekeepers who tolerate dirty bedticking is certainly only "skin deep."

Comfortables and blankets soil easily, and must ever prove a special care to housekeepers. Much of the soiling comes, however, from allowing the covering to come in contact with the floor, which is needless and ought never to happen. A piece of cheese-cloth caught with zephyr along the upper part of a blanket, and covering the fold, will protect it from being soiled on that part which is liable to come in contact with the body of the sleeper. Pillowslips, sheets, towels, splashers, &c., should be of snowy whiteness; and a word about laundrying may not be amiss.

Avoid the use of all washing compounds and soaps for which wonders are claimed. They contain very powerful chemical agents. Buy a good quality of any laundry scap. Place the bars apart, so that the air can circulate between them freely, and as they dry, the alkali and any other chemicals they may contain will be drawn to the surface, and may be removed before the soap is used.

A small piece of salsoda, about the size of a walnut, may be placed in the boiler with the clothes, and will serve to whiten them. The salsoda, however, must be thoroughly dissolved before the clothes are placed in the water containing it. A very small amount of bluing may also be added.

Clothes should be rinsed at least twice after leaving the boiler. If the rinsing water is not perfectly clear, make it so by settling with a small bit of alum.

In ironing use hot flats and press every part carefully. Do not leave fine wrinkles and half-ironed places, as many housekeepers do.

KEATING'S POWDER.—Kills bugs, fleas, moths, beetles, and all insects (perfectly univalued). Harmless to everything but insects. Sold in Tins, 6d. and 1s.  
WORMS IN CHILDREN.—Are easily, surely, and with perfect safety got rid of by using KEATING'S WORM TABLETS. Tin 1s. 14d. Free by post 1s. 6d.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**CHICKEN TEA** may be prepared life beef-tea, substituting chicken for beef. The bones should be used as well as the flesh, the whole finely chopped up. The feet add to the nutritive qualities, and impart a characteristic flavour.

**RAISED PIES.**—To make raised pies to stand whilst baking, you must boil the lard, butter, and beef suet. One-third the proportion of the last two to the lard with the water, pouring the whole boiling into the flour. For small pies you should begin to raise at once, dividing out into the sizes required. If you cannot manage to raise with your fingers, a block may be used, or for a large pie a mould.

**FOR SWISS ROLL.**—Take ten eggs, eighteen ounces fine sugar, twenty ounces flour, two large tablespoons warm water, six drops lemon essence. Whisk as for sponge cakes; add water; when batter is ready, previous to baking, butter a large sheet of strong white paper, turning up sides and pinning the corners about half-an-inch high. Spread the batter thinly, and bake in hot oven; when baked turn over on to another sheet, sprinkle with pink or white sugar, spread jam freely over while hot, and roll closely.

**SEMOLINA PUDDING.**—(1) Put two table-spoonsful of semolina into a dish; moisten well with cold milk; add one pint of boiling milk, sweeten to taste; grate nutmeg, and put a few small pieces of butter on the top; and bake in a moderate oven three-quarters of an hour. One or two eggs may be added if required richer. They should be lightly beaten, and a little of the boiling milk added, stirring all the time, to prevent their curdling. Then put them into the pudding.—(2) Take two ounces of semolina, a pint of milk, two ounces of sugar, two eggs, half an ounce of butter, and a little nutmeg. Boil the semolina gently in the milk until it thickens; then add the butter, sugar, and nutmeg; when cool, stir in the eggs; pour it into a buttered pie-dish, and bake half an hour.

**COCOA-NUT BISCUITS.**—Take one grated cocconut, one cup of powdered loaf sugar, the whites of three eggs whipped up stiff, one table-spoonful of corn-flour, moistened with the milk from the cocconut, and sufficient rose-water to flavour. Whip the sugar into the stiffened whites; then the corn-flour, the cocconut, and rose-water, last. Beat up well together, and pour by spoonful on buttered paper, and bake half an hour.

**GAME PIE IN A TERRINE.**—Skin and clean a fine hare. Cut the flesh clean off the bone, have the same quantity of veal, free from skin and gristle, and an equal quantity of fresh pork. Mince it all fine, seasoning it with salt and pepper; also chopped onion if liked. Place at the bottom of a terrine a little salt and pepper, a laurel leaf cut in three or four pieces, and a small sprig of thyme, also cut small. Then put in the minced meat, press it well, cover it with a very thin rasher of bacon; sprinkle it with salt, pepper, thyme, and laurel leaf as before. Pour over it half a tumbler of water and a wineglass of brandy. Cover it as close as possible, and bake in a moderate oven two hours and a half. To make it more savoury, the bones of the hare and the cuttings of the meat may be stewed for two or three hours with an onion, a carrot, some sweet herbs, and when the pie is baked this gravy can be poured over it, simmered for five minutes, and left to cool. Another way is to cut the meat off the hare and veal into pieces the size of a finger, and, instead of the pork, take a pound and a half of sausage meat, well-seasoned, with which mix the heart and liver of the hare cut small. Having lined the terrine as before, put a layer of mince a finger thick, then a layer of the pieces of meat well pressed down, then the mixture of mince again, and so on till the terrine is filled, and a rasher of bacon on the top. Flavour it, and add the water and brandy

as before. When it comes out of the oven put a weight on it till the next day, when it must be slightly warmed, the cover taken off, and a coating of clarified lard, or some sort of good fat, poured all over the surface to keep out any air, then put on the cover of the terrine, and close it hermetically by pasting paper all round, and a cork in the hole in the centre. Treated thus, and kept in a cool place, it will remain good for a long time. Any sort of game can be used.

## HINTS FOR THE HOUSEHOLD.

**AMMONIA** in dish water removes grease and soil.

Use salt and vinegar to clean brass utensils and ornaments.

**TURPENTINE** sprinkled in the haunts of cock-roaches will scatter them.

**BURNING** paraffin may be almost instantly quenched by throwing flour upon it.

**FOOD** cooked in earthenware preserves the flavour better than when cooked in iron vessels.

**PIES, &c.,** moistened with milk just before they are put into the oven bake a nice brown.

**SOAP-BARK**, which may be obtained at most chemists, is excellent for cleansing white woollen goods.

**WHISKY** is recommended to remove all kinds of fruit stains.

**IRON-RUST** may be removed by covering the spots with paraffin oil. Let them remain covered some time.

**LIME** and water mixed to the consistency of cream is the best mixture for cleaning and brightening zinc.

**WHITE** sheepskin rugs may be cleansed by scrubbing them with castile soap and water, and drying thoroughly in the sun.

**WHEN** anything is spilled or boils over on the stove, the bad odour may be counteracted by sprinkling a little salt upon it.

**ICE** may be kept without a refrigerator if closely wrapped in a thick, strong cotton cloth, and put in the cellar in a large tub, supported in such a way that the water from it may not rise around it.

An important industry has arisen in France, the selling of milk frozen solid in cans. It has been discovered that milk can be kept perfectly fresh in a frozen condition for more than a month. It is frozen by means of an ordinary ice-making machine, and despatched by rail, or steam, to its destination. The customer who purchases the frozen milk has simply to thaw it when it is required for use.

**A GOOD LINIMENT.**—A cheap stimulating liniment, which will be almost odourless and yet effective for outside application, can be made as follows:—In one quart of turpentine mix one quart of coal oil. Pack half an ounce of alkanet root and two ounces of pulverised capsicum in a large ordinary funnel. Over this mixture pour the turpentine and oil, allowing it all to percolate through the capsicum and alkanet root. In this way it will extract the substance of the capsicum and take on a beautiful red from the alkanet. After this has been done, add one ounce of the oil of peppermint and four ounces of gum camphor. To make it more fragrant add a little oil of pepper grass. This liniment thus completed is a strong, efficacious one to rub on the skin, and so clean and fragrant that even the most fastidious would not hesitate to use it.

**A VALUABLE EMULSION.**—The paraffin emulsion is a valuable insecticide even when applied to flowers, a use which some no doubt have never thought appropriate. A writer says in his experience with tender plants, such as pelargoniums, geraniums, and the like, he was very much troubled with a little green worm. He tried sulphur, tobacco smoke, and various other solutions. The emulsion is prepared in a small way by putting one cup of boiling-hot soapsuds into a bottle. Then add two cups of paraffin oil, and shake vigorously for five minutes. A little of this, diluted with from

ten to fifteen times its bulk of warm water, will make a solution of the proper strength for spraying. One of the little perfumery sprays worked with a rubber bulb will answer every purpose.

**DANGERS LURK IN KITCHENS.**—"Don't you know," said a physician, when he saw jelly cooling outside a kitchen window, "that when we medical men want to secure organisms for investigation we expose gelatine to the air or in places where we have confined malignant germs? The gelatine speedily attracts and holds them. Cool the jelly if you must, but cover it with a piece of close-wove muslin, or, better, if you have it, some pieces of glass taken from some broken window-pane." It is to be feared that kitchen processes are sources of illness more often than is imagined. In many city houses the little kitchen annex, or pantry, where the various eatables are kept, is directly against a drain or closet. Yet here stand daily uncovered milk, butter, often custards and puddings, and various other absorbents. The average cook is absolutely ignorant of sanitary cause and effect, and the eternal vigilance of the housewife is the family's chief safeguard.

**AN OLD TRUTH.**—Someone has said that one-half the misery of life at least, if not more, comes to people from not being able to make both ends meet, and yet how unnecessary is the nervous strain and worry of mind which arises from the foolish attempt to keep in the midst of fashionable people—to keep up appearances which are beyond one's income! If it does happen, as it sometimes will, with gratification to both sides, that bright people with small means are thrown in the way of wealthy acquaintances, always let it be with frankness and with open acceptance of the fact. Putting on airs is detrimental to self-respect. Much better to say at once, "We cannot afford it," never apologising for the smallness of the house or the lack of domestics, never pretending to be other than you are. In this way and this only can housewives, who do much of their own work in unpretentious homes, find intercourse with their wealthy neighbours agreeable.

## TO CLEAN HAIR BRUSHES.

**TO** keep hair brushes in good condition they should be washed once a week, not oftener, as very frequent washing spoils them, by making them too soft to be useful. This should be done by dissolving a piece of washing soda the size of a walnut to a quart of water. After combing out all the loose hairs from the brushes, they should be dipped, bristles downwards, up and down in the water until perfectly clean, care being taken to keep the backs and handles as free from the water as possible. Then they should be rinsed, in the same manner, in tepid water, into which a little borax has been dissolved, shake them well, and dry the handles and backs with a soft towel. Put in the sun or near some artificial heat, bristles downwards, to dry, not too quickly. In the absence of washing soda, ammonia could be used for the same purpose, about a teaspoonful to a quart of water. Soap should never be used, neither should the bristles be wiped or rubbed with a towel, as they soon become very soft.

Hair combs should never be washed unless it is absolutely necessary, as water has a tendency to make the teeth split, and it also roughens the tortoise shell or horn of which they are usually made. Small brushes, manufactured expressly for this purpose, may be procured, at a trifling cost, and with this the comb should be thoroughly brushed and afterward wiped with a cloth.

THE title of Doctor was invented in the twelfth century, at the first establishment of the universities. William Gordenia was the first person upon whom the title of Doctor of Medicine was bestowed. He received it from the college at Asti, in 1329.

**TIGHT LACERS.**—Ladies and Gentlemen's Corsets Fitted Personal visit not necessary. Self-measurement form free by post. Satisfaction guaranteed. Best qualities. Lowest prices. Close fits for Professionals. Neatness, comfort, health. FORD AND PARR, 141, Stockwell Road, London, S.W. Estab. 1856.



# THE MOTHER'S PAGE.

## THE USEFUL WOMAN.

WOMAN'S heart is supposed to be the very dwelling-place of mercy, and a useless and selfish woman is a libel upon her sex. We call upon you to be our sisters of charity, to go forth on errands of mercy to the abodes of sickness and poverty without abjuring all pretensions to the character of wifehood and motherhood. Loathe that spurious sentimentality which weeps over the imaginary woes of a novel, but turns away with a callous heart from those real sufferings which abound on every hand. You do most for yourselves when you do most for others. It is not enough that you pity the sorrows of the poor and the suffering; what your heart pities your hands must do; what you pray for you must strive to attain.

If you desire to live, in the true sense of the word, you can least afford to be useless. It is lamentable to see how many women live only as a waste and weight on fast-flying time. O you poor souls living in uselessness, how can I make you see what you are losing? What can I say but,

"Rise up, ye women that are at ease,  
Tremble, ye careless daughters,"

and repeat the old call, "Awake, ye that sleep, and arise from the dead, and Christ shall give you light."

In the woman form of merciful ministry humanity feels the touch as of an angel from heaven. Say not the doors of useful service are closed against you, when there are so many poor to help, so many sick longing for the sound of a woman's voice, and the touch of a woman's hand. If you have an earnest purpose, it will not want for a sphere, it will make its own sphere. Would you realise the divinest of womanhood's ideals and be "as the angels," listen to the moans of suffering around you. Harken to the voice that whispers in your soul; begin with some plain, practical, petty duty immediately at hand, and in faithfulness to the lowly duty your life will gradually be brought under the power of a supreme purpose.

"And so make life, death, and that vast for ever  
One grand, sweet song."

## PUNISHING A CHILD.

WHEN a mother inflicts punishment upon her child, it is generally done upon the impulse of the moment. She is harassed with domestic cares, until patience almost ceases to be a virtue. Just at that unlucky moment the child will commit some indiscretion. Trivial it may be, and is in ninety-nine cases out of a hundred, in its nature, but when we are worried a molehill looms up like a mountain. Without thinking she boxes the child over the ear, strikes him upon the head, or shakes him, until the poor thing does not know which will come loose first, his teeth or his hair. A moment later the mother feels a pang of regret, but the harm has been done, and the child's self-respect has been injured, for that is what corporal punishment does for a child more than anything else. By foolish notions of punishment we kill self-respect in our offspring in childhood, and then, when they grow up, we wonder what has become of it. Mothers frequently, it seems to us, punish their children not so much because of their disobedience, but to give vent to their own overwrought feelings. The first and great lesson which women must learn in this matter of punishment is the value of self-control.

THE tendency to enlarged tonsils is hereditary. When one child of a family, where all the children have enlarged tonsils, contracts diphtheria, the others run much greater risk of contracting the disease than they would with normal throats. This risk can be greatly

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reduced by removal of the tonsils. Recurrent attacks of follicular tonsillitis are best treated in the same way. The tonsils should be amputated in the interval between two attacks.

## WOMAN BEFORE THE LAW.

THE laws of England are, in most cases, what might be called "men's laws," so unequal is the justice they deal to men and women respectively.

For instance, a man is eligible for every office in the kingdom, and is under no restrictions as to voting.

On the other hand, there are many offices a woman cannot fill, such as member of parliament, county councillor, &c., although she may be queen. She can vote in certain municipal and school elections, but for nothing higher. She cannot serve on a jury except in one special case.

All English temporal peers sit and vote in the House of Lords.

A woman may be a peeress in her own right, but she has no seat or vote. There is one recorded case of a female baronet.

All professions are open to a man.

A woman may not be a clergyman, soldier, barrister, or solicitor. She may not even drive a cab or 'bus for hire in London. But women have been parish clerks and sextons. A woman was once high sheriff.

The law relating to inheritance of land prefers males to females. In nearly every case an eldest son inherits, to the exclusion of all other children.

When daughters inherit land they share it equally. As regards personal property, a man is his wife's heir, but a widow is her husband's heiress only to a limited extent.

When a man survives a wife possessed of land he will, in certain cases, own it all for his lifetime. In similar cases, when a wife survives her husband, she will have a life interest in only one-third of his lands.

A man's domicile is not altered by his marriage. A woman has to adopt her husband's domicile for her own.

A husband is *prima facie* entitled to the custody of his children. A wife has no such right, nor will the Courts readily grant it.

A man has a right to select the religion of his children.

A man has full rights over his own property.

A woman married before January 1, 1883, has only limited rights over property which was hers before that date.

All these points are decided favourable to the man. But he does not have it all his own way, as the following facts show:—

Any adult man may be made bankrupt or imprisoned under the debtor's act. A married woman can be made bankrupt only if trading separately from her husband. She cannot be imprisoned under the act.

If a man orders goods in his wife's name, he must usually pay for them. A man must generally pay for all necessary articles his wife orders. He is even responsible, to a certain extent, for debts she has incurred before marriage.

A man is responsible if his wife commits libel or slander, or does any wrongful act for which damages could be claimed. He is responsible in this case also, to a certain extent, for such acts committed before marriage. A wife is never responsible for her husband's wrongful acts.

A man may be compelled to allow his wife sustenance money while she is carrying on a suit against him, or is forced to live separately from him.

In some cases married women may testify privately as to whether their signatures to documents were made without fear or favour. Equity will assist a wife, if her husband has made some mistake in executing a power of appointment in her favour.

There seems to be some manifest injustice on both sides, but the wheel of legal reform moves slowly, and probably a dozen Dickenses may write a hundred "Bleak House" arrangements of the powers that be before any changes will be made for the benefit of either party.

## SIMPLICITY AND FRUGALITY.

THE principal effort made by this journal during its years of existence has been to urge the value and protection of simple habits. The same idea, applied especially to the training of children, is thus emphasised by Froebel in his "Education of Man." He says:—

"Always let the food be simply for nourishment, never more nor less. The peculiarities of the food, its taste or delicacy, should never become an object in themselves, but only a means to make it good, pure, and wholesome. Let the food of the child be as simple as the circumstances in which he lives can afford.

"Parents and nurses should ever remember that simplicity and frugality of food and in all other natural needs, during these first years of the child, enhance its powers when he becomes a man, to attain happiness and vigour and true spontaneous activity.

"It is far easier than we think to promote and maintain the happiness and good of mankind. All the means are simple and at hand; yet we see them not. Because of their simplicity, naturalness, availability, and nearness, they seem insignificant. We seek help from afar, though this practical help is only in and through ourselves. At a later period half, or all, our great wealth cannot procure for our children what greater insight and a clearer vision would have provided beforehand."

## HELP FOR CHILDREN.

WHEN will we ever learn that it is not what we do for the child, but what we help him to do for himself, which is of value to him—that it is not what he has, but what he is, which brings happiness? The bequeathal of a fortune, no matter how princely, does not compensate for a weak and marred character, and the priceless gift of a strong, true training of heart and will is within the reach of every mother who is willing to prepare herself by thought and study upon this great subject of child-training, it matters not how humble her position may be.

## MEAT EATING A CAUSE OF BAD TEMPER.

AN interesting article appeared some time ago by Mrs. Ernest Hart, regarding the eating of meat being a cause of ill-temper. It would appear from Mrs. Hart's article that the domestic side of an Englishman's life does not bear favourable comparison with that of other nations, and this she attributes to the excess of meat diet. Comparison is made with the less meat-eating France, where urbanity reigns supreme, and with the rice-eating Japan, where politeness prevails even among the children in the street. Harsh words, Mrs. Hart avers, are spoken in Japan by the Englishman alone.

Whether this be so or not, we are inclined to believe, with Mrs. Hart, that the usual run of Englishmen who lead sedentary lives certainly partake too freely of a meat diet. Consequently the half oxidized albumen products throw extra work upon the liver, whose duty it is to convert all soluble forms of albumen into products capable of assimilation and nutrition. This may probably explain the cause why it is that people suffering from sluggish livers become so irritable and bad-tempered. Is it because the liver is sluggish, or that it merely needs stimulation on account of the extra work imposed upon it? We are inclined to believe the latter, for we see when we administer a good liver stimulant, such as a teaspoonful of Oppenheimer's Eucalymin Cocoa in a breakfast cup of boiling water prepared in the usual manner, and taken first thing in the morning, how the miserable feeling becomes dispelled. Unless the liver is kept in thorough going order it cannot cope with the extra strain imposed upon it. Mental and moral disturbance then occurs, for the imperfectly converted albumen products act as poisons to the system.

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## UNTO THE THIRD AND FOURTH GENERATION.

### HEREDITARY TRANSMISSION.

THE term heredity is now so commonly used as to have become a household word, though few who use it understand its potent significance, know the fixedness of the laws which in so subtle a way underlie and govern it in all its manifestations among men. Thus, many use it in a haphazard way, but it is well to understand clearly what heredity is, so far as we know and it is knowable. Heredity, then, really means, that biological law, by virtue of which all living beings tend to repeat themselves in their descendants; it is only in modern times that heredity, and still more recently criminal heredity, has come to be studied, to be regarded as a science, and the subject is well worthy of all the attention that may be given to it. It is a difficult subject to study, bristling with unseen and even untraceable psychological links, yet presenting startling results, which seem to spring from no cause. Some centuries ago the existence of the laws of heredity was vaguely surmised, and that was all, as we find only allusions thereto in some of the biographical writers. Plutarch and other writers are careful to relate the ancestry of the men and women who made themselves famous in the world.

Is it not curious that at the present time, when advantages of good descent are so generally discredited, when the doctrine that, one man is as good as another, has become so extremely popular in Europe and America, that just at this time we should have the fact demonstrated of the subtle influences of heredity and of the certainty of the effects of these influences on progeny? Science steps in and exhibits the falsehood of the doctrine of mental and physical equality—of the political dogma "of one man being as good as another," for science proves that there is, after all, a great deal in a man's ancestry as a factor in determining his moral character, his intellectual capacity, and his physical organisation. It is still true, therefore, that a silk purse cannot be made out of a sow's ear.

The researches of Mr. Francis Galton in England, of M. Theodule Ribot in France, and of Professor Cesare Lombroso in Italy, have resulted in the collection and classification of a mass of facts bearing on the question; and the inquiries which Mr. Galton began to institute twenty-three years ago, and which he has continued ever since, have been especially fruitful of valuable results; results readily intelligible to even those who have had no scientific education.

Let us state it as a general proposition, that a man's natural abilities are derived by inheritance, and under exactly the same limitations as are the form and physical features of the whole organic world; put thus, we find we have now a large and compact mass of evidence, the result of the labours of such men as those mentioned above, in support of such a proposition, and so far as to justify its acceptance, as the statement of an important biological law. Some of the most distinguished of European specialists receive it as authoritative.

The practical working in human life of this biological law is remarkable, and also the paucity in numbers of men who are brilliantly endowed mentally, when compared with the mass of human life, for it is estimated, and we believe correctly, that only 250 men in every million become eminent, an infinitesimal percentage indeed—in fact, nineteen-twentieths of the human race may be classed as mediocrities, safe, useful people, who by reason of the smallness of their mental endowments walk in grooves, and help to keep up that routine of living which we call society; this preponderating majority of ordinary common-place people is said to be invariable, for the facts that commanding ability is rare, and that mediocrity is so great is no accident, it happens from the very nature of things, it is a necessity from the impliability of the laws of heredity.

Scientific research on the basis of the impliability of the laws of heredity teaches us, that as there are so many murderers, so many idiots,

so many thieves per million, so are there so many men of conspicuous eminence. This matter of ratio, as we have said, appears stable. We are farther forced by investigation to the conclusion that eminently gifted men are raised as much above mediocrity as idiots are depressed below it; this fact illustrates in a remarkable way the great difference of intellectual gifts between man and man. Some students of this subject are so surprised by the greatness of these differences that they do not hesitate to say that many dogs are superior in respect of memory and powers of reason to many men, and those of us who have studied both dogs and the lesser gifted of men carefully will not dispute the statement.

Take any body of men from any of the learned professions, say law, which will suit our purpose very well, we can have a curious fact elicited by research as has been already done, that there is a regular ratio of increase of ability generation by generation, till it reaches its culmination, and then a similar proportionate decrease in the generations that follow. Why is this so? Why is it that when mental ability reaches by heredity its greatest development that there is immediate retrogression shown by descendants? It is assumed that in the first case the marriages have been consentient to its production, in the latter have been incapable of preserving it, and this is as far as we can go at present towards illustrating this fact. It has been observed that after the third generation, or three dilutions of blood, the descendants of learned and able men sink to mediocrity, they appear quite incapable of rising to eminence.

Another fact elicited by the student in the psycho-physical school of recent time, is that what we call instincts, are hereditary, if we can really differentiate these from intelligence, which appears doubtful, and instincts which originally were variable become stable in course of time, this stability shows that these instincts have been conserved and accumulated by the subtle laws governing heredity.

Descending to physical faculties of human beings, we perceive this law of heredity prevalent also, especially in the perceptive faculties which are more particularly susceptible of transmission from parent to child; for instance, keenness of vision is an essential requisite for the nomadic and savage races of man, and has, therefore, to be cultivated as a matter of necessity; this keenness becomes most exquisite by inheritance; this fact has been authenticated by reputable travellers, and by scientific men from personal investigation. The perfection of this sense of sight among the Mongolians on the great plains of Tartary is remarkable; it is said, on good authority, that they can perceive the satellites of Jupiter with the naked eye.

Acuteness of hearing is likewise transmissible as a hereditary characteristic; and this is true of deafness also; extreme delicacy of the sense of hearing is almost always the result of transmission from parent to child. Extreme delicacy of hearing is a necessity for musicians, who, if they are to be masters of their art, must have an attuned ear. The celebrated Andrea Amati, for instance, the famous violinist of Cremona, his two sons and his grandson inherited his acuteness of hearing; the lives of musicians furnish us with many examples. The father and grandfather of Beethoven were both exceptionally good singers, Bellini was the son of a musician, his grandfather was also a musician. Mozart's father was chapel master to the Archbishop of Salzburg, how wonderfully the inherited talent was developed in this great composer; Mozart's sister and his two sons were also gifted with musical talent. The most wonderful instance on record, however, of transmission by inheritance of physical attributes is that of the Bach family. This family, in a period extending from 1550 to 1800, during eight generations, produced so many as 120 musicians, and of these, twenty-nine attained to eminence in their profession. The Bach family in this lengthened period nearly always intermarried with musicians, and this would explain the persistence of this phenomenon beyond the usual limit of hereditary descent, the fourth generation, by intermarrying with musicians they kept up the strain in the blood, proving the doctrine, that when marriages are con-

sentient hereditary characteristics are continued.

The hereditary transmission of evil propensities, of vices is an assured fact; morbid inclinations and malignant passions are transmittable, like intelligence, to the third and fourth generation, when the inheritors very frequently die out, owing probably to the cumulation of evil within them, these, "by a law which is unsearchable, rid themselves," so says most truly a writer in one of the apocryphal books of the Old Testament when speaking of those whose habits have become inveterately corrupt. By these subtle but impliable laws of heredity the drunkard's children are drunkards, while besides, they often suffer from a general or partial atrophy of the brain; in the next generation or so of the same family the children may be insane or idiots, and thus the family ceases. This is the terrible law of criminal heritage, and it being thus invariably so, should not our legislators treat the morally leprous as the physically leprous were treated by the Hebrew law, and as they are treated by some modern nations, segregate the morally leprous and prevent them from propagating their species by prohibiting them from entering into marital relationships. This would really be a wise and humane way of dealing with them.

Modern French psychologists, such as doctor Despine and Labarde, state that crime is much more closely allied to mental and moral insanity than is generally believed, and these men are experts in the matter, having made morbid psychology their special study. Their testimony shows that after examining so large a number as 5432 criminals, they found one in every nine intellectually unsound.

Now, is not such valuable testimony as these medical men offer sufficient to cause every civilised community to look more closely into the matter of preventing the propagation of crime? Should not such men and women, who are really more dangerous to society than mere imbeciles, be segregated from the rest of the community, and be prevented from multiplying and producing a race of criminals? We most assuredly think that this is the right course to follow; for we must consider that men and women of this stamp are a standing menace to human life, property, law, and order. Here is the family history of one of these social rebels, a Frenchman, John Chretien. This man had three sons, Pierre, Thomas, and Jean Baptiste, all criminals. Pierre's son, Jean Francois, was condemned to hard labour for life, on a charge of assassination and robbery. Thomas had two sons, Francois, convicted of assassination, and Martin, executed for murder. Martin's son was transported to Cayenne where he died. Jean Baptiste's son, also Jean Francois, married a wife from a family of incendiaries, by whom he had seven children. The first of these, also named Jean Francois was an incorrigible thief, and died in prison. The second, Benoist, fell from the roof of a house while engaged in a burglary and was killed. Clain, who was the third, was also an incorrigible thief, and died young, at the age of twenty-five. The fourth child, Marie Reine, was imprisoned for robbery and died in prison; the career and end of Marie-Rose, the fifth, was similar. Victor was an habitual criminal, but how his life ended is not known. Victoria, the last of the seven children married, and does not appear herself to have been criminal, her son, however, inherited the criminal instincts of her family, and was condemned to death for murder. This is truly an appalling family history and affords very strong evidence of the reality and impliability of the laws of criminal heredity.

Now, should not such men as Jean Chretien be shut up? We should not then have such painful illustrations, as his family displays, of what a fearful thing criminal heritage is. Facts like these, which the family history of this criminal manifest, denote to our mind the impressive importance which attaches to these laws of criminal heredity, in their social and political as well as in their individual bearings and consequences. They demonstrate the necessity of a careful study of them by parents, by educationists, by medical men, by legislators, and by the executive who administer the laws. These facts also offer a scientific explanation of that stern warning and truth



of the sins of the fathers being visited upon the children unto the third and fourth generation.

## SHALL DOCTORS KILL?

THE question has been mooted lately whether a physician would be morally justified in ending the life of an incurable patient at the latter's deliberate request? It would be superfluous to discuss the legal aspect of the question, for as a principle a physician has no right to abridge life in his private capacity, and in practice a legal controversy of such a case would be of an extremely rare occurrence. In favour of the moral right, nay obligation, of a physician to terminate useless sufferings worse than death by the means at his command at the patient's own request, it has been said that a physician's duty is in no way and by no code of medical ethics limited to the mere abstract prolongation of life, that his task is far more comprehensive, and comprises in the first place the investigation of human suffering. When he sees that there will never be a compensation for this suffering by a restoration to health, or at least to a tolerable condition of life; when the patient himself considers life of no value in comparison with his misery, he has to consult his real and paramount duty, the relief of human suffering, without straining himself to the fictitious and imaginary duty of preserving life at all hazards.

So far the position might be conceded, but a momentous doubt begins as soon as we consider the possibility of a mistake in our diagnosis, and medical infallibility is by no means certain even in apparently clear cases of incurability. This view is strongly supported by the fact which has created quite a sensation in the medical world of Germany; for it was apparent that one of the most distinguished medical authorities, imbued with the above principle, but for fortuitous circumstances which took the patient out of his control, would simply have committed murder. He pointed in one of his clinical lectures to a woman afflicted with a neglected and "inoperable" carcinoma, whose condition was such that no hope of life was left, and that a strong morphia-injection would be a work of humanity. Six or eight weeks later the same woman was presented by another high medical authority of the same university to his hearers in a condition of considerable improvement. Her forces and her bodily weight had increased, she looked fresh and happy, and although certainly doomed to die after some years, she would have been deprived of a certain measure of human happiness if the first view had prevailed in her treatment. The eminent surgeon who had taken hold of the case after it had been declared incurable had performed prodigies of operative skill, among others, had dexterously removed a portion of the jugular artery, had rapidly prevented blood-poisoning by a preliminary operation consisting in the excision of the exterior ichorous portions of the carcinoma, and after that had chiefly applied himself to strengthening the dilapidated organism of the patient by roborating food and general diet.

In the numerous discussions which followed this episode, a medical authority of high standing surprised, not only the profession, but the thinking public, with a new and bold statement of the real task of practical medicine. "It is an exceedingly simple proceeding," said he, "to define preservation of life at any cost as the absolute standard of medical art, it is so nicely exact, coolly scientific, and, moreover in agreement with the precepts of a religion which in other cases men of science would not care for. All our views, especially our public hygiene, labour under this principle of preservation of life at any cost, transforming us in fact into the reverse of the Spartans, who exposed weak children and fostered the robust, while we generally give up vigorous men to all wars, perils, and the crushing struggle for daily food, while at the same time nursing cripples in body and mind with all the tenderness of a fashionable sport. It would be time indeed to limit in all these things the humdrum of

thoughtlessness to that measure which would satisfy our humanity, and which however would first take into account what is essential. Essential is to maintain and to increase the forces of those who are healthy for the purpose of rendering our race adequate to all problems of the future, and not to transform the world into a great hospital." There is certainly much truth in these considerations, but will it be easy to draw the line between a justifiable limitation of our efforts in favour of the weak and irretrievably afflicted, and their heartless abandonment or even deliberate elimination? This question is well worth the study of thoughtful readers.

## THE HISTORY OF HYGIENE.

EVER since his appearance on the earth, man, a prey to physical suffering, has been obliged to find remedies for his ailments. As Celsus has said at the beginning of his work on medicine, "medicine has existed in all ages"; but as it is easier to prevent than to cure, preventive medicine—that is to say, hygiene—was called into existence some time before curative medicine, and that hygiene, which proceeds scientifically by methods of deduction, was preceded by a religious hygiene. The prophet and the priest were the first doctors, and their ordinances for the public welfare rendered obligatory practical healthful duties for the prevention of disease.

In the form of fasting, of dietary, of food forbidden and permitted, of ablutions, and of bathtings, we see in all religions, in the sacred writings of the East, and in the precepts of Mahomet, the hygienic prescriptions imposed on the faithful in the name of religion.

A hygienic prohibition was imposed in the form of punishment. The discovery of the papyrus of ancient Egypt (those of Lepsius and Eber) show us that in that country, mysterious cradle of all learning, medical science was the secret of the priests, and Moses, adopted as he was by Pharaoh's daughter, was brought up in their philosophy, and so profited by the knowledge gained as to be able to transmit it to the Hebrews.

The sanitary precepts of the Bible, decreed by Moses, formed a complete system, comprising dietary, the prevention of contagious diseases, and the cleanliness of living places and of individuals. The priest (Cohen) is called upon to prove the first signs of an infectious complaint, the sentence of separation of the infected person comes from his lips. This isolation of the sick, which appears to us harsh and odious, was reasonable at a time when neither medicine nor methods of treating disease existed. This principle of isolation was largely applied, both to men and things. In cases of proved leprosy, of running issue, &c., it was said, "and the leper in whom the plague is, his clothes shall be rent and his head bare, and he shall put a covering upon his upper lip and shall cry unclean, unclean" (Levit. xiii., 45.). The sick person is then placed outside the camp. On the seventh day of isolation another examination of the sores is made by the priest, if leprosy then becomes evident the clothes of the leper are burned.

In case of the disease healing, the period of purification begins, the late leper remains another seven days in his tent. During this interval he twice bathes his body in water, shaves off all the hair of his head and his beard, and twice washes his clothes.

The house of the leper, like his person, is declared unclean, those stones which are infected by the sufferer are taken out, the walls are scraped, and in serious cases the house is even demolished. In the slighter cases the house is purified with the blood of a slain bird, with running water, and with cedar wood and hyssop. Does not one recognise in these prescriptions the measures which we take against epidemics? These religious ablutions ordained by Moses are merely secularised in our hydropathic treatment.

The Hebrew lawgiver enters into most minute details to preserve the health of towns:—"And thou shalt have a place also without the camp, whither thou shalt go forth abroad: And thou shalt have a paddle upon thy weapon, and it shall be when thou wilt ease thyself abroad,

thou shalt dig therewith, and turn back and cover that which cometh from thee." (Deut. xxiii., 12, 13.) He keeps a watchful eye over the beauties of the race, and defends alliances from anything approaching consanguinity, himself choosing a wife outside the house of Israel.

The dietary prescribed by Moses seems somewhat arbitrary. The Hebrews were allowed to eat all four-footed animals whose feet were cloven, and which chewed the cud. They must abstain from those which chewed the cud but whose feet were not cloven, as the camel. The pig was forbidden, although it had the cloven foot, because it did not chew the cud. The hare and the rabbit were interdicted as not having cloven feet.

Among the fish, all those which had fins and scales, in the sea, in lakes, or rivers were allowed them. Of birds, they were forbidden to eat the eagle, the great sea eagle, the kite, the vulture, and in general all rapacious birds; the raven, the ostrich, the owl, the screech-owl, the hawk, the cormorant, the ibis, the swan, the bittern, the heron, the lapwing, and the bat; things which flew and crept upon four legs, were to them an abomination; but they might eat of all four-legged things, which having longer hind legs, leaped upon the earth. The locusts of Jordan, which were enormous, formed the staple food of the Hebrews. St. John also considered this food a delicacy.

Apart from the utility of the prohibition of pork, often attacked by a disease supposed to be of a leprous character, one does not see the healthful aim of the series of prohibitions mentioned above. It has been claimed that these restrictions aimed at the use of animal food had for their object the prevention of the excessive use of flesh and the enforcing of a mixed diet, more conducive to the health of individuals and to the harmony of morals.

If hygiene lost nothing, on the contrary, by being placed in the hands of the priest, but owed to them its growth and arrival at a state almost of perfection, the same cannot be said of medicine properly so-called. In the theurgic period of medicine illnesses were regarded as divine and sacred visitations. The remedy consisted of appeasing an outraged deity with sacrifices. One may read in the book of "Deuteronomy" the vocabulary of evils with which God threatened the Hebrews by the mouth of Moses. By God's order Moses set up a brazen serpent, the sight of which should cure the stings of venomous snakes. So also it was in all primitive religions, the votive tables in temples of Æsculapius celebrated the miracles worked by God and witnessed the gratitude of believers. All this shows, according to the most ancient historical documents available, that primitive man attributed disease to the possession by evil spirits of the bodies of sick persons.

The trepannings of the skull in prehistoric times are not crude attempts at the cerebral surgery, but according to one of the most distinguished anthropologists, Paul Broca, it had only for its object the making of an opening in the head of the person possessed, by means of which the spirit in possession might fly out.

It is maintained, nevertheless, that medicine was cultivated among the Greeks more than among other peoples. Celsus names Æsculapius as the most ancient of doctors, and after him his two sons, Podalirius and Machaon, who accompanied Agamemnon to the siege of Troy. According to Homer, they did not know how to cope with all diseases, nor did they dare do so; sickness being of divine origin, they cured only such as occurred in consequence of wounds.

We must come to the time of Hippocrates in order to see medicine take its position in the company of science. He re-establishes it on the grounds of reason; every malady, he asserts, is due to a natural cause, and without a natural cause none can manifest itself.

It is the type of an eternal truth—that the soul's armour is never well set to the heart unless a woman's hand has braced it, and it is only when she braces it loosely that the honour of manhood fails.—*Ruskin*.

Of all the weakness which little men rail against, there is none that they are more apt to ridicule than the tendency to believe. And of all the signs of a corrupt heart and a feeble head, the tendency of incredulity is the surest.



## WORDS OF WARNING.

FROM THE *Daily Chronicle*.

THE march of the cholera microbe across Europe will be watched by everybody with the utmost concern. Indeed, if an army of barbarians were setting out from the East to ravage Western civilisation its movements could hardly be followed with acuter anxiety. So long as the cases which appear in the papers are confined to remote Russian provinces, the public mind remains comparatively indifferent. But when the dreaded scourge appears within sight almost of our shores, when we read of cases of cholera on British ships, and realise that some of our ports, in spite of the vigilance of our sanitary coastguard, have already had various warnings of what may be coming, it is natural that our minds should be exercised by what the autumn may bring forth. We may be justified in hoping that we shall escape as lightly this year as last. The Local Government Board, the various local sanitary authorities, and the medical officers of our ports are better prepared to resist and stamp out the first signs of the invader than they were a twelve-month since. The excessive heat from which we have been suffering has abated, which is another element in our favour. But, after all, we are dwelling in a fool's paradise if we fancy that a rigid course of quarantine and disinfectants is a safeguard against the cholera. What we want to be satisfied about is what sort of reception the cholera-germ would be likely to meet with supposing—and it is no far-fetched supposition—that it broke through our first line of defences. Have we any hot-beds in the ports or the inland towns or the rural districts ready for the microbe to make itself comfortable in, and where once installed, it might proceed to domesticate itself and settle down? We very much fear that the answer to such a question will not be of a cheering nature. We have no wish to raise a scare, but it is surely permissible to call public attention to plain facts, even at the expense of persons whose nerves may be shaken by their contemplation.

Take London. If cholera finds a footing anywhere in the island we may expect it at a point where the highways of the world converge. Our water supply is infinitely better protected from any possibility of assault than was the case in the last visitation, which was traced home to the fact that the sewage from East London found its way into the supplies of one of the great water companies. But the disconnection of the City's sewage from the supply of drinking water does not sterilise more than a given proportion of the conditions which make for the acclimatisation and multiplication of the germs. There are plague-spots in every great city, more than the average citizen has any conception of, to the manner born for doing the work of this Eastern despot. Water is a good fetcher and carrier, and it is something to know that this can no longer be impressed into the service; but there are plenty of other agencies. We must not forget that centres of social depression where the spirits and hopes and the bodily vitality of man have sunk to zero are still with us; that human beings are packed together by day in workshops and factories, and by night in brickwork and wooden compartments, breathing stale and poisoned air, and lapped round by all the desolating waves of poverty; that the very remembrance of Nature and her laws has been banished from the regions where these lower strata dip out of sight; that the agencies which make for elasticity and life are as nothing compared with the leagued forces of disease and death. The traveller who enters London over the wilderness of roofs and chimneys which stretch away for miles south and east of the City may realise dimly that there is some truth in this—that the bulk of the people who live in such an environment must needs lead stunted and unhealthy lives. There is a district in South London—not very far from London-bridge—where the death-rate is thirty-two per 1000, as against twenty for the whole of London, and where 259 souls are crowded together in each acre—the average for the whole of London being fifty-seven per acre; where out of every 1000 children born, 220 die

before they reach the age of one year; where the only recreation-grounds available are the disused burying-grounds of St. George's Church, Southwark, and the Lock burial-field, which are filled with the bodies of plague and cholera victims. In this place the work of several days out of the week of creation is undone. Light and air, birds and trees, cannot find room for themselves. It is scarcely surprising that the Rector of St. George's should have asked a well-to-do congregation whom he was recently addressing from the text of a medical officer's report, "Are we really Christians, and let these things be?" These things are, however, and for these things, though the lot has fallen on our conscripts up to now, we shall have to pay as a community. It is an established fact—one which can be expressed in a mathematical formula—that the death-rate of districts is according to their density. We get over the difficulty by pushing the poor more and more tightly into the congested town districts, and with the help of suburban villas and well-to-do streets the average works out fairly enough; though it does not take us much further to know that the death-rate of St. George's, Hanover-square, pulls down the death rate of St. George's by the Docks, if you add them together and divide by two.

There are other formidable and sinister facts besides these submerged districts—which, of course, are repeated in every port, and in greater or less degree, in every great city—which must be taken into account in any sanitary review of the situation. We have lately made it clear that certain workshops are not only condemned cells for those who work in them, but centres of danger for the consumer. The city which bakes its bread in holes underground, cheek by jowl with the sewers, cannot be congratulated upon its sanitary arrangements. If cholera were to come, we do not hesitate to say that the baker's van would often be followed at no long interval by the undertaker's men. Even if the cholera does not come, it might be well to get our house set in such order as to enable us to live in it with more or less of a good conscience.

## BURIAL ALIVE.

THE annals of Eastern nations furnish abundant examples of this custom, says the *British Medical Journal*, which has been resorted to from a variety of motives and under very different circumstances. The practice may be employed for the purpose of extinguishing life or maintaining life for a prolonged period without food or drink. There is, therefore, a fatal and non fatal kind of living inhumation. The most common description of burial alive (*jamadh*) is leper burial, which used to be very frequently resorted to in India, often at the request or urgent entreaty of the victims of this loathsome disease. A pit was dug by the relatives of the leper or by other lepers, and the unfortunate cast into it and smothered with earth. In some cases the wretch was burnt to death before being thrown into the pit. Opium water was freely drunk by executioners and executed on such occasions. This cruel rite lingered in Kashmir and some parts of Rajputana till within very recent years. Indeed, it is questionable whether it is even now altogether extinct. Lepers have been known in the extremity of their distress and misery to commit suicide by jumping into pits. Burial alive has also in India constituted a mode of *suttee*, or voluntary sacrifice of life, by widows who have been cast by sympathising and obliging relatives, at their own earnest request, into the same graves as their deceased husbands. Homicidal burial alive has been used as a means of punishment of crime, torture, revenge, or murder, and the burial has been in such cases either complete or incomplete. The non-fatal form of living burial has always excited more interest than the fatal, which, however, supplies material for a strange and large chapter in the history of human crime. The phenomenon of hibernation yields some

sort of countenance to the idea that the animal organism is capable, under certain circumstances—namely, conservation of body heat, perfect inaction, and preservation from all external stimuli—of living for weeks, if not months, without food or drink; and records of prolonged fasting, with or without sleep, are forthcoming with the regularity of the announcements of gigantic gooseberries, sea serpents, and eight-legged calves. The alleged proceedings of Indian fakirs and Persian dervishes are cited in support of the possibility of human hibernation in underground cells. The proceedings of these gentry must, however, be very liberally discounted. They certainly achieve some very extraordinary feats of endurance and self-abnegation. Their efforts to set at defiance the laws and inclinations of the body, and by contemplation, fasting, and neglect of the ordinary usages and requirements of life to mortify the flesh and become absorbed into the divine soul, which is, according to the tenets of pedantism, the spring and essence of existence, surpass physiological possibility and necessarily engender imposture, which may be conscious or unconscious, or both. This element of imposture, involuntary or designed, enters into all their proceedings, and is seldom either diligently looked for or detected. The love of the marvellous is strongly developed among Orientals, and fakir stories must be taken with a liberal grain of salt. Tales of prolonged living burial are common enough in India, but in no case has the proceeding been subjected to scientific observation or systematic watching; and in some instances the grave in which the devotee has proposed to hibernate has been uncovered after the lapse of a few days and its occupant found dead. When, therefore, we are told that Seymour, the thought-reader, proposes at Chicago to be buried alive and "remain underground long enough for a crop of barley to be grown on his grave," we incline to share the general impression that, if he carries out his plan, "he will probably remain underground for good."

## MY LITTLE BRIDE.

PLAINLY it was a hopeless case from the beginning, for she was a bride the first time we met, yet my heart was hers nevertheless.

Anybody might know that she was a bride, for she was dressed all in snowiest, purest white from the top of her pretty head to the tip of her dainty toes. Of course that was nothing strange for a bride, but you see this was her travelling dress, and only royal brides like the Princess May can wear white on their wedding journey.

I shall never forget the charm of that golden day—summer's crown of loveliness—when she came vision-like before me, a delicately-cut relief against a background of blue lake and still bluer sky,—the most perfect creature of all that perfect summer world. Her draperies fluttered in the soft caressing air like wings, or the sails and pennons of the little craft skimming the surface of the lake, and she looked like an inhabitant of heaven who had been beguiled by the promise of some minstrel breeze through the open door of Paradise.

Unquestionably she was as happy as the waves that in ripples of laughter chased each other up the pebbly beach. It was plain to be seen that life to her had been one joyous holiday, and lilies and roses her literal resting place.

As it often happens in meeting strangers, I found myself speculating at a wild rate concerning this rare little beauty. Who was she? Where did she come from? Where was she going? And confound him, who and where was he? Then I even dared to wonder if he would love her and care for her and make her as happy as I would, but most of all I marvelled how he could let her out of his sight.

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TO TOBACCONISTS (commencing).—*Illustr. Guide*, 250 pages, "Post Free." How to Commence. £20 to £1000. Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager, Hy. Myers. Est. 1868. Smoke "Pick-Me-Up Cigarettes."



# THE IMPORTUNATE FLY!

OH! that someone would arise, who would one day rid us of the numerous and importunate family of flies, whose little trunks attack without ceasing everything that falls within their reach.

Heat favours the development of these buzzing parasites and particularly that of the *musca domestica* or domestic fly, most common in our climate. In the state of larva, flies absorb for their nutriment the filthy product of animal and vegetable putrefaction. When fully developed the labours of a patient microscopist, Mr. Emerson, have shown that the insect feeds upon microscopic organisms, thus aiding to a great extent, the uninterrupted work of destruction which pervades life, and of which the fly is a veritable emblem.

Recently an Italian naturalist indulged in the following appalling statistic: It is known and proved that the fly under favourable atmospheric conditions produces as many as six generations annually. Beyond this it is known that this insect lays on an average eighty eggs at a time.

Supposing now that half of these eggs gives birth to females, the fly then produces in the first generation eighty flies, of which forty are females; these again in the second generation always at the rate of eighty eggs each time, give 3200 flies, of which 1600 are females. Continuing the calculation we arrive at the terrible conclusion that one fly will in the space of a year find itself at the head of one million one hundred and ninety two millions of descendants.

Admirably furnished by Nature with digestive secretions and apparatus of suction, flies gather while on the wing a load of diminutive and microscopic parasites, which they accumulate on the downy portions of their bodies. When they take up their position in any place (thanks to the suctional properties of their feet, they can maintain themselves in comfort on the most slippery surfaces) they scrape together with their forepaws all the parasites thus collected and absorb them with their suckers. The process of digestion is very lengthy, taken as it may be, as a work of pure cleanliness. (Charles Nodier disrespectfully names three creatures that spend a very long time over their toilet: Cats, flies, and women). But let us return to our hygiene, our *terra firma*.

The *Lucilia hominivora*, or golden neat-fly, is that which is most aggressive to the human race. It deposits its larvae in the cavities of our sores or wounds, it penetrates the nostrils of sleeping persons, and produces the most dreadful ravages. From this cause incurable hemorrhages, meningitis, and death are very frequent in certain countries, notably in Cayenne. Art happily intervenes through the medium of most of the turpentine and chloral lotions used as nasal washes, which alone are able to kill and expel the grubs of carnivorous flies. In our country we observe from time to time mendicants and drunkards thus devoured alive by the flies attracted by their ulcers and filth. In France, it is certain that many cases of anthrax and malignant pustule have been transmitted by flies—in Burgundy, and in the province of Beance, and even in Paris, in the beautiful quarters watered by the River Bièvre. This transmission would be impossible if, instead of being buried, no matter how deeply, all infected corpses were cremated without exception.

But other germs and virus can as readily be propagated by flies; small-pox, measles, and scarlet fever are as easily disseminated in this manner. Has not Grassi shown, by a number of careful experiments, that the feet of these insects transmit all infectious products? Now, with appetites eminently filthy, flies seek for and gather these products in every quarter. They seize upon the eggs of the tenia and trichina as well as on the shores of the ringworm; they revel in animal excreta as well as in vegetable decaying matter; then with supreme indifference they come and take up the position on our skin and on the food which we are eating. Spillman and Haushalter have clearly demonstrated our domestic *diptera* frequently carry in their intestines, the tubercular bacillus which they absorb from the sputum of consumptive people to which they are very partial.

Dr. Finlay, of Havannah, states that on that coast the germs of yellow-fever are carried very rapidly, and over great distances by the ravages of these insects. He attributes to the same influence of inoculation by flies the facility of acclimatisation, *bona fide* statistics prove the providential reality of this vaccination by flies. May it not some day be shown that the epidemic transmission of marsh or intermittent fevers, of which the means of inoculation in the human system are so remarkably obscure, may be attributable to the same cause?

All the authorities now admit the part played by flies in producing ophthalmia in Algeria and the Nile districts—the veritable living plague of modern Egypt. Again, the illustrious Koch recognises that these insects may in some cases readily become the propagators of cholera morbus, and Lonquet adds that in all epidemics the number of flies is a measure of the amount of the infection.

When one thinks of the actual difficulties of coping with these little pests (a most difficult and truly herculean task), one is hardly able to conceive the complete destruction of that winged parasite which we call the fly.

Let us after the manner of the Syrians, whom these fearful *diptera* never leave alone invoke to our aid Buzub, the Divine Flycatcher, who will help us to place before our readers the measures which hygienic science advises against these odious insects. We say nothing of fly-glasses or mechanical traps of cloth used chiefly in the country when flies are so numerous; they serve, perhaps, very well to amuse children, but are quite inefficient in trapping flies. To drive these insects of houses, places round about some *palma christa*, of which they have a great horror, keep it in the bedrooms during the daytime, darkness has the effect of driving flies away. It is in a great measure on account of the flies that houses in equatorial regions and in the East are kept so hermetically closed.

Whitewashing ceilings with a solution of carbolic lime, and sizing of paperhangings with a grain or two of corrosive sublimate, are equally effective against parasite of all kinds.

For the destruction of flies in water-closets, disagreeable as they are dangerous, here is the very judicious advice given by M. Charles, a well known chemist. Dissolve twelve and a half drachms of carbolic acid in nine and a half ounces of alcohol, add water sufficient to make up to fourteen ounces. Dip a brush into this mixture and sprinkle any holes in which flies may take refuge; repeat the operation for several days. The carbolic acid will kill most of the flies and will drive off those which it does not kill. Have recourse at the same time to scrupulous cleanliness, consistent with the avidity of flies for human secretions, which is part of their food.

To conclude, let us say with the humourist, "Father Noah must have been as drunk as a lord when he consented to take these hideous little beasts into the ark."

One may add, it is true, that these nasty parasites constitute one of the best proofs of the existence of God: for certainly (as some one has said) it can never be man that invented them. We conclude with the classical cry of the good Lhomond: *puer, abige muscas!*

## REVIEWS.

WE have received from the British Cycle Manufacturing Company an Illustrated Price List, showing a series of their Camden ladies' cycles and patented combination cycle dresses. From a careful perusal we are disposed to agree with the patentees, not only that ladies would do well to become cyclists, but that they cannot do better than patronise this company for their machines and costumes. Some of the latter are both graceful and ingenious, and will go far to render an exercise already acknowledged to be healthful and invigorating, not only attractive to the fair riders, but fascinating to those of the opposite sex who take their pleasure on wheels. We would especially recommend No. 1 Patent Combination Cycle Dress to our fair friends, as not only elegant but charming in every sense of the word.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

15,140. An improved support for dental mirrors. ALEXANDER MCGOWAN DENHAM, 24 Southampton-buildings, Chancery-lane, London. August 8th, 1893.  
15,212. Improvements in trusses. BERNHARD LINDMAN, 4 South-street, Finsbury, London. August 9th, 1893.

### SPECIFICATIONS PUBLISHED.

12,111. BOULT. Treating diseases.

"PURE CEYLON TEA."—The increasing demand for a pure Ceylon Tea has induced HORNIMAN & Co. to specially import a selection of the choicest teas grown in that country. HORNIMAN'S "pure Ceylon Tea" is of wonderful value and of refined and delicate flavour. Sold by Agents in packets only, 5d. per 4 lb.



## CHILD MARRIAGES THE CURSE OF INDIA.

DR. CHUMOOLOLL, a pundit from Calcutta, recently gave some interesting information about his countrymen to an interviewer. He says:—

"The people are quite content and satisfied under the present British rule. Of course, the sentimental attachment to the old *regime* has by no means died away. There remains a feeling of regret for the times of past greatness as an independent race.

"Still, the domination of a foreign nation has been so long an established fact that pretty generally the existing order of things is accepted, and recognised by the natives, who quietly try to derive as much benefit as possible from the grafting of a new civilisation upon the oldest the world has ever known.

"The greatest curse of India and the greatest drawback to the development of my country is, in my opinion, the terrible child marriages that even yet obtain in a very great measure. The drain upon the vital energy, and the deterioration of the character of the people caused by this fearful custom be enormous.

"I often think I can trace its evil effects in the languor of my countrymen, in their lack of energy, of interest, of ambition, and in their passive acceptance of whatever is as the best. Certainly these marriages, being made without regard to the feelings of the married couple, are very frequently the source of lifelong unhappiness, and undoubtedly lead indirectly to much profligacy and to misery of many kinds."

Dr. Chumoololl, who possesses very decided views upon the subject, stated as his opinion that Christianity had not made the satisfactory progress its believers and teachers imagined.

"Many causes contributed to this," said he. "For ages long gone the various Hindoo religions were a great power. Still the natives were so habituated to them, that in the course of time, belief in them would have become a thing of the past through mere lack of interest.

"European interest in the subject, however, and the insatiable curiosity manifested by Western races in the ancient philosophy of the Hindoos, has perhaps served to fan the dying embers of these religions, and to keep them alive indefinitely.

"In any case belief dies so slowly, my countrymen are so conservative, they change only after the lapse of a great space of time, that I am inclined to the opinion that European civilisation will become the civilisation of the Hindoo until there remains only a fragment of the historic race of thinkers to whom the West owes everything; for, pardon me for reminding you, there is very little that is original in your philosophy.

"Theosophy has also retarded the progress of the people toward the acceptance of Christian doctrines. The subtle influence of belief in manifestations and interference from the spiritual world is very potent in causing believers to take little interest in the ordinary affairs of everyday life.

"But the influence of European association, wherever it has been allowed to have full play, has been of the utmost benefit. The natural genius of the Hindoo has been stimulated under the influence of keen competition, engendered by the establishment in their midst of European trading and manufacturing firms. This has resulted in the production and remarkable development of natives industries. The schools established by various European societies have also been remarkably successful, but I doubt if any practical results in the way of conversion to Christianity have been attained.

"The Hindoo has a very real horror of losing caste, and so will hold no communication with Christians; the natives without caste are, in a great measure, too indifferent to trouble themselves about a new religion, particularly a religion introduced by a people whom they blame for many hardships; for the advent of Europeans in India has not been without its drawbacks."

Dr. Chumoololl was asked if he had ever seen any of the Jogas or adepts, and answered with some disdain, that he had no belief in any of the pretended manifestations. "I think a great deal of good might result from the cul-

tivation of such moral modes of living and thinking as are so strictly enjoined upon the adherents of theosophy," said he, "but I must confess I have no sympathy with the Joga as ordinarily shown.

"I have seen many curious things. For instance, a man who swallowed yard after yard of linen cloth, and finally drew it back clean, smooth and without a mark, as though it had just left the shop.

"I have seen such as claimed, by virtue of long fasting asceticism, the complete domination of all passions, and the entire subjugation of the material part of their existence, to be able to penetrate at will into an unseen world, but I have never seen any performances or manifestations entirely free from suspicion or trickery."

## THE INTOXICATION OF HAPPINESS.

THIS is one of those wretched maladies of which the innocent victims ought only to inspire love and pity. It is shameful because it is the work of one's will; the patient, not from ignorance, but from remissness, dreading the duties of life, administers to himself a poison: alcohol, ether, chloroform, or morphine, which must needs enfeeble his body, blot out his intellect, and make of him a rotten stem, from which shall spring sickly branches of humanity—spileptic or imbecile tainted; in short, in the entire nervous system—the very marrow of our being.

To diminish or allay physical suffering has been the dream of all doctors. From the earliest times patients have been made to inhale or swallow extract of mandrake, and a thousand other experiments have been tried. Braid used to hypnotise by means of magnetic sleep. The many methods in use remained so for a long time inadequate or ineffectual, and Valpean in 1839 still wrote:—"To avoid pain in operations is a chimera which to-day we cannot pursue; a sharp instrument and pain in operative medicine are two words which are inseparable in the mind of a patient, and the association of which one must necessarily admit." However, in 1846, two Americans, Jackson and Morton, discovered the property possessed by ether in suppressing pain during operations. The problem was solved, and the great family of anesthetics became daily enriched with new members.

Fatal discovery, perhaps, for it has saved the lives of some patients, it has prolonged the martyrdom of others who were dying. These unfortunate anesthetics, stramonium, Indian hemp, morphine, &c., have so affected the vigour of thousands of human minds, that as many intellects have become atrophied or dulled; and suicide of the body is nothing compared with suicide of the mind.

The ordinary action of anesthesia, it would seem, should guard against any temptation to make use of it, except in case of absolute necessity. The sense of feeling is first abolished, a sort of veil covers the intellect, the haggard eye, which sees nothing, closes, and a semi-slumber, troubled at first by sturtor and epileptic contractions, becomes more and more profound. The whole being is reduced to a vegetative life, menaced even in its constituent elements; animal heat abates, respiration falls off, and the heart threatens to beat no more.

Anesthesia is then of itself a disease which may prove mortal, it is a last resource to save in cases of long and serious operations, necessitating the immobility of the patient.

One must choose, then, between anesthesia and death; but, nevertheless, this method of abolishing pain ought only to be decreed in virtue of a warrant given by someone other than the patient himself. What should we say of the person, who full of life and health, carries off to the medical sanctum a narcotic to kill pain, when he suffers only from an imaginary disease—*ennui*?

One of the faults of the medical profession has been to popularise the use of anesthetics, to squander them, and to employ them in short and but slightly painful operations; partly out of pity for the terrified patient, partly to spare itself the annoyance of resistance on the part of the refractory or timid. In short, thanks to the glass syringe and the judicious needle,

passing as easily into the flesh—the syringe mounted in ebonite, nickel, silver, or gold, according to the means of its possessor—the administration of anesthetics has become so easy and convenient, that one can hardly believe he ought to refrain from it. Again, chiefly in the large towns, those intoxicated by ether, morphine, and opium form a legion which disputes with the victims of alcohol the distinction of stocking the madhouses and laying the foundation of remotic diseases and lunacy.

The *Medical Record* of New York, according to the *London Standard*, maintains that *soirées* of morphine had become in a manner recognised institutions in certain Parisian circles, and it softly whispers the names of certain literary persons, whose brilliant imagination and untimely end had no other origin than morphine, haschich, or opium.

Some wish to erect a statue to Bandelaire, for it is usual to put forward a personal reminder of those authors whose books are no longer published. Should we not rather read again of this "fool's paradise"? We should see in the writings of a master hand, all the phases of the folly of taking the narcotics, at first the phase of pleasure, following that the phase of torture.

The opium eater first takes the poison as a relief to physical suffering. "An hour after having taken the tincture of opium all pain disappeared; but this benefit was nothing in comparison with the new pleasures which were suddenly revealed to him. What transports of the mind! What worlds of imagination! Is this, then, the panacea for all human suffering? Truly, oh, subtle and potent opium, thou possessest the very keys of Paradise!"

But these narcotic pleasures are not of long duration, farewell to hope and pleasant dreams.

The penalty soon commences: "A reflex of feelings sets in, when amazement in its turn was swallowed up, and I was abandoned not so much to terror as to a horror and abomination of all that I saw. Over every being, over every form, over every threat, there proved a sentiment of eternity and infinity, which brought anguish upon me with it an impression of distractions. . . . my terrors up to that time had been only moral and spiritual. . . . I was entombed for a thousand years in the stone coffins with mummies and sphinxes, in those narrow cells in the bosom of the eternal pyramids. I was embraced by crocodiles with cancerous kisses, and I lay huddled with a crowd of unutterable and slimy things amid the mud and reeds of the Nile."

Of two desperate conditions, the one caused by the continued use of poison, the other by despising the science of health, the celebrated but unhappy poet, De Quincey, whose history Bandelaire relates, chose that which offered one chance of deliverance; he diminished the doses little by little and got well, recovering with health his genius and his natural calm understanding.

The normal state of life properly understood and properly accepted, comprises all the sweet things that we ask of alcohol, ether, morphine, and the whole dangerous series of cerebral intoxicants. What of the illusions? Our whole life is made up of them, we deceive ourselves ceaselessly with regard to men and things, we see them as reflections of ourselves, and we make them according to that which our kindness and goodwill find in the view that we have of them. What of those moments sweet and rapturous? We have all had them, we have

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all known those radiant hours, when we have walked intoxicated in the sunshine of happiness. Let us then above all things cultivate in ourselves and in others, that moral force which enables man to master grief by his liberty, his will, and his intelligence, a moral force which can lead us on to face material influences through the knowledge of the laws of Nature, and which gives to us, to all without exception, the full measure of happiness consistent with this life.

Let us not resign our happiness, but profit by the enjoyments so generously distributed to us by Nature. Let us follow the example of the tiny insect which works and plays in the perfume of the flower and in the beams of the sun.

## OUR OPEN COLUMN. CORRESPONDENTS' OPINIONS.

### MILITARY TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

STR.—I find the following fresh instances in which the practice of tight-lacing in the Russian Army is mentioned:—

"Journal of the Waterloo Campaign," by General Mercer; Royal Artillery. (Published by Blackwood & Co., London, 1870. Chapter XXIII.

"A finer body of men than the Russians can scarcely be imagined, but to me their waspish waists appeared preposterous."

Then, again, a few pages further on: "They were a very fine set of tall, handsome, genteel-looking young men, dressed in scarlet jackets fitting like stays, and, as usual, the waist drawn in to the capacity of a decent grasp." I also find that General Woronzoff's Corps at the occupation of Paris, 1815, are described by Palmerston in his "Tours" as "Having their waists tightened to a degree that quite makes one feel for them;" and, with reference to this, he mentions the fact of the Grand Duke Constantine boasting that in his Corps the men are much better formed, and that General Woronzoff's corps cannot compare to them.

There is a book in my father's library in which life in the barracks, and at the Cadet College at Moscow or St. Petersburg, is described. I forget the details, but there is a long description of the waist tightening that was practised there early in the present century. Next time I am at home I will translate the chapter on this subject and send it to you if any of your correspondents would care to read the description of the vigorous treatment of the figures of these young men. I am unable to understand how such extreme lacing could be endured by men leading such an active life, but it appears to have in no way inconvenienced them when once used to the pressure.

—Yours truly,

A. WILLIAMS.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

"ORANGE" made marmalade in the spring of this year, which turned out well as regards flavour, but the peel is not sufficiently tender. She is very anxious to know how this could be improved upon.

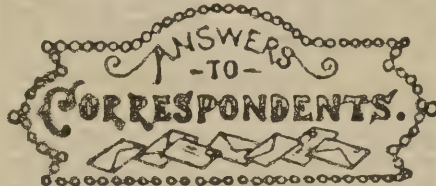
ACCIDENT.—My daughter worked at a steam laundry, and

her right arm got crushed with the calender, so has had it taken off. Will any reader kindly advise me if the company are liable for damages, as I am very poor, with a large family? I shall feel thankful for any information how to proceed.—"Depressed."

### ANSWERS.

ADMIRATION AND OTHERS.—We are sorry we cannot conform to your wishes. If we did so, our columns would be full of similar enquiries. Our "open" column however, is at your disposal, but give full name for publication, and address for reply. We do not undertake to forward private letters to our various correspondents.

SKEGNESS.—Skegness is in Lincolnshire. It is a clean, healthy little place, with plenty of flat sands and meadows around it. Provisions are about the same price as in London; apartments half the price of those in places nearer the Metropolis. Capital little pony carts can be hired on the sands from 1s. per hour; also saddle-horses and donkeys. There is a fine pier, with entertainments; pleasure garden, with dancing; a switchback, and many similar amusements on the shore.—"George."



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR OF THE FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

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### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:—

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital

Hospital for Sick Children | London Hospital.  
St. Peter's Hospital. | Charing Cross Hospital.

HOPEFUL.—You have placed the state of things before us very clearly and succinctly. We wish your example in this matter were followed more largely by others of our numerous correspondents. We agree with you as to the cause and sequence of the conditions, and would advise:—1. On alternate nights the following powder: Calomel two grains, compound jalap powder twelve grains, powdered scammony three grains. Three powders to be made up. Each morning following the administration of the powder, let a pint of fluid be injected into the rectum: Common salt one table-spoonful, tincture of quassia four drachms, water to one pint. At bedtime nightly take a scruple of, bromide of potassium in water.

J. BURGESS.—You appear to have some congestion of all the parts in the lower regions of your body, though you do not say you are constipated, or that you ever pass any blood with the motions. If the bowels are irregular, take on alternate nights a teaspoonful of compound liquorice powder; drink neither beer, spirits, nor coffee, and take no sugar. 2. There may be a stone in the bladder, or the urine may be too strongly acid. Either of these conditions would account for these pains and hesitation. Take twenty grains each of bicarbonate of potash and bromide of potassium in half an ounce of infusion of gentian, half an hour after breakfast and dinner daily.

COMO.—1. We are glad to hear your health is so much improved under the treatment we prescribed for you. There is no reason why you should not contemplate matrimony by-and-by. 2. You may take the medicine during alternate months, for another six months at least.

EIN FRAULEIN.—1. Use an injection each morning for a week containing common salt one tablespoonful, tincture of quassia three drachms, warm water to one pint. Each preceding night take a dessertspoonful of castor oil. 2. This is merely a question of idiosyncrasy. Let us advise you, however, never to attempt the inhalation of chloroform unless administered by a competent medical man.

BURDENED.—You were rash to throw away your money on the apparatus named, which would certainly be of no service to you. 1. We cannot answer this question without a personal examination. 2. If the condition be as we suppose, an operation is inevitable. 3. If the operation be performed by a competent man, the swelling will not reappear. 4. You need not go to a hospital, but had better consult a specialist on these matters. If you send us a stamped addressed envelope, we will give you the address of such a gentleman. 5. The operation is not dangerous, and is often followed by complete restoration to health of the patient.

ISABEL.—We think you will find Beecham's lime juice and cucumber cream—a similar preparation—very useful. If that be unsatisfactory, which we do not expect, try vinolia cream, previously taking care to use vinolia or terebene soap. FRANK.—As the eyes at times "seem perfectly straight," in all probability your medical adviser is right. Under these circumstances we should advise you to wait a year or two longer before submitting him to any operation for the cure of the squint.

H. D.—Your troubles are all dependent directly on the "piles," indirectly on hepatic congestion, which is accountable for the congestion of the veins at the lower end of the rectum. Take a daily dose of compound liquorice powder. Give up your cigarette smoking, as well as whiskey, beer, coffee, and sugar. Eat your food slowly. Bathe the parts twice a day with cold water or cold tea, and take the following mixture: Dilute hydrochloric acid ten drops, sulphate of soda twenty grains, tincture of gentian half a drachm, infusion of buchu to half an ounce. Thrice daily before meals. When itching is present, do not scratch, but use cold bathing whenever possible.

TOMMY THOMPSON.—Your symptoms point not to a spasmodic, but to an organic stricture. The proper treatment is that by electricity, employed by a qualified specialist, not one of those whose advertisements are constantly before the public eye. If you send a stamped addressed envelope, stating that you desire the information, we will give you the name and address of a competent surgeon.

COLIN.—Every night at bedtime take a scruple of bromide of potassium in half an ounce of camphor water. Keep the bowels acting freely, with a daily morning dose (one teaspoonful) of sulphate of magnesia; learn to pass a bougie—No. 9 English gum elastic—twice a week, take a larger proportion of exercise, and write us again in a month.

GEORGE.—See reply to "Colin" in these columns. In addition, give up the iron and quinine at once, it is a clumsy method of attempting to treat such a condition, and is more calculated to aggravate than to relieve. Take instead, the following mixture: Dilute phosphoric acid ten drops, fluid extract of black willow half a drachm, infusion of gentian to half an ounce; three times daily before meals. 2. The charcoal will not hurt you, neither will it relieve your constipation.

BERTRAM.—1. Certainly. You would do well to undertake what are known as ointment injections, which must be used with specially made syringe. Ask your doctor to show you how to use them. Dilute thymol ointment half grain to one ounce of vaseline is a good application. 2. No. 3. To a certain extent. It is also very depressing, both mentally and physically. If you have any difficulty with regard to No. 1, write us again, enclosing a stamped addressed envelope for reply by post.

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**ARCHIBALD.**—1. You should have persevered with the cold baths, not for three days but for three months or longer. How can you expect so short and spasmodic a course of adherence to treatment to be of any service whatever? Avoid beer, spirits, coffee, sugar, and pastry. Eat any ordinary food in reasonable quantity, and slowly. 2. No living man can answer this question. 3. We hope not, but without personal examination of the parts a definite reply is impossible. 4. Certainly not now. Perhaps in two or three years it may be advisable, under certain circumstances, and with energetic and proper treatment possibly sooner. 5. Take fresh fish at least three times a week. Try Frame Food occasionally. Let us hear again from you shortly, as we shall be interested in the progress of your case.

**SCORIBLER.**—It is of more consequence that you should be cured than that you should be able to take stimulants. We should advise the following mixture to be taken regularly after each meal in an equal part of water: Solution of perchloride of mercury twenty minims, iodide of potassium ten grains, compound decoction of sarsaparilla half an ounce. Take this medicine regularly for two months, then write again detailing your progress.

**A LONG SUFFERER (G. S.).**—Your case appears to be a somewhat curious one, but you have only suggested the merest outline of a description, telling us nothing as to your occupation, habits, diet, history, &c. If you will fill in these blanks, and add any details that may strike you as being of importance, we shall be glad to advise you.

**F. C.**—1. You should wear an elastic knee-cap, made to fit you properly. 2. As the cramp appears only to occur on Saturday nights, there must be some special reason, acting only on that day. Is it overwork or strain, or do you take too much to eat or drink late at night after work is done? If so, remove the cause and the effect will probably follow suit.

**PAINFUL (D.).**—Why don't you tell us something about the "case"? Have you had rheumatism or gout? Have you varicose veins in the legs or thighs? Are you constipated? Do you stand much? Is your food what it ought to be? Do you drink beer or spirits? We do not think the sprain has much to do with your trouble, but if you answer these questions we shall be able to give you a more definite opinion.

**R. EVANS.**—Your description is not an accurate one, and does not help us at all to a solution of the difficulty. We can only suppose you are mistaken in speaking of "fat of many colours" as rising to the surface of the urine. The "scum" may possibly be due to another cause, the sediment as well. Take the following mixture before each meal: Dilute hydrochloric acid ten drops, chloride of ammonia ten grains, infusion of buchu to half an ounce. Keep the bowels free, take plenty of exercise, no beer, coffee, or sugar.

**835.**—We are constantly giving advice in these columns for conditions similar to your own; however, we will repeat it. Take more exercise, a daily cold bath, do not sleep on your back, rise on first waking to empty the bladder, keep the bowels free, and night and morning take a dose of the following mixture: Bromide of potassium twenty grains, tincture of hops twenty drops, infusion of gentian to half an ounce. Eat your food slowly, making fish a prominent factor in your diet. Write again in a month, reminding us of this answer.

**HOMINY.**—1. Take five grains of iodide of potassium night and morning in a wineglassful of milk, use a suspensory bandage, and apply some iodide of potassium ointment (B. P.) to the part twice a day. 2. We should be inclined to say so, inasmuch as oatmeal occasionally sets up irritation of a certain type.

**YE BATH BUN.**—1. Artificial stimulation of all kinds is undoubtedly injurious, and should be avoided as far as possible. 2. Why don't you try? At any rate, lack of success would not make matters worse than they have been all these years, while the contrary luck might do you a great deal of good in various ways.

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**MISERABLE.**—Use the following lotion every night to the scalp: Tincture of cantharides four drachms, tincture of capsicum four drachms, rose-water to eight ounces. Clip the ends of the hair once a week, and give up the coil.

**J. E. F.**—The eruption is dependent upon chronic indigestion. The fact of your having squeezed out one of the spots has nothing whatever to do with the appearance of the subsequent crop. Smoking to excess is much more likely to be the cause. You must, therefore, give up the habit at once—at least, until your face is better. Give up also the sulphur soap, which is calculated to irritate the skin, and to aggravate the trouble. The advertisements are what you describe them. No external application, of whatever nature, can cure a disease due in part to internal causes. Take less food; eat what you do take as slowly as possible. Drink only when your meal is finished. The following mixture will help you to relieve both troubles, both being due to the same causes: Dilute hydrochloric acid ten minims, sulphate of magnesia half a drachm, tincture of gentian half a drachm, water to half an ounce, three times a day before food. Keep on using the hot water as before, and try vinolia or terebene soap.

**DESPONDANT.**—Have no fear of that which in your case is a very unlikely contingency. Probably the medicine ordered by your doctor is accountable for the lack of excitability. Give it up and take the following: Dilute phosphoric acid ten drops, tincture of nuxvomica ten drops, fluid extract of black willow half a drachm; water to half an ounce. Three times daily before meals.

**T. K.**—We regret that your original letter has not come into our hands. If you will write again, detailing your symptoms, we shall be happy to do all we can to help you.

**THE VICTIM.**—Your letter gives us no very definite idea of your condition. You have already consulted several medical men, who all appear to have made a distinct diagnosis. It is so difficult to diagnose the case after examination, how much more so must it be from a mere written statement. You had better send a stamped addressed envelope for the address of a specialist in these diseases, at the same time as you care to have such advice.

**AID.**—We regret that we are unable to assist you in this matter. However the result you fear may not follow, provided no further risk is run.

**VINOT-TOIS.**—Take the following pill daily with dinner: Extract of cascara sagrada one and a half grains, pill of colocyth and henbane two grains; take also a glass of cold water each morning on rising.

**ELOC.**—We should advise you to avoid both these sets of advertisers. The appliances mentioned are like the famous razors—made to sell. If you do not wish to undergo an operation, which would be the best thing for you, get a properly made suspensory bandage, which will at any rate act as a palliative, if it do not relieve you altogether.

**CONSTANT READER, OF "F. D."**—Drink no beer or coffee, take no sugar or pastry, give up smoking, and take a dose of the following medicine three times daily between meals: Bicarbonate of potash fifteen grains, tincture of henbane, half a drachm, infusion of buchu to half an ounce.

**CAMP.**—We are glad you have so good a report to make. Persevere with the treatment for four weeks longer, then write us again.

**SOPHISTO.**—1. Yes. These are signs of what is called biliousness. Take a daily morning dose of sulphate of magnesia one drachm, carbonate of magnesia ten grains, nitrate of potash eight grains, peppermint water to half an ounce. 2. The medicine ordered under 1. will help to do so, provided you become a total abstainer. 3. Both before and after, and in some cases also during the interval.

**SHAMROCK.**—Indigestion, liver disturbance, constipation, concentrated urine, precipitation of urates. So much for the complaint. Now for the treatment. Avoid sugar, stimulants, tobacco, too much meat, either fresh or preserved. Partake more freely of milk, lemon-water (without sugar) green vegetables, uncooked fruit, fresh fish. Take every morning the mixture prescribed for "Sophisto" in these columns, and eat your food slowly.

**KISMET.**—See answers to "Sophisto" and "Shamrock." We do not think the discharge you complain of is anything to do with the old attack. Sedentary employment, insufficient ventilation, lack of fresh air, and of proper exercise are chiefly to blame. Take also the following mixture twice daily between meals: Carbonate of ammonia three grains, bromide of ammonium ten grains, tincture of gentian half a drachm, water to half an ounce.

**MISERABLE.**—Try the effect of the following inhalation, used twice or three times a day, after your work is done: Compound tincture of benzoin one ounce. Half a teaspoonful to be added to a pint of boiling water, and breathed through nose and mouth until the water cools. Keep your bowels acting freely, and avoid impure (dusty) atmospheres as much as possible.

**X. Y. Z.**—1. The address given is quite sufficient. Address your letter to "The Secretory, Connaught House" at the place named in your letter. 2. Raw rice or tapioca are manifestations of hysterically perverted taste, and are likely if persisted in to set up not only indigestion with consequent anemia, but possibly to be the cause of sudden death. If your friend does not give up the habit at once, she will very soon be beyond the reach of human help; for the quantities she takes are enormous. No medicine will be of service until she ceases to eat these things.

**AMEN.**—1. No surgeon in this country would undertake the operation. It is not permitted by law. There are, however, other methods of getting over the difficulty. Half an hour's conversation with a specialist physician would probably put you on the right track. Meanwhile, do not be discouraged, but seek to overcome vice by determined resistance at the first approach of temptation.

**E. L. P.**—In the usual way, a man does not require such assistance, though where there is any nervousness it may be of service. 2. Several inches. 3. Occasionally there may be a considerable quantity, at other times there is scarcely any. 4. One to ten minutes, or longer. 5. Yes. Such conditions as those of which you complain are not at all uncommon, but you will readily understand how impossible it is to enter fully into them in these columns. If you wish for a more detailed reply, you had better send us a stamped directed envelope, restating the main points, when we will endeavour to help you as far as possible.

**J. MATTHEWS.**—We are afraid your description is not sufficiently full to enable us to diagnose your case. You do not say whether the lump in your throat ever disappears, or whether it is constantly present. Try the effect of an inhalation of half a teaspoonful of Friar's Balsam added to a pint of boiling water, and breathed through the mouth and nose twice or three times each evening. Should this not help you, write again in a few weeks.

**B. A. S.**—1. Yes. 2. Yes, the chemist will arrange convenient quantities. 3. Any good chemist will have the instrument, and will tell you how to use it.

**YARDSTICK.**—1. The lumps described are suggestive of a more recent infection than that you name. It will be necessary that you should undergo personal examination at the hands of a specialist physician, in order that a reliable diagnosis may be arrived at. 2. We should be sorry to say it is safe for you to marry until this matter has been cleared up. It may be a matter of no consequence; on the other hand, it may be the commencement of syphilis, which is a serious complaint, and will need energetic and constant attention.

**AMARDA.**—1. The B. palatinoids are ready for taking, as they are made up in capsules, more readily swallowed than most pills. 2. Bathe the eyes twice a day in cold water, and if necessary, afterwards in cold tea.

**CYMRÖ.**—The medical men who have given you their diagnosis are probably accurate in opinion given you by the chemist means nothing, and is worth the same. You cannot obtain relief for psoriasis by external applications alone, and internal treatment is necessary. We would suggest your taking the following medicine: Fowler's solution (five drops) i carbosate of potash ten grains, infusion of buchu to half an ounce. You may continue to use the present external application, as it seems to agree with your skin. Take the medicine ordered for three weeks, then write again.

**A NEW READER.**—The loss of energy and power may be in part due to the cause suggested, but we are inclined to think there must also be something wrong with your diet or your mode of taking food. Do you eat your food quickly, or drink much beer or spirits, or do you smoke to excess? If so, see that these habits are corrected at once. Take each morning the following mixture: Sulphate of magnesia one drachm, carbonate of magnesia ten grains, nitrate of potash ten grains, peppermint water to one ounce.

**LA FETE.**—1. The pains are partly the results of former habits, and partly due to liver disturbance. Take the following mixture: Bromide of potassium twenty grains, chloride of ammonium ten grains, dilute hydrochloric acid ten minims, infusion of gentian to half an ounce. Three times daily before meals. 2. Once a fortnight, or less frequently. If they occur at a shorter interval, they are apt to be harmful, both to your physical and to your mental health. Without examining the pills it would be impossible to say whether any damage has been done to them, and without further information as to the physiological state we should hesitate to advise marriage for the present at any rate.

**J. C. STEPNEY.**—Give up the beer, as well as coffee and sugar. Take more exercise, and every day with dinner the following pill: Blue pill one grain, pill of colocyth and henbane three grains. On alternate mornings a dose of mineral water taken hot, before rising, will do you good.

**PERPLEXED FATHER.**—You have rightly chosen a non-plume descriptive of a state of mind for which you are yourself largely responsible. As principal of an institution such as yours, you should long ago have learned: 1. That the training of lads of seventeen years of age or thereabouts, by girls of about the same age is distinctly inadvisable—even wrong, speaking generally. 2. That boxing the ears, or other corporal punishment, even when administered by a man, is degrading to the lad, and so far from being beneficial, is calculated to do him an infinity of harm in a multitude of ways. Corporal punishment in schools, except for very young children, is always a mistake, for it is certain to brutalise the victim and to stimulate in him feelings of anger and revenge, which, pent up for the time, later on in life expend their force upon defenceless animals or persons. 3. That the effects upon your daughter and niece of being allowed to administer such punishment to lads above the age of puberty are calculated to demoralise them in a way which you possibly do not appreciate, but which it is a physician's duty to acquaint you with at once. You doubtless read German. Let me advise you to read without delay the work on "Pædyopæia Sexualis, by Dr. R. Von Kraft-Ebing, Professor of Pædyatrie and Neurology at the University of Vienna. In Section D., on Paræsthesia of Sexual Feeling, you will find a chapter on seduction. Read that chapter carefully, and after a dispassionate perusal you will agree with me that such methods as you have permitted to be employed by your daughter and niece, and which you have described in minute detail, and with apparent satisfaction, are not only demoralizing, but disgraceful. Will you allow me to add that the mere fact of your assenting to such proceedings indicates that your own sense of the fitness of things must be to a great extent perverted, and that your plan of "training" is wrong *ab initio*. In your letter you have asked me to give you my professional advice on this matter. I have done so; but you must forgive me for at the same time expressing my horror at the possibility of such occurrences in a country claiming to be civilised.

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WHEAT PHOSPHATES FORM BONE, TEETH, and MUSCLE.  
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THE BLOOD being the source from which our systems are built up, and from which we derive our mental as well as our physical capabilities, it is important that it should be kept pure. If it contains vile festering poisons all organic functions are weakened thereby, and settling upon important organs, such as the lungs, liver, or kidneys, the effect is most disastrous. Hence it behoves everyone to keep his or her blood in a perfectly healthy condition. No matter what the symptoms may be, the real cause of a large proportion of all diseases is bad blood.

SKIN DISEASES, Eruptions, Blotches, Spots. Pimples, Pustules, Boils, Carbuncles, Ringworms, Sore Eyes, Erysipelas, Scuffs, Discolouration of the Skin, Humours and Diseases of the Blood and Skin, of whatever name or nature, are literally carried out of the system in a short time by the use of this world-famed medicine.

IMPORTANT ADVICE TO ALL.—Cleanse the vitiated blood whenever you find its impurities bursting through the skin in pimples, eruptions, and sores; cleanse it when you find it is obstructed and sluggish in the veins; cleanse it when it is foul—your feelings will tell you when. Keep your blood pure, and the health of the system will follow.

CAUTION.—Purchasers of Clarke's Blood Mixture should see that they get the genuine article. Worthless imitations and substitutes are sometimes palmed off by unprincipled vendors. The words "Lincoln and Midland Counties Drug Company, Lincoln, England," are engraved on the Government Stamp, and "Clarke's World-famed Blood Mixture," blown in the bottle, WITHOUT WHICH NONE ARE GENUINE.

"Marl Hill, Chalford, May 10, 1893.

"My wife had abscesses on the leg, caused in the first place by a blow which brought on the first abscess, after which they kept on coming until she had ten. She tried almost everything she could think or hear tell of, but without receiving any benefit, when a friend advised her to try Clarke's Blood Mixture, which she did, and after taking four 2s. 9d. bottles her leg got quite well, and it has never broken out since. My wife has very great faith in it, and is truly thankful that there is such a thing as Clarke's Blood Mixture.—I am, dear Sir, yours respectfully,

GEORGE STRATFORD.

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**THE**  
**FAMILY DOCTOR**  
**AND PEOPLE'S MEDICAL ADVISER.**

No. 446.—XVIII.

SATURDAY, SEPTEMBER 16, 1893.

PRICE ONE PENNY.

**DOMESTIC SURGERY.**  
**Useful Hints for the Housewife.**



FIG. 1.

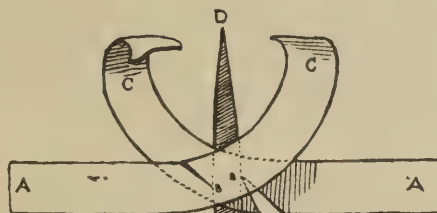


FIG. 2.

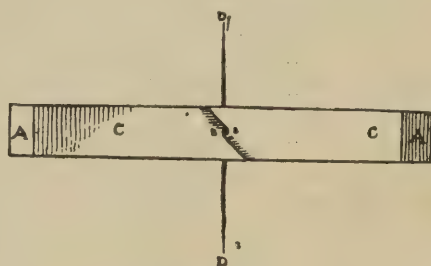


FIG. 3.

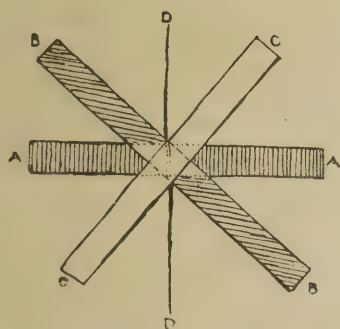


FIG. 4.

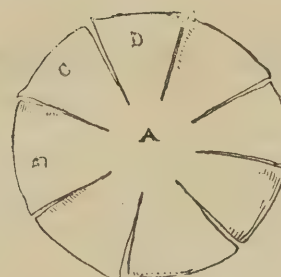


FIG. 6.

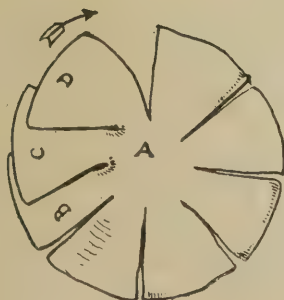


FIG. 7.

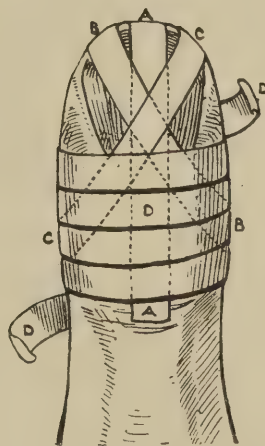


FIG. 5.



FIG. 8.



# THE FAMILY DOCTOR.

SATURDAY, SEPTEMBER 16, 1893.

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## CONTENTS.

PAGE.	PAGE.
Domestic Surgery .. 33	The Old and the New .. 41
Editorials .. 34	Spiritualism .. 41
Domestic Surgery .. 35	"Loss of Wind" in .. 42
Useful Dental Hints .. 35	Running .. 42
A New Staff of Life .. 36	Dancing as an Exercise .. 42
The Cost of a Medical .. 36	Pure Air and Health .. 42
Education .. 37	Colds .. 42
Preservation of Health .. 37	Fat .. 43
Births .. 37	Sense of Touch .. 43
Recipes for the Table .. 38	An Indian Cholera .. 43
Household Hints .. 38	Song .. 43
The Mother's Page .. 39	The Land of Cholera .. 43
Those About to Emi- .. 40	Our Points of Danger .. 44
grate .. 40	as to Cholera .. 44
Use of Poultices .. 40	Brittany's Healthiest .. 44
Troubled Minds and .. 40	Seaside Retreat .. 44
Tired Bodies .. 40	Notes & Queries .. 45
Tobacco and Its Effects .. 41	Answers to Corre- .. 45
upon the Young .. 41	spondents .. 45
	&c., &c., &c.

## THE ATTENTION

Of our Readers is respectfully drawn to the fact that we Published a SPECIAL NUMBER of the FAMILY DOCTOR, dealing with the

## THREATENED CHOLERA EPIDEMIC,

on August 12th, 1893. The number containing articles on the

ARTIFICIAL CULTIVATION OF THE CHOLERA SPIRILLUM.

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A ROOM FOR SICKNESS.

CHOLERA PROSPECTS AND PREVENTION.

A few copies can still be obtained by writing to the Publisher, 18, Catherine-street, Strand, W.C. Post Free, 1½d.

## PHRENOLOGY

has for the past few weeks had a fair and impartial discussion in these columns, but now we must perforce for the present cease to publish any more letters, either for or against.

## EDITORIALS.

**DO WE EAT TOO MUCH?**—To this question many modern physicians answer, "No," although nearly all ancient and most modern writers upon health have insisted that the contrary is the case. Those who advocate liberal feeding claim that Nature has made provision for the disposal of any surplus of nutriment, and hence that no harm can come from over-indulgence in gustatory pleasures—at least as regards quantity. These theorists, in their anxiety to afford encouragement to the glutton and the epicure, seem to forget that vital energy is of any value. They seem to quite lose sight of the fact that the vitality

consumed in digesting the excess of food taken into the stomach might possibly be put to some better use. They also appear to be oblivious to the fact that the elimination of the crude products of imperfect digestion from the blood is a task which requires the expenditure of a still larger amount of vital energy upon the part of the kidneys, liver, and other eliminative organs, thus not only over-working them, but diverting them from their proper work, and so working serious mischief in the vital economy. We are thoroughly convinced, from personal experience and observation, that the majority of persons eat too much. Over-eating is one of the most frequent causes of the almost universal dyspepsia of this country.

**CUTTING OFF SUPPLIES.**—The eminent Dr. Tronchin, of Paris, considered abstinence from food as the best of all remedies for disease, probably because he regarded most disorders as the result of overfeeding, a conclusion in which we heartily agree, at least if bad feeding is included. "Good generals," said Dr. Tronchin, "always attempt to cut off the enemy's supplies. I put my patients on spare diet at once, and bring the enemy to terms by famine." The great Napoleon seems to have had the same idea. "When I am not well," said Napoleon, "I fast, bathe, and rest. If I am taken sick while I am resting, I exercise. If taken ill while hard at work, I rest; but in all cases, I fast. I find that is all I need."

It is not overwork, except at the table, that causes so many to break down. There is a great deal more softening of the liver than softening of the brain; too much exercise of the jaws, and not enough of the muscles. People are dying everywhere of physical excesses of useless expenditures of vitality. Probably five-sixths of the constitutional vigour of every man and woman is wasted, and the last twenty or thirty years of their lives are eked out miserably in consequent pain and discomfort.

**DARKENED SICK-ROOM.**—The custom, in spite of modern sanitary teaching, still prevails of keeping the occupant of a sick-room at all hours in a darkened room. There is no sense in this; it is as if the attendants were anticipating the death of the patient; and, if the reason is asked for, it is as inconsistent as the act. The reason usually offered is that the patient cannot bear the light—as though the light could not be cut off from the patient by a curtain or a screen, and as though to darken one part of the room it were necessary to darken the whole of it. The real reason is an old superstitious practice connected with small-pox and other terrible diseases involving the exclusion of light. A more injurious practice really could not be maintained, as by it a great remedy is lost. Sunlight diffuses through a room and warms and clarifies the air. It has a direct influence on the minute organic poisons—a distinctive influence that is most precious—and it has a cheerful effect upon the mind. The sick should never be gloomy, and, in the presence of the light the shadows of gloom fly away. Happily this fact is now recognised in hospital practice, and should be equally so in private practice.

**FAINTING FITS.**—Fainting proceeds from different causes, the commonest being a disturbance in the circulation of the blood in the brain. For an ordinary fainting fit lay the patient flat. Great harm is often resulted from the treatment of ignorant people in trying to make the patient sit up, or propping up the head with pillows. To send the blood back from the heart to the brain, the flat posture is absolutely necessary. Let the patient lie so that the feet are higher than the head, throw the clothes about the chest and throat open, sponge the face with cold water, and give some cold water to drink.

**A FREE EXCURSION TO THE COAST** at this time of the year would be an acceptable boon to many a hard-working man, but as such an instance is hardly likely to occur in these dull times, the next best thing a poor man can do, instead of getting change of air and scene is to purify his blood and cleanse his system with a few doses of Holloway's Pills. This wonderful medicine for many years has been a blessing to the commercial world; it gives tone to the system and purifies the blood, and rapidly increases the strength of the brain. It also cures indigestion in its most advanced form, and in cases of nervous debility it is without a rival.

**CHEMISTS** now turn scrap iron into ink, old bones into lucifer matches, the shavings of the blacksmith's shop into Prussian blue, fusel oil into oil of apples and pears, the drainages of cow-houses into fashionable perfumery, beggars' rags into new coats, and tar waste into aniline dyes and saccharine.

**WATER PURIFIED BY IRON.**—The filthy water of the River Nethe is purified for use in Antwerp by being passed through revolving cylinders containing small pieces of iron. Fifteen pounds of metallic iron will purify 1,000,000 gallons of water. The water thus treated is said to be completely freed from germs, bacteria, and other objectionable matters. English and French chemists find that the contact with iron reduces the organic matter by from 45 to 85 per cent. and albuminoid ammonia by from 50 to 90 per cent., and all free ammonia is removed.

**HOW MUCH TO SLEEP.**—Someone says of sleep, "Six hours for a man, seven for a woman, and eight for a fool," but there never was a more misleading statement. The amount of sleep one needs depends on the amount of mental work he does while awake. Men whose brains are never busy can get along with five or six hours' sleep a day, even though their hands are always employed during the waking hours, but the mental worker must have more or go crazy. To attempt to imitate Napoleon, who, it is said, could get along with four or five hours' sleep, will drive any ordinary man into an insane asylum before the end of a year.

**MILK FOR INVALIDS.**—The use of milk and eggs as a diet or an aid in building up a patient is often a trial to the nurse. Many patients will take milk slightly warmed, or even hot, and digest it readily, when cold milk causes distress. It is an excellent plan to rinse the mouth with cold, cool, or hot water, as preferred, before and after drinking milk. The taste left in the mouth of many persons after a drink of milk, especially a small quantity, often causes the patient to dislike it. The secret of success in giving milk and eggs to those who would rather not take them is to prepare them in different ways. For a delicate stomach the white of an egg, well-beaten, added to hot or cold milk sweetened to taste, will often prove tempting, when even the sight of the yolk with milk is unpleasant. After a time a little of the yolk may be used, the white of the egg being added last, and not stirred into the milk, but left at the top of the glass for ornament.

**A PERIPATETIC HYPNOTISER.**—Good-looking young women who travel on the tops of Paris omnibuses are threatened with a serious danger. There is a man, says the Paris correspondent of the *Daily Telegraph*, with fascinating eyes, going about who is called the "peripatetic hypnotiser," and every female who falls a victim to his glare becomes as unconscious as any of the subjects in the Salpêtrière Hospital. The latest victim of the mesmerist or hypnotiser is a young dressmaker, who was travelling on an omnibus from the Wine Market to the Place Pigalle. When the vehicle stopped at the last-mentioned place everybody had to get down. The dressmaker did not do so, and the conductor was surprised to find her not only fast asleep, but absolutely proof against his most energetic attempts to wake her up. After innumerable and unavailing pushes, shakes, and pinches, the conductor, aided by his driver, carried the somnolent sempstress to a chemist's shop, where she was recalled to consciousness. Her trance lasted nearly two hours. On awaking she said that a young man who was near her on the top of the omnibus had fixed his eyes firmly on her, and she fell asleep almost immediately. The omnibus conductor stated to the police that there had been a young man near the dressmaker, but he could only give a vague description of the dress and appearance of the traveller with the basilisk glare, who is now being sought for by detectives.

**TIGHT LACERS.**—Ladies and Gentlemen's Corsets Fitted Personal visit not necessary. Self-measurement form free by post. Satisfaction guaranteed. Best qualities. Lowest prices. Close fits for Professionals. Neatness, comfort, health. **FORD AND PARR**, 141, Stockwell Road, London, S.W. Estab. 1866.

"The FAMILY DOCTOR is a Popular Periodical, and contains many useful Notes."—*Morning Post*.



**HOW TO RESTORE DROWNED PERSONS.**—Everybody may be called upon at any season of the year to afford assistance to drowning persons, while the doctor is being sent for, and Professor Laborde's simple method for restoring breath when all other means have failed deserves to be universally known. A Paris correspondent tells us that, at a watering place in Normandy, two bathers, a young man and a boy, who were unable to swim, went out of their depth and disappeared. They were brought on shore inanimate, and were taken to the village. Two doctors were sent for, but the young man gave no sign of life, and they declared he was dead. M. Laborde, who was fishing at half-an-hour's distance, came up as soon as he heard of the accident. He examined the body and found that the extremities were cold and the heart had stopped. Then, taking hold of the root of the tongue, he drew it violently forward, giving it a succession of jerks in order to excite the reflex action of the breathing apparatus, which is always extremely sensitive. At the end of a few minutes a slight hicough showed that the patient was saved. In addition to the usual restorative means, Professor Laborde, in extreme cases, rubs the chest with towels soaked in hot and nearly boiling water, although the skin is blistered by this.

## DOMESTIC SURGERY.

### USEFUL FOR THE HOUSEWIFE.

[Special Article.]

Written and Illustrated by a SURGEON.

(See Frontispiece.)

THE sight of blood has such an alarming effect upon most persons that a very small wound indeed, one requiring the most trifling attention, finds its way into the surgery or chemist's shop.

Now it stands to reason that if a chemist, whose professional education is not supposed to extend beyond the compounding of drugs, or at furthest to subjects incidental to chemistry, can patch up a wound successfully, that there must be many cases at home that a collected and sensible individual might do for themselves or others, without either running the risk of medicated surgery at a chemist's shop, or going to the expense of genuine professional attendance—a medical man has as much right to charge for putting on a strip of plaster over even a skin-wound as any other skilled workman has a right to be paid for his labour. The cost of the plaster, or strapping, or even the full extent of lint and bandages, is not very great; it is for the skill displayed that you have to pay, and that may very often be, from the real insignificance of the injury, very little greater than might be found at home, with a little instruction and exercise of common sense.

It must not be supposed for a moment that we advocate any attempt to interfere with serious cases—beyond perhaps a temporary assistance, which may often save life, if promptly provided, and of which we shall speak in due time—for by over confidence—or shall we say presumption?—a life might be endangered—the little learning proving a dangerous thing, and its exercise should be discouraged when danger to life or permanent injury to limb might result.

We will commence by giving directions as to the treatment of the smaller injuries to which we are constantly liable, such as cuts of the head, face, or hand, and especially of the fingers.

Accidents will happen even in the very best regulated families, and do happen, and always without any previous notice; so that it is as well to have your weapons ready, and these may be very few and simple.

A strip of diachylon plaster, or strapping as it is termed, may be bought by the yard.

A roll of lint—the best is always the most useful.

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.

Bandages—which may be torn from a length of unbleached calico. For most purposes of immediate want three yards will be found to be long enough; longer ones, if necessary, can be prepared afterwards, as also can flannel webbing or other special rollers.

The three yard strip of unbleached should be torn into widths of one inch, and one inch and a half and two inches, and rolled firmly in a manner to be hereafter explained.

A sheet of cotton wool is often useful, especially for burns, and for that same purpose a bottle of Carron oil—equal parts of olive oil and lime water shaken together until they form a thick cream—should be stored away ready to hand.

A sharp pair of scissors should also be devoted to surgical purposes.

Needles and wire or silk twist may be found useful in districts at a distance from medical help; but, unless the necessity of the circumstances are such as to render the obtaining of skilled assistance next to impossible, the knife and the needle should be left unattempted.

There are several other little instruments that may be added to the store to make it perfect that experience will point out, such as an instrument for removing "foreign bodies," as they are called—meaning fish bones, buttons, false teeth, or other things from the throat; injection syringes; flat-pointed tweezers for removing thorns and splinter; an abscess knife; gum lancet; probes, &c. But the only real requisite of them all in ordinary cases is a pair of dressing forceps, for removing bits of lint, &c., from the surface of wounds.

Cuts, wheresoever they may be, require but one mode of treatment in their first stage, and that is, to wash them well with cold water by letting it run or drop on them, which will generally arrest the bleeding. Then the edges must be drawn firmly together by strapping or "sutures" (stitches), and strapping over them a lint pad to stop the bleeding by pressure, kept in position by bandaging. A sponge is always useful, two or three about as large as a fist, if possible; and a bottle of carbolic lotion, made by dissolving one part of Calvert's glacial acid in forty parts of water, to be used instead of pump or tap water, both for washing the flesh wound and the hands of the person about to apply the dressing. These precautions are essential to successful treatment, and wounds thus treated will often heal at once without a sign of festering or suppuration; that is, by what is called "the first intention." As you must not stint carbolic lotion or carbolic water, if you prefer to call it so, it is well to have a bottle of Calvert's glacial acid in the house, so that your supply may be equal to all emergencies.

Wherever a wound may be, the first step is to wash it, and then draw the edges well together, to facilitate healing.

This is not always an easy job, for the cut will gape by the contraction of integument, and wire or thread sutures are often indispensable, especially for deep wounds across the direction of a limb—those that run in a lengthwise direction are more easily drawn together. Wounds on the head or body generally require a stitch or two, especially if they extend beyond an inch in length, otherwise all alike may be held together, and drawn together with strapping.

This will be a convenient place for describing a few styles of treating fresh cuts with "strapping"—that is, sticking-plaster, sometimes called diachylon plaster.

Plaster must be cut to suit the wound; small narrow strips are generally sufficient for the wounds you will have to treat at home, from a quarter to half an inch in width, and of various lengths, always being rather too long than too short.

You have a gaping wound, as D D under the strips of Fig. 2, and you want to draw its edges together and hold them there without stitching.

Cut two strips of plaster as in Fig. 1, only let the size be large enough to go well over both sides of the wound, lay them back to back, and cut a snick in them, as in Fig. 1 B, so that we shall have two slips as shown; the snick cut in one will run one way, whilst the snick in the other will run in the contrary direction.

Now, having carefully dried the surface on each side of the wound, and warmed the

plaster by holding it against a jug or tin of hot water, as shown in Fig. 8—the sticky part outside, of course, or it would all come off on the crockery—lay the end A, Fig. 2, so that the inside end of the snick comes a little way short of the edge of the wound, and ask a friend, or the patient, to keep it firm with a finger. Then take the other strips and do likewise, leaving the end marked C free and unstuck. Now, having made the ends at A quite firm—and the plaster must be well warmed to do it, and the skin must be dry—draw them past each other with the snicks inside—next to one another—holding ends between each forefinger and thumb, and pressing the edges of the wound together with one or other of the fingers until the strips will lock in the niches as shown in Fig. 3, when the end C may be stuck down also.

The utility of this method of strapping wounds is so useful that it should be practised by making an imitation cut with red ink on a friend's arm, and applying it to that—and let him have his turn with you—so that there may be no difficulty about it when the time comes that you may require its use.

Another very simple but secure style of strapping a wound is given in Fig. 4. The strips are laid on, one end being fixed first, and the other drawn over, as the edges are pressed together. The strips are laid in the order shown, as A, B, C. The letters being at the ends to be first fixed.

A cut at the end of the finger is of frequent occurrence, and the system of strapping adopted by amateurs generally are clumsy and useless as can be. It must be granted that the finger-tip does offer some little difficulty in the way of effectual strapping; but a little ingenuity will enable you to fix that, especially if you study the diagram (Fig. 5).

A is a finger with a transverse cut on the under surface, probably near the tip; B shows the lower edge of the nail; C is a long strip that will come nearly half-way down the finger, on both the surfaces. D, E, are two crosswise strips that are arranged like the straps of a soldier's knapsack, and F is a long binding strip that must be wound spirally down the finger round, to cover and hold securely the ends of the strips D, C, E.

A round piece of plaster cut like Fig. 6 into slits, and arranged one at a time like Fig. 7—overlapping—is very often useful for wounds of the head and temple, or may be used for strapping a breast, if shaped very much larger, with a hole in the centre for the nipple.

Although other simple and more elaborate systems of strapping may be employed now and again, those we have described are sufficient for almost all emergencies that you will be likely to dress yourselves.

(To be continued.)

## USEFUL DENTAL HINTS.

FURNISHED BY AN EMINENT SURGEON.

ONE of the most skilful dental surgeons gives these rules for the care of the teeth. "Use a soft brush and water the temperature of the mouth. Brush the teeth up and down in the morning, before going to bed, and after eating, whether it is three or six times a day. Use a good tooth powder twice a week, not oftener, except in cases of sickness, when acids from a disordered stomach are apt to have an unwholesome effect upon the dentine. Avoid all tooth pastes and dentifrices that foam in the mouth; the lather is a sure sign of soap, and soap injures the gums, without in any way cleansing the teeth. The very best powder is of precipitated chalk; it is absolutely harmless and will clean the enamel without affecting the gums. Orris root or a little wintergreen added gives a pleasant flavour, but in no way improves the chalk. At least a quart of tepid water should be used in rinsing the mouth. A teaspoonful of listerine in half a glass of water, used as a gargle after meals is excellent; it is good for sore or loose gums; it sweetens the mouth and is a valuable antiseptic. Coarse, hard brushes and soapy dentifrices cause the gums to recede, leaving the dentine exposed. Use a quill pick, if necessary, after eating, but a piece of waxed floss is better."



## A NEW STAFF OF LIFE.

[Condensed from the Article by LAWRENCE IRWELL in the current number of *The Humanitarian*.]

THERE is little doubt that of the many questions with which a nation is confronted that of its food supply is of greater importance than almost any other. In the United States all kinds of food are produced in the country in abundance, but in Great Britain this is not the case, the small size of the island rendering it, under existing conditions, impossible for the soil to yield anything like sufficient grain with which to feed the large number of inhabitants. American meat, wheat, fruit, and canned vegetables are all well known in the British and also in the other markets of the world, yet maize, by far the most prolific cereal of the new world, and the only food of many of the pioneers of this Continent, who built cities and established governments, has still to win favour in Britain and in the majority of the other European countries. A product called corn-flour has some sale in England, but it is only a starch made from maize, and although wholesome and agreeable to the taste, it is not specially nutritious, neither the muscle-forming nor the bone-creating properties of the grain being present.

The origin of this remarkable grain, which has so signally benefitted the inhabitants of the new world is, like that of wheat, very obscure. It is mentioned by Theophrastus, who was the successor of Aristotle in the Peripatetic school, and who wrote on the history of plants. The date of his death is a matter of inference; he was probably born about 368 B.C., and died in 288 B.C. Theophrastus writes of maize as being of the tribe Phalarides of the order Gramineæ (grasses). Alphonse de Candolle, the Swiss botanist, in his "Geographie Botanique Raisonnée," which appeared in 1855, says, "Maize is of American origin, and was not introduced into the old world until after the discovery of the new."

Upon the American continent, maize, commonly called corn, is now cultivated from latitude 54 degs. N. to 40 degs. S., and in the Eastern hemisphere from the Azores to South-eastern Europe some being grown in Asia Minor, Egypt, India, and China. Frost destroys all varieties of this plant, and it does not flourish well if the nights are cold, consequently it is the first crop to disappear as one ascends into the mountain regions. Little is grown west of the great plains of North America, the grain flourishing best in a deep, rich, and dry soil, such as is found in the fertile prairies of the Mississippi basin.

More than three hundred varieties of maize are known, and they differ more among themselves than those of any other cereal. Some reach maturity in two months; others require as long as seven. Some are as many feet in height as others are inches; some have kernels eleven times larger than others. They also vary in shade and size of ears and colour of the grains, which may be white, yellow, purple, black, or striped.

The early colonists of the United States learned the uses and methods of cultivating maize from the Indians, large crops being raised on the James River, Virginia, as early as 1608, and it has continued to be one of the most important American products, the actual quantity grown being now at least eight hundred million bushels per annum. The Indians claimed to have received the plant direct from the Creator. Schoolcraft in his "Myth of Hiawatha," gives their legend in the following words:—

"A young man went out into the woods to fast, at a period of life when youth is exchanged for manhood. He built a lodge of boughs in a secluded place, and painted his face a sombre hue. By day he amused himself in walking about, looking at the various shrubs and wild plants, and at night lay down in his bower, through which, being open, he could look up into the sky. He sought a gift from the Master of Life, and he hoped it would be something to benefit his race. On the third day he became too weak to leave the lodge, and as he lay gazing upward he saw a spirit come down, in the shape of a beautiful young man, dressed in green, and having green plumes on his head, who told him

to arise and wrestle with him, as this was the only way in which he could obtain his wishes. He did so, and found his strength renewed by the effort.

"The visit and trial of wrestling were repeated for four days, the youth feeling at each trial that, although his bodily strength declined, a moral and supernatural energy was imparted, which promised him the final victory. On the third day his celestial visitor spoke to him. 'To-morrow,' said he, 'will be the seventh day of your fast, and the last time I shall wrestle with you. You will triumph over me and gain your wishes. As soon as you have thrown me down, strip off my clothes, and bury me on the spot, in soft, fresh earth. When you have done this, leave me, but come occasionally to visit the place, to keep the weeds from growing. Once or twice cover me with fresh earth.' He then departed, but returned the next day, and, as he predicted, was thrown down. The young man punctually obeyed his instructions in every particular, and soon had the pleasure of seeing the green plumes of his sky visitor shooting up through the ground. He carefully weeded the earth, and kept it fresh and soft, and in due time was gratified by beholding the matured plant, bending with its golden fruit, and gracefully waving its green leaves and yellow tassels in the wind. He then invited his parents to the spot to behold the new plant. 'It is Mondamin,' replied his father; 'It is the Spirit's grain.' They immediately prepared a feast, and invited their friends to partake of it: and thus originated Indian corn."

In extent and variety of forms and uses, maize surpasses all other plants. A well-developed stalk of maize is a really beautiful object. The long, graceful, dark-green leaves are surmounted by straw-coloured blossoms, and as they wave in the breeze, a stately, sub-tropical aspect is presented to the eye. In some parts of Europe this valuable cereal is prized as an ornamental plant, especially a distinct variety sent from Japan by Mr. Thomas Hogg some twenty years ago. Every part of this grain is utilised, even the husks, which are used by paper makers as material for pulp, by upholsterers as filling for mattresses, by the orange growers in the south of Europe for packing fruit, and by the South Americans for coarse mats. The grain itself is used for feeding cattle and hogs, for making glucose, a business which has of recent years assumed enormous proportions, and in the manufacture of whisky, lager beer, and starch. Oil has been extracted from the grains of maize in considerable quantities, but as the process is costly, this industry is not likely to become very extensive. In the treeless regions of the west, maize has been used as fuel, and has been found to be a good substitute for wood or coal.

Some ten years ago the London General Omnibus Company, as an experiment, tried the process of feeding their horses entirely upon maize. This attempted novelty in horse diet turned out a failure, the horses becoming fat, and showing much humour. Had hay been used with the maize, there is little doubt that the experiment would have proved a success.

The special object of this paper is to demonstrate its availability as human food in Great Britain and other parts of Europe, and also to draw attention to the many beneficial qualities which it possesses.

The monotony of the diet of the poorer classes in England being well-known to all who have devoted any attention to the way in which "the submerged tenth" is compelled by circumstances to live, requires no comment here. Tea and bread might well be occasionally replaced by mush (maize meal) and milk. Maize makes a concentrated food stuff, both palatable and nourishing when properly prepared, and is especially valuable where hard labour is required. The English working men have reason to know that no harder class than the American husbandman exists, and when they fully realise this fact, they will cease to treat with disdain a food which is a staple article among the American agricultural population.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 11d. and 2s. 9d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, E. T. Towle, Chemist Nottingham. Beware of imitations, injurious and worthless.

In the European countries which maintain gigantic military establishments, the question of feeding the troops in such a manner as to ensure the highest possible state of efficiency, at the lowest possible cost to the taxpayer, is one which deserves the attention of statesmen. A diet is required which must be at once concentrated, nourishing, and sufficiently varied to meet the demands of modern civilisation. The one grain which fulfils all these demands is maize; and its adoption as a portion of the army ration in European countries would be most desirable from every point of view. To the governments concerned, the advantage would be that the grain would be cheaper than any other equally suitable article of food. Further, maize being better able to withstand the changes of the climate, especially drought, than other cereals, an abundant quantity, not subject to such fluctuations of supply as wheat, is always obtainable. The white bread so much used at the present day, consists chiefly of starch, and the partial substitution of maize would mean greater physical efficiency among the whole military force; to the individual men constituting the service, it would give an increased variety of food, and consequently additional comfort. Nor is this all. No argument in favour of a new kind of food can outweigh that of its healthfulness, and maize, both from its inherent properties and its history as an article of diet, can certainly claim this desideratum. Constipation is almost unknown to those who are daily consumers of this grain, and dyspepsia—now very prevalent in the United States—was scarcely ever heard of fifty years ago, when maize was the chief food of the people. The special power of aiding digestion possessed by maize appears to be due to the manner in which it stimulates the action of the alimentary canal. The gluten contained in the grains being inseparable in water, little leaven is required to lighten it, and however close the particles may appear to be, they are not agglutinated, and are easily separated during mastication and digestion.

Maize meal is much consumed in the form of bread and cakes, conspicuous among which is brown bread, in which rye-meal is mixed with corn-meal, in the proportion of about one-third. Several varieties are known as "popcorn," of which there are two kinds, one white and the other yellow, some having grains pointed at the end, others being of the ordinary shape. When gradually exposed to heat, the oil contained in the grain becomes converted into gas, which eventually ruptures the grain, causing a curious inversion of its contents. The corn thus "popped" is many times larger than the ordinary grain, and perfectly white. As a species of sweetmeat, popcorn is much prized by children, and the preparation of it is one of the small industries of the United States. "Hasty pudding" is a stir-about of Indian meal and water, which, when eaten with milk, is a nutritious and an inexpensive form of food.

There are over a hundred methods of cooking this cereal, all of which have met with the approval of connoisseurs, and although the use of maize as an article of human diet might at first be regarded as a Yankee innovation, yet its delicacy and cheapness would undoubtedly popularise it before many years had elapsed.

**THE CREATIVE GIFT.**—The writer who possesses the creative gift owns something of which he is not always master—something that at times strangely wills and works for itself. He may lay down rules and devise principles, and to rules and principles it will perhaps for years lie in subjection; and then, haply without any warning of revolt, there comes a time when it will no longer consent to "harrow the valleys or be bound with a band in the furrow"—when it "laughs at the multitude of the city, and regards not the crying of the driver"—when, refusing absolutely to make ropes out of sea-sand any longer, it sets to work on statue-hewing, and you have a Pluto or a Jove, a Tisiphone or a Psyche, a Mermaid or a Madonna, as fate or inspiration direct. Be the work grim or glorious, dread or divine, you have little choice left but quiescent adoption.—*Charlotte Brontë.*

BRIDS of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.



## THE COST OF A MEDICAL EDUCATION.

**A**MONG the questions now agitating the parental mind in scores of cases in regard to the education of the rising generation, few are more pertinent than the inquiry, What will it cost? Can I afford it? A correct answer is of especial importance when it is a question of entry into the medical profession. If a medical education turns out more expensive than had been anticipated, if it cannot be afforded and fails to be carried to through to the end, not only are the money and the time spent upon it thrown away—absolutely wasted from a money-earning point of view—but the student finds himself, at an age which makes an entry into business difficult, stranded without employment or profession, and his little capital gone. It is, then, of the greatest moment that before embarking in the study of medicine an accurate estimate of its probable cost should be formed, otherwise the student runs the risk, of which every year sees sad examples, of dropping out of his course in mid-career, his youth wasted, his future spoilt.

The expenses of the curriculum may be divided into two classes—one of which consists of fixed charges which can be accurately calculated beforehand, the other of things which, being personal to the individual, are liable to a certain amount of variation in individual cases.

In the first class come all the expenses directly connected with schools and examinations, in the second those connected with maintenance.

The fees for the various examinations differ, as also do the composition fees for hospital and school work at different places, but they are all published, and can be calculated to a penny.

Then there are certain other expenses, the exact amount of which cannot be found from published tables, and which also vary at different schools—namely, subscriptions to library, cost of "parts" for dissection, of chemical, biological, and pathological apparatus and materials; of books, bones, &c.; and the subscription to cricket, football, or rowing clubs, which, although not in the estimate, may be practically obligatory. As regards all these points, when the school and the diploma are provisionally decided on, a little correspondence asking for definite answers to definite questions, ought to enable any man to make an estimate within a few pounds of the sum required. The great question to which no precise answer can be given is as to the cost of maintenance. Various attempts have been made to estimate the cost of living appropriate to the medical student, many of which are utterly futile owing to the fact that there is no standard of comfort acceptable to all, very little standard of dress, and absolutely none as regards amusements. The range of possibilities in this matter becomes obvious enough when we consider, on the one hand, at what wages an artisan can live, and, on the other, how easily £5 a week slips through the fingers of one not inured to petty thrift and to the care of pence. It is here that the nicely brought up youth finds himself at a disadvantage with those who, from early habits, do not feel the hardship of surroundings which to him would be constant misery; for there is no denying that it is possible, to one accustomed to the style of life, to pass through the curriculum on an artisan's wages added to the necessary fees. To one not trained to such economy the attempt would be folly, but many a black-coated clerk lives on £70 or £80 a year, and certainly scores of curates do not receive more than £100 to £130, and it appears to us that this last may fairly give an idea of what a gentleman willing to live carefully can keep himself upon. Here, again, locality has much to do with expense of living. It may possibly be the case that lodgings, in certain parts of Manchester, or Dublin, or Edinburgh, do not cost much less, if any less, than they do in London, but from the smaller size of these towns a greater range is available within a moderate distance, a walk which in London would make no appreciable difference in surroundings bringing one into those more open regions where cheaper lodgings are most likely to be found.

It may, we think, be taken broadly that all

classes of expense tend to vary together, that cheaper rent often accompanies cheaper food, and even cheaper style of clothing, and that, at the very places where the necessary expenses are least there the social expenses into which people are drawn by custom and imitation are also kept at a low level, partly, probably, because richer men tend to flock to more expensive schools where it is difficult to prevent them from setting the fashion in many ways.

It may be said, and with some truth, that at a large metropolitan school it is easier for a student to become lost in a crowd when he leaves the college gates, and to live as he likes or as necessity may force him; but it must be at once insisted on that by such a mole-like existence, in which the student, however much he may sit with others in the class, hides himself from them in his private life, a youth loses a great part of those wider educational advantages which a more intimate association with his fellows ought to give.

An active companionable student life, full of intimacies, rivalries, and competitions, both in regard to work and play, not only brings out the best powers of a man's mind, but is a thing to look back upon with pleasure so long as life shall last. It is no small loss that a period so full of expansive possibilities should be turned into a time of penurious counting of petty cash, and we feel sure that it is better, as an educational proceeding, to send a youth, whose means are small, to a school so suited to his pocket that he can join in what is going on evenhanded with the rest, than to place him where he will have to study economy and even parsimony at the expense of sociability. We doubt, for example, the educational advantage of trying to live at Cambridge for the less than £150 a year. What is gained in knowledge is lost in bitterness of spirit.

Nor must it be forgotten that the life of a medical student is a trying one, and that for the maintenance of health provision must be made for a considerable amount of outdoor exercise. Boating, cricket, tennis, football—things for which the solitary walk is no substitute—all mean clubs and subscriptions, and, although this is a side of student life which is often overdone, it is absolutely essential that some provision be made for it. Two years spent in laboratories and dissecting rooms form but a poor preliminary, from a health point of view, to the long study of disease which then has to be undertaken, in wards and out-patient rooms, mixing daily with the sick of every kind. The athletic side of education is really more necessary for the medical than for any other class of student. — *British Medical Journal*.

## PRESERVATION OF HEALTH.

### FIFTEEN RULES FOR PRESERVING HEALTH.

**P**URE atmospheric air is composed of nitrogen, oxygen, and a very small portion carbonic acid gas. Air once breathed has lost the chief part of its oxygen, and requires a proportionate increase of carbonic acid gas. Therefore, health requires that we breathe the same air only once.

The solid parts of our bodies are continually wasting, and required to be repaired by fresh substances; therefore, food which is to repair the loss should be taken with regard to the exercise and waste of the body.

The third part of our bodies also waste constantly. There is but one fluid in animals, which is water, therefore, water is necessary.

The fluid of our bodies is to the solid in proportion as nine to one; therefore, a like proportion should prevail in the amount of food taken.

Light exercises an important influence upon the growth of animals and plants; therefore, our dwellings should freely admit the solar rays, and be well ventilated.

Decomposing and animal and vegetable substances yield various noxious gases, which enter the lungs, and corrupt the blood; therefore, all impurities should be kept away from our abodes, and every precaution used to secure a pure atmosphere.

Warmth is essential to all the bodily

functions; therefore, an equal temperature should be maintained.

Exercise warms, invigorates, and purifies the body; clothing preserves the warmth; therefore, an equal temperature should be maintained.

Fire consumes the oxygen of the air, and produces noxious gases, therefore, the air is less pure in the presence of candles and gas, or coal fires than otherwise, and the deterioration should be repaired by increased ventilation.

The skin is a highly organised membrane, full of minute pores and cells, blood vessels, and nerves; it imbibes moistures and throws it off according to the state of the atmosphere and the temperature of the body; it also breathes, as do the lungs (though less actively.) All the internal organs sympathise with the skin, therefore, it should be repeatedly cleansed by plentiful ablutions and the warm bath, the latter is most beneficial.

Late hours and anxious pursuits exhaust the nervous system, produce disease, and very often premature death, and should always be avoided, both by the healthy and the delicate.

Mental and bodily exercise are equally essential to the general health and happiness of all. Recreation and study should succeed each other.

Man will live most healthily upon simple solids and fluids, of which a sufficient but temperate quantity should be taken. Excess in any shape whatever should always be avoided.

Sudden alterations of heat and cold are dangerous, more especially to the young and aged. Clothing in sufficient quantity and quality should be adapted to the change of the seasons. Drinking cold water when heated, or hot tea and soups when cold, are productive of many evils.

Moderation in all things are essential to a healthy state of body and mind. Were these rules regarded all would live happier and longer.

## BIRTHS.

**W**HEN a birth takes place, personal information of it must be given to the Registrar, and the register signed in his presence by one of the following persons:—

1. The father or mother of the child. If they fail, 2. The occupier of the house in which the birth happened. 3. A person present at the birth; or, 4. The person having charge of the child. The duty of attending to the registration thereof rests firstly on the parents. One of them, must, within forty-two days of the birth, give to the Registrar by word of mouth the information needed to enable him to register, and must sign the register in his presence. If they fail to do this without reasonable cause they will become liable to a penalty of forty shillings. In case of their failure, one of the other persons above-named must give personal information, and sign the register within the same period. If at the end of forty-two days no one has given information and signed the register, the Registrar may write to any one of the above-mentioned persons requiring him or her to come to him for that purpose, at a stated time and place. Any person who fails to comply with this requisition will become liable to a penalty of forty shillings. Not only will liability to a penalty be avoided, but the registration of a birth will be free of charge when it takes place within forty-two days, unless either of the persons above-named sends to the Registrar a written request to come and register at his or her residence, or at the house where the child was born, when the Registrar on so attending to register may claim a fee of one shilling. After three months a birth cannot be registered, except in the presence of the superintendent Registrar, and on payment of fees to him and the Registrar. After twelve months a birth can be registered only on the Registrar-General's express authority, and on payment of further fees.

TO TOBACCONISTS (commencing).—*Illustr. Guide*, 259 pages, "Post Free." How to Commence, £20 to £1000. Tobacconist's Outfitting Co., 186, Euston Rd., London. Manager, Hy. Myers. Est. 1866. Smoke "Pick-Me-Up Cigarettes."



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**VALUE OF GOOD COOKING.**—Thousands have yet to learn that the kitchen is the most important end of the household. If that goes wrong, the whole establishment is wrong. It decides the health of the household, and health settles almost everything. Heavy bread, too great frequency of plum pudding, mingling of lemonade and custards, unmanageable beef, have decided the fate of sermons, legislative bills, and even the destiny of empires. The kitchen knife has often cut off the brightest prospects. The kitchen gridiron has often consumed a commercial enterprise. The kitchen kettle has kept many a good man in hot water. It will never be fully known how much the history of the world was affected by good or bad cookery.

**A SCOTCH BROSE** is a time-honoured dish. It calls for three cupsful of the liquor in which a leg of mutton or a piece of beef has been boiled, or the same amount of stock, a cupful of oatmeal, and an even teaspoonful of salt in case the stock has not been salted. Let the oatmeal cook steadily in an earthen pipkin in the broth for one hour, and serve. Oatmeal, when served in this way for breakfast, may be cooked the night before, and steamed in the morning. Almost any grain, such as rice, hominy, or barley, is excellent cooked in stock in this manner especially when it is served with a dish of meat, and not as a breakfast porridge, with milk.

**BEEFSTEAK STEW.**—Put one quart of seasoned tomatoes with two pounds of round steak cut up, three cloves, one tablespoonful braided flour in a pan, and simmer till tender, but add no water. Strain liquor for sauce.

**CREAMED BEEF.**—Scrape perfectly lean beef to pulp; mince, put in a pan with salt, pepper, one tablespoonful of water, two tablespoonfuls of rich cream, butter the size of an egg. Cook two minutes, stirring constantly. Add one tablespoonful of crackerdust, one teaspoonful of made mustard.

**LEG OF PORK.**—Remove skin, lay in jar, pour over one pint of white wine, two tablespoonfuls of oil, sage, pepper, pinch of nutmeg. Leave two days in winter, one in summer, turning often. Roast, basting with jar liquor, which strain and thicken for sauce.

**HAM A LA Russe.**—Soak three hours. Trim and cover with paste, half an inch thick, of flour and water. Bake, remove paste, skin, cover fat with paste of half a cupful of brown sugar, one tablespoonful of flour, and moisten with port. Brown in oven.

**PARSNIP WINE.**—Slice twelve pounds of parsnips, and boil in four gallons of water till soft. Squeeze dry, and strain the liquid through a fine sieve. Add to each gallon three pounds of granulated sugar. Boil for three-quarters of an hour. When nearly cold add a tablespoonful of yeast to each gallon. Let stand in tub or jar for ten days, stirring every day from the bottom. Put in jugs and keep full till fermentation ceases, then bottle.

**A FIRMER** and more delicate grain is secured in cake by stirring the dough only in one direction.

**SPICE GINGERBREAD.**—Take three pounds of flour, one pound of butter, one pound of sugar, four ounces of lemon-peel, one ounce of ginger, one ounce of allspice, and one and three-quarter pounds of syrup. Mode—cream up the butter and sugar together, as in the foregoing recipe, then add the ginger, allspice, peel, syrup, and lastly, the flour. Turn the mixture out upon your board, which you have previously floured to keep the dough from sticking, then weigh off in pieces of fourteen ounces each, mould up, and put in hoops six inches in diameter. Dock with a docker, wash over with milk, and bake in a slow oven. When baked, gloss over with a little gum dissolved, or a little melted jelly, if you have any at hand, will do very well. This quantity given will make eight cakes. They keep for a good length of time, and eat better when a few days old—in fact almost all gingerbreads do, in our opinion.

**BEEF TEA.**—Cut up two pounds of lean, juicy surlow steak into pieces about two inches square. Grease a saucepan lightly with butter, which place over a very hot fire of red coals, and as soon as the pan is hot toss the beef in. Turn the pieces over and over with a fork, letting them brown slightly on each side; there will be scarcely a drop of juice in the pan while this is being done, so quickly does the heat accomplish its work. As soon as the pieces are heated through, take them out one by one, and rapidly squeeze them through a wooden lemon squeezer (which must be standing in boiling water) into a bowl which has been well-heated. Put a small pinch of salt into the juice, and cover the bowl well over to preserve the heat. This manner of preparing beef tea is most valuable when it is required at once—taking only a few minutes to make and the entire strength of the meat being extracted.

**ORANGE TAPIOCA.**—Wash three tablespoonfuls of tapioca, cover with cold water, and soak over night. In the morning, heat one pint of milk in a double boiler, add the tapioca, a pinch of salt, and boil twenty minutes. To the well-beaten yolk of two eggs add half a teaspoonful of granulated sugar and one teaspoonful of cornstarch dissolved in a little cold milk, and boil for five minutes. Then pour into a pudding dish, make a meringue of the whites of eggs, two tablespoonfuls of powdered sugar, flavour with orange extract, and in a moderate oven brown slightly. Pare, slice thinly, and remove the seeds of six or eight large, sweet oranges; lay in the bottom of a glass dish, and sift powdered sugar over and between each layer. When the pudding is cold, run a wet knife around to loosen the edge, lay it over the fruit and serve.

## HINTS FOR THE HOUSEHOLD.

**DON'T SLEEP IN LINEN.**—The world, or this part of it, at least, is full of housekeepers who think that there is no material for sheets and pillow cases comparable to linen. They don't always have it, to be sure, because it is expensive, but they always covet it and finger the shining breadths lovingly and wonder if the time will ever come when all these things shall be added unto them. But the truth about linen is that it isn't the ideal dressing for beds at all. It is cold and slippery, and insures a sensitive person the dream of sleeping on an iceberg, which does well enough for an occasional experience, like sea-sickness, but which palls on too frequent repetition. Besides that, it wrinkles and tumbles in spite of its heavier body, much more than cotton does, giving a bed after one night's use a most slovenly and uninviting appearance. Nobody recommends linen for body wear. Its firm texture and hard surface make it wholly non-absorbent; it allows the body to become chilled by refusing the perspiration, and so has been known to bring on serious illness. For outside wear in summer, linen may be tolerated as clothing, but nowhere else. Where, however, it is at its usefulest and best is in household uses. For table service, for the toilet, and for minor ornamental details, it is simply invaluable—its smoothness of texture, its brilliancy, which landering even increases, its exquisite freshness makes it the one fabric fit to drape the dining table, and to use in the toilet, while its suitability for needlework decoration makes it admirable for all kinds of fancy work. And here it is rightfully used, but to wear next the skin and sleep in—No.

**TO HARDEN GLASS.**—Put dishes, tumblers and other glass articles into a kettle; cover them entirely with cold water, and put the kettle where it will soon boil. When it has boiled a few minutes, set it aside, covered close. When the water is cold, take out the glass. This process will harden the articles so that they will not be so easily broken.

**KEATING'S POWDER.**—Kills bugs, fleas, moths, beetles, and all insects (perfectly unvaried). Harmless to everything but insects. Sold in Tins, 6d. and 1s.  
**WORMS IN CHILDREN.**—Are easily, surely, and with perfect safety got rid of by using KEATING'S WORM TABLETS. Tin 1s. 1½d. Free by post 13 stamps.

**AIR YOUR CLOTHING.**—Everyday garments, particularly those that are not laundered, should be disinfected. Brushing is not sufficient, as it does not remove the unpleasant odours that come from long usage. Some women sprinkle their waists and dresses with scent and use sachet powders to perfume their bonnets and wraps. All this would be admirable were it availing. Scent needs to be overpowering to conceal the unfragrant emanations from an old garment. Then the bouquet is fulsome and vulgar.

**STOPPING A LEAK.**—"I do not know if one way of stopping a leak in a saucepan is generally known," says a young housekeeper, "but it struck me as original, and it is certainly very simple and efficacious. I went into the kitchen the other day and saw that my cook, who is French, had something simmering on the fire. As she was pouring it out, I saw a little white rag at the bottom of the saucepan. 'What is that, Pauline?' I said. 'Oh! did madame never see that way of mending a hole?' she explained. 'But see, it is very simple,' and she pulled out the little piece of linen and showed me quite a large hole in the agate pan. 'I put the corner of a bit of linen through, so,' she went on, 'and then I pull it until the fullness is jammed very tight; then with a knife I cut it off on each side and it holds perfectly.' 'But I should think it would burn,' I said. 'It never does,' said Pauline, 'but I don't know why—perhaps because it remains wet—viola!'

**CARPET-SWEEPERS** are not so much used as they deserve to be, for they rank among the most useful domestic appliances of the nineteenth century. By this aid a carpet can be kept in good condition for years, and the disagreeable process of sweeping robbed of half its terrors. This household necessity is an American invention, but several English firms now manufacture and supply them.

**NOT WITH SILK.**—It is a very common habit, but a great mistake, to mend gloves with silk, as the silk will cut the kid more than fine cotton thread, thus showing the mend more plainly. For the same reason it will not hold the edges of the kid so firmly, but instead it will cut through in time. You will notice that all kid-gloves are sewed with cotton-thread. The manufacturers understand the difference in the material and use the most satisfactory. Thread of all shades, especially put up in twist for glove mending, can be bought for a trifle. If a glove is badly torn or ripped, try to match its colour with a bit of silk. Lay this under the torn part and baste it down in small stitches that do not show on the right side. Then draw the rip up as carefully as you can, taking up very little of the kid as you do so.

**BEWARE OF THE CHEAP THIMBLE.**—Girls who sew for a living often suffer from soreness in what is sometimes called the thimble finger, and serious inflammation and swelling is often the result. No sewing girl or woman should let herself be tempted by the low price of thimbles, which are composed of lead or something equally injurious. Silver or plated thimbles are very much the best and safest, and when these are too expensive, a good substitute can be found in a highly burnished steel thimble. For practical everyday use this latter kind is the most convenient, but pewter or lead should never be used, especially by people whose flesh is slow to heal after a scratch or cut.

**AN** instance of great bravery on the part of a blind boy was made public at an inquest at Waterford last week. The lad, who is named Stewart, was one of a bathing party, and on another lad named Myers being carried away by the current, he swam after him guided by his cries, and brought him safely to land. There were then cries that a boy named Higgins was drowning, when Stewart, though greatly exhausted by his exertions, again entered the water and made an unsuccessful effort to save him. The jury praised the lad's bravery, and recommended the case to the notice of the Royal Humane Society.



# THE MOTHER'S PAGE.

## IMPORTANCE OF EARLY IMPRESSIONS.

FEW parents recognise the influence of mental surroundings upon infant children, but it must be borne in mind that just as an adult has many ideas and thoughts which he cannot express or put into any communicable form, so the little child, long before it can speak a word or form a sentence, has many more concepts than he has the power to express. All the months previous to his use of language he is receiving of indelible impressions, so that this period of helpless infancy is really one formation in a very literal sense. Whatever is in the mental and moral atmosphere about him, he is absorbing, and by and by when he has acquired the means of expressing himself he will echo his surroundings. Because a little child cannot comprehend the words he hears is no proof that he has not received well defined impressions which are the basis of character. Later on, perhaps, the father and mother wonder how their child acquired certain tendencies and habits, which very likely were absorbed in the first year of its existence.

## COURTEOUS WAYS.

"A GOOD manner," says Bulwer, "is the best thing in the world either to get a good or to supply the want of it." Politicians are well aware of this, and, therefore, are careful to put a hinge in the neck, and keep it well oiled. In many private callings coarse, awkward, or offensive manners often neutralise the finest intellectual gifts. It seems hard that men should be prepossessed or prejudiced regarding one another by what is merely superficial; but the simple fact is, they are. There are thousands of good, even excellent persons in the world with a certain hardness of character whose manners are disagreeable. There are blunt and boorish, shy and reserved men, with whom intercourse is exceedingly unpleasant. It is not that they are malignant, but they lack a delicate perception of the little trifling things by which pain or pleasure is caused. Again, there are rude, cynical, restless people—the contradicter and railers at public and private tables, that, as Emerson says, are like terriers, who conceive it the duty of a dog of honour to growl at any passer-by, and do the honours of the house by barking him out of sight. On the other hand, there are men of a winning, sympathetic, golden temper, with whom a half-hour's talk is as invigorating as a bath of sunshine. Is there any doubt to which of these classes belong the men who get on in life?

"Civility," says Lady Montagu, "costs nothing and brings everything." The shrewd Mme. de Tencin gave as a rule to Mme. de Geoffrin, who was educated under her: "Never rebuff any man, for though nine persons out of ten should not give themselves a farthing's worth of trouble for you, the tenth may become a useful friend." Many a fortune has been won by little attentions that were not tinged with the hope of after reward, but were sincere and kindly ones, springing from a good heart and good breeding combined. It is related of the wife of Dr. Dodd, that once, when attending an auction, she bid for a cabinet, and was at once outbidden by a lady present, upon which Mrs. Dodd immediately courteseyed and retired from the contest. The lady, who had set her heart upon the article, was so pleased by this, that she expressed a desire for a better acquaintance with Mrs. Dodd, and shortly afterward presented her with a lottery-ticket which drew a prize of one thousand pounds. A celebrated English politician is said to have won an influential lady's support in an important election, by listening patiently as she explained to him in detail fourteen ways of making a certain kind of cake. The glaring vices of Charles James Fox were overlooked by those who felt the fascination of his manner. His courtesy and affability preserved him from personal dislike, even when he had gambled away his last dollar, and politically was the most unpopular man in England. When Pitt, his chief opponent, was asked in Paris in 1783, by some French statesmen how a man ruined by the dice-box and the turf, could have weight in England, he replied: "You have never been under the wand of the magician."

Can this charm of manner, true courtesy, be acquired; and if it can, in what way? No doubt it is often a natural gift, but it is often, too, the result of art and culture. Though when it is in perfection we cannot analyse it and detect its hidden mystery any more than we can analyse a delicate perfume, yet it is in substance what Lord Chatham, in his letters to his nephew at Cambridge, calls "benevolence in little things." This benevolence is not to be acquired by studying rules of etiquette, though these are not to be despised. Of course a well-bred man will be truthful, calm, quiet, dignified, and self-possessed; he will not be unduly familiar or obtrusive; will not be supercilious, boastful, or vain of his gifts or accomplishments; will be respectful to his inferiors, and tender toward the weak; will be

self-denying without effort; will listen attentively when spoken to, and not interrupt the speaker; will tell few stories in general society, and when he tells one, will make it, and avoid needless details, &c. But these are merely the outward manifestations of courtesy, which has its source within—in the heart. True courtesy springs from goodness of heart. To attain it you must be filled with a kind and loving spirit. You must have what Sir Philip Sidney calls "high thoughts seated in a heart of courtesy." If these are wanting, all the forms of politeness are but empty husks, a cheat, and a sham. But if you have a sincere desire to please, this is more than half the battle. Frequent good society and observation and attention will achieve the rest. "Live among wolves," says a Spanish proverb, "and you will soon begin to howl." Live among well-bred people, and insensibly you will catch and reproduce the air, the address, and the turn of those with whom you associate.—William Mathews, in *Harper's Young People*.

ALWAYS teach a nurse that a child cannot swallow as long as the spoon is between the teeth; that it is advisable to depress the tongue a brief moment, and withdraw the spoon at once, and that now and then a momentary compression of the nose is a good adjuvant.

## THE SLEEP OF CHILDHOOD.

KIND Nature, that art to all a beautiful mother; that visitest the poor man's hut with auroral radiance, and for thy nursing hast provided a soft swathing of love and infinite hope wherein he wakes and slumbers, and danced around by sweetest dreams! If the paternal cottage still shuts us in, its roof still screens us; with a father we have as yet a prophet, priest, and king, and an obedience that makes us free. The young spirit has awaked out of eternity, and knows not what we mean by time: as yet time is no fast-hurrying stream but a sportful sunlight ocean; years to the child are as ages. Ah! the secret of vicissitude of that slower or quicker decay, and ceaseless down-rushing of the universal world-fabric from the granite mountain to the man or day-moth, is yet unknown; and in a motionless universe we taste what afterwards in this quick whirling universe is for ever denied us, the balm of rest.

## AFTER THE BABY HAS GONE.

You have folded the dainty garments smooth,  
And stroked the down with a trembling hand,  
Then laid them safe in the bureau drawer,  
And only mothers can understand  
What tears were laid with the precious things,  
What memories hallow the quiet place;  
How even the dresses seem to hold  
Some dream of the darling's vanished grace.

There are socks of zephyr, and tiny shoes,  
And a strand of beautiful hair, half curled,  
And caps of lace that once daintily framed  
A face—the sweetest in all the world.  
The pretty embroidered christening robe,  
The toy last held in the dimpled hands—  
How dear are these to a mother's heart  
No one but a mother can understand.

You will steal aside in the busy morn  
To handle them tenderly, one by one;  
You will lay them out on your empty lap  
When the pleasureless work of the day is done;  
We know not the fashion of robes of light;  
Undreamed are the joys of that happy land;  
But how you cling to those little clothes  
A million mothers can understand.

—Lilian Grey.

"FOR THE BLOOD IS THE LIFE."—CLARKE'S WORLD-FAMED BLOOD MIXTURE is warranted to cleanse the blood from all impurities, from whatever cause arising. For Scrofula, Scurvy, Eczema, Skin, and Blood Diseases, its effects are marvellous. Thousands of testimonials from all parts. In Bottles 2s. 6d., and in cases containing 6 times the quantity 11s. each, of all chemists. Sent for 33 or 132 stamps, by the Lincoln and Midland Counties Drug Co., Lincoln.

## UNQUESTIONING OBEDIENCE.

How many mothers, for want of thought, are helping to cultivate in their children that stubbornness and selfwill which is fatal to all future happiness and usefulness.

It is a serious mistake for the mother who denies her children certain privileges, to give in detail the reason for decision. After the simplest statement of the case she should not allow herself to be teased by repeated questioning lest she finally yield to a persistency that makes everybody uncomfortable. If her verdict is well considered before hand, and love accompanies firmness, her children soon learn to place implicit confidence in her word, and to know that there is no appeal from it. In this way obedience and reverence are both developed, which in later life makes the transition from dependence upon personality to the impersonal law easy and natural, and without the suffering to which the ignorant or lawless are liable.

In other words: children who acquire the habit of unquestioning obedience to superiors more readily conform in adult life to that higher Law which governs happiness and well being. If the lesson of obedience has not been learned in childhood, the struggle in later years will be long and bitter, and often unsatisfactory in its results.

The wise parent seeks to show his child that it is not personal authority to which he is subjected, for nothing more surely separates parents and children than the exercise of mere brute force, but the child is made to understand that it is solely because it is *right* that he is required to follow a certain course, and that his father and mother stand to him as the interpreters of the Law to which they also are obedient.

## RINGWORM OF THE SCALP.

RINGWORM is always acquired either from a child wearing the hat of another child, or coming in contact with some person having ringworm, or, not infrequently from handling domestic pets, such as the cat or the dog. The first symptom that usually attracts the parent's attention to the disease is that the child scratches the head. Inspection will show that there are one, two, or perhaps more patches on the scalp that are scaly, and that the hair over them is broken off so that at first they look as if bald. The size of the patches varies from that of a marrowfat pea up to a five-shilling piece. Examination of the body may show that the child has there also one or more ring-shaped patches with red raised borders and scaly centres. For a child to acquire ringworm of the scalp is an unfortunate accident, because it takes six or more months to cure a case by the best of treatment, if once it is well established. So go to your physician as soon as you find a ringworm of the scalp. The disease as it occurs upon the body is a trivial matter.

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere. Please observe the *EE* in Steedman.



## THOSE ABOUT TO EMIGRATE.

IN distant lands, whither the necessities of colonisation, still more than the chances of war, take our gallant soldiers, everyone knows that the influences of climate are far more deadly than the bullets of the enemy. It is an established fact that Europeans do not easily accommodate themselves to the temperature of these countries, and, being less inured than the natives, they succumb in large numbers to the heat. But if special affection exist in these places, cannot they be opposed by some hygienic preventive?

Precisely at the hour when French sailors are hoisting the National flag in the Bay of Mekong, it happens that there is being organised at the Paris Museum, thanks to the initiative of the learned director of that establishment, Principal Milne-Edwards, a course of instruction, the utility of which no one will dream of disputing. This instruction, intended for explorers, includes a lecture on "Hygiene for Travellers," and it is from that lecture, delivered by M. Gréhaut that we borrow most of the following particulars.

Any journey that a traveller may choose, and the countries that he proposes to cross, may be included in two zones, the glacial and the tropical. We shall not dwell at any length on the polar regions or those of high altitudes; besides the fact that expeditions into these countries are exceptional, the climate is generally most healthy. There is only one disease at all vigorous there, that is scurvy; and that in our day no longer works the ravages that were formerly met with.

To protect his company from this disease, Nordenskiöld, in the touching narrative of his memorable journey, reports that he served with every meal preserves of mulberry steeped in rum. As this berry operates only by means of the tannin it contains, and may sometimes be inefficient; it will be found good to substitute for it, the simple rinsing of the mucous membrane with lemon juice, or, in the more serious cases, with a solution of one-tenth part perchloride of iron. But as good food is the best prevention of scurvy, one's best attention should be given before all things to the choice of provender. Preserves are, in this respect, a valuable resource. Salt fish, oatmeal, chocolate sometimes pork, and all sorts of live meat should be taken on board before departure. As regards drink, coffee and tea, according to the experience of navigators, appear preferable to wine or alcoholic beverages.

If, as it seems, a few little precautions suffice to preserve a good state of health in cold climates, it is not so in hot countries, when the height of the temperature is of itself sufficient to endanger life. It is of importance, then, to protect oneself against the heat and refraction of the sun. Some Europeans have, with this end, adopted the Arab costume *in toto*, while others have contented themselves with the assumption of their head-dress. This latter consists of a cap or *chechia*, circled with a thick fringe of wool, and covered with an upper garment forming a hood. The majority of people prefer the colonial *casque*, which is composed of a strip of cork, resting upon the head and a shell made of aloes, or of the pith of rushes; it is completed by a neck-covering, which extends just far enough to the front of the figure to protect it from wind and dust. Whether one adopts the *chechia* or the *casque* one is almost certain of the protection of insulation. As to clothing, there is nothing special to say about it. If one makes any change in his customs, he should do so gradually without undue haste. The Arab costume offers, however, great advantages; the shoes have solid soles, sufficiently pliable to avoid fatigue, and are furnished with leg-guards to ward off the attacks of reptiles and other venomous creatures. The most practical kind of bed is the hammock, slung to two branches of trees or mounted on two pairs of stakes; a mosquito net should be fitted up to keep off the insects, and to sift the humidity of the atmosphere. In default of a hammock, at least two thicknesses of woollen blankets should be spread on the ground, one piece of india-rubber cloth. Stanley's bed consists of four planks of palm leaves, and of a leathern bag which serves as a pillow; he

always lies down in his clothes, thereby protecting himself from troubles of the bowels, and from bronchitis."

If the food supply should run out, one is less embarrassed here than in cold climates; savoury, wholesome, and nutritious foods are very abundant in hot countries. The banana, among others, is to be found almost everywhere, and the same may be said of the date and the fig. From the two former a food of the greatest service is derived.

Rice, maize, and tapioca are precious resources. The Spanish potato, the yam, and the water-melon, too, are foods of an agreeable flavour. Travellers can easily procure fowls and eggs, but it will be prudent before going away to be provided with preserved meats, packed in well-sealed cases, not embossed on the upper side; these almost always show a commencement of fermentation.

As regards drink, the traveller should be provided with a gourd of wine or brandy, to serve him in case of need, nothing more.

What rules, then, should be observed in order to please oneself beyond the reach of diseases of hot countries? The most dreaded affections of these countries are fevers, liver complaints, and intestinal troubles. Hepatic diseases and enteric troubles will gain no hold upon those who maintain a good system of diet. Slight premonitory diarrhoea may be arrested by an opiate preparation, either laudanum or extract of opium.

M. Gréhaut wished only to prescribe general measures of prevention, but as he has formulated them, they will render inestimable service to their hardy pioneers who have accepted the heroic mission of carrying to distant lands the fame and the religion of their country.

## USE OF POULTICES.

IT IS NOT UNDERSTOOD AS GENERALLY AS IT SHOULD BE.

PHYSICIANS are often surprised at the ignorance of patients concerning the use of poultices. The trouble arises from a wrong idea as to the curative action of a poultice.

In general, poultices are primarily localisers of inflammation; they act by softening and stimulating the tissues with which they are brought directly in contact. The fact that their value lies in the amount of heat and moisture which they radiate to these tissues is the reason, probably, for their application by the laity in every case where heat and moisture may happen to be indicated as necessary.

Take, for example, two cases—a poisoned wound and a finger swollen by muscular strain. It is manifest that these two cases are not parallel, though in both the application of heat is indicated as a remedy.

In the case of the poisoned wound, we have the presence of a foreign substance in the tissues. This sets up a local inflammation, which by means of the circulation tends to spread and become general. We place a poultice over the affected part, and immediately the application of the heat brings to it a fresh supply of blood containing numerous leucocytes—white corpuscles—whose business it is to make war upon all foreign matter with which they may come in contact, and pus is formed. This finds a proper means of escape through the softened tissues under the poultice, and with it comes the poison.

In the case of the swollen finger, on the other hand, we have a simple irritation, and what we need in the way of treatment is just enough heat to draw a renewed supply of blood to the weakened part for its nourishment. But we do not wish, as in the first case, to confine the heat long enough to stimulate the leucocytes to activity, as in that event we should only have made a bad matter worse, with an abscess to take care of.

The desired result may be obtained by simply plunging the finger into water as hot as can be borne for a short time, or by rubbing on a stimulating liniment.

The moral of all this is, that we are to use poultices only where we wish to localise inflammation. In sprains and the like proper stimulation is all that is required.

## TROUBLED MINDS AND TIRED BODIES.

RESTFUL ADORNMENTS FOR THE "LIVING ROOM."

By ANNA SAWYER.

THE wise home-maker of to-day surely has no apartment sacred to the use of the chance visitor, and instead a true "living room" is open to the family, where the best there is dedicated to its use. Such a room has a charm which no darkened and shrouded gorgeousness can hope to equal, and in its atmosphere the spirit of home-love will flourish. But there are yet many to whom this wisdom has not come.

Pass through an average country town after darkness has fallen, and the working hours of the day are practically over. Are the lights not few and far between which gleam from other than kitchen casements? The patient woman who has laboured through the long hours now seeks her rest in the scene of her labours. And yet even a slight change is a vital necessity for her, did she but know it. The reasons which she will urge against the feasibility of the plan are apparently good—"want of time" the "extra expense," "duties unsuited to a 'parlour,'" and behind all, the only strong one is "habit," the habit of generations.

The kitchen, from the very nature of its office, is unfit to be the home centre; in many homes the dining room serves the purpose, yet is scarcely more suitable. There should be some spot reserved as a resting place for body and mind; no stately inner temple, no "holy of holies," but a chamber apart from the cares of the day, where if one must bear them hither, it will be to carry them more lightly.

The matter of expense is the last which should be considered here. Let the wise woman who would have a true "living room," clothe herself in the armour of simplicity, and be content with the adjustment of small means to great ends.

One emancipated sister, spending her days in hard labour for the necessities of life, considered her moments of leisure too few to be wasted, and realised that she owed it to herself, and her two young daughters, to spend them well. The unfurnished room was at hand, little else, and none of the mysterious forces, usual in the stories of such attempts, bestirred themselves here. Instead, odd bits of carpets were pieced into a square rug, more for warmth than beauty; shades were cut from an old sheet, the walls were papered by her own hands. In the centre of the room a wooden box, covered with a shawl, served as a table, and three chairs were found among the sparse furniture. The two natural advantages of the place were utilised to the utmost—the open fireplace and the two sunny windows. Here she brought her few books and ornaments, and one picture, a woodcut of the "Holy Night." A very slight beginning, one which few women would have courage to risk, yet the room became by degrees an ideal confirmation of the adage that there is "no place like home." Yet what was back of this success? One woman's determination to do her best with the means at hand, and at that time. Such food may come too late; starvation may be none the less sure because it is slow. No effort beyond our means is just or right, but we may make use of those available, content them to wait and to take pleasure in meagre fare.

Even the favoured ones of fortune have often need to learn to use the gifts of the gods aright, and by giving the best to their own they may practice a laudable selfishness. I would offer of that best to my friend, but he should partake of it together with those who are nearer to me still. My child shall then grow up without awe of these same "best things"; in its stead shall he keep a loving remembrance of their usefulness.

As children say, "let us suppose." It would trouble me not one whit if I must use a painted floor in this home-room of mine, instead of carpet or rug, but expensive curtains would trouble me in the same connection, and so I shall strive for tinted walls and paper shall content me, because of its plain surface. I



shall make a rug if I cannot buy one, perhaps of denim and old white cotton knit "hit or miss" in strips, perhaps in strips of flannel or of cloth. I shall like much blue here, for my walls are of the soft sage tone with which it harmonises. Bought or wrought, my rug shall be soft toned and patterned, too. Small means can afford nothing striking; good taste can seldom do so. I shall be contented with simple furniture, nor expect to buy it all at once, and though I have seen wonders done in the matter of metamorphosis, I shall not go out of my way to transform a broken-down article into a gilded nuisance. I may like to drape my mantle with a length of denim, its white side turned against the blue in a hem. If this should be bodily worked in white it will please me more if the labour has afforded me beneficial change of occupation, but I shall take pleasure in the drapery without embroidery.

I shall have as large a table as may be, perhaps in the centre of the room, perhaps not. It will stand where it will conveniently fill its office. If this needs a cloth it may be denim again or any available article within my reach. I shall not wish colours to clash, but I shall certainly not match these, for this room must be an "omnium gatherum" in the best sense. By choice I will have nothing which will interfere with the addition of any tint.

I will have a few plants—very few, for they take light and space. My books will be here, my papers, pictures, workbasket, the stocking basket, as well as that for fancy work. This last will be done more as a relaxation than as means of decoration, for I am very sure that I shall usually feel the money better spent in buying a book, a picture, a bit of beautiful glass, or of yellow or red pottery which will give the little gleam I want here and there. I would have as many beautiful things as might be, but the homely ones as well, so that the motto of my room will be, "Use and beauty."

And all these things must be arranged for the occupants, their best service. No bronze or vase shall stand in the window; if I have brought it for the passer-by, I will set it rather upon my doorstep. Neither shall such flowers as come to me be placed there to be scorched in the summer, or frost-bitten in winter, to die the sooner the year round.

For my pictures, few will suffice, but never poor ones, for I certainly shall not believe poor ones better than none, but this would not exclude the inexpensive.

People do not always realise the part the pictures on their walls bear in the education of their children. Give the young good books, good pictures, and half the battle is won. And such specimens as I have shall be hung properly, which will not be so high above my head that I must crane my neck to see them, but on a level with my eyes. The frames I shall regard little except so far as they may complete and preserve the picture, so I shall have no place for such as are obtrusive in their own right.

To some of the tired sisters to whom I would so gladly speak with greater force, even the simple outline sketched above is out of reach; to such I say, begin an "ingle nook," however humbly. Your tired bodies need it, far more the tired minds "troubled about many things;" but argument of greater weight to the true woman, your children need it even more, and, however wise you are to teach these the dignity of labour, teach them as worthily the dignity of well-earned rest.

DOING AND BEING.—In the end experience will inevitably teach us that the laws for a wise and noble life have a foundation infinitely deeper than the fiat of any being, God or man, even in the groundwork of human nature. She will teach us that whoso sheddeth man's blood though by man his blood be not shed, though no man avenge and no hell await, yet every drop shall blister on his soul, and eat in the name of the dead. She will teach that whoso takes a love not lawfully his own, gathers a flower with poison on its petals; that whoso revenges, strikes with a sword with two edges—one for his adversary, one for himself; that who lives to himself is dead, though the ground is not yet on him; that who wrongs another clouds his own sun.—*Olive Schreiner.*

## TOBACCO, AND ITS EFFECTS UPON THE YOUNG.

TOBACCO contains, among its most active ingredients, a substance called nicotine, composed of nicotine proper and of a bitter extract; the smoke also contains carbon, ammonia, and an empyreumatic substance, carbonic acid, and oxide of carbon. The effects produced upon the organism may be summed up as follows:—The free carbon is an irritant, and discolours the mouth and teeth; the ammonia taking hold of the tongue, produces a dryness in the mouth and throat, excites the salivary glands, and has a dissolvent influence upon the blood; the carbonic and oxide of carbon are poisonous, and produce drowsiness, headache, and lassitude; the latter even causes irregularities in the beatings of the heart, spasmodic contractions of the blood-vessels, and vomiting. Nicotine proper, produces vomiting, diarrhoea, giddiness, palpitation, muscular feebleness, and cramp in the stomach. It brings on death more promptly than any other poison, with the exception of prussic acid. A twenty-second part of a grain produces muscular spasms and other effects, continuing for three days. The empyreumatic substance causes depression and imparts a bad odour to the breath; the bitter extract has a bad taste and causes vomiting; the effects of the smoke on insects—cheese-mites, flies, bees, and wasps—are convulsions and death.

One of the first effects of tobacco smoking on the stomach, is nausea and vomiting; it influences the nervous system, produces dizziness, muscular tremblings, and spasms, extending to the muscles of the chest and heart; it causes despondency and bitterness, sharp pains in the chest when breathing, and in the end death, if the poisoning is carried to the extreme.

When one first begins to smoke, the brain empties itself of blood, and as a consequence the stomach becomes flushed; the blood is abnormally liquid, the lungs become pale, the heart is surcharged with blood and is capable of contracting, and if the cause of the evil is not removed it ceases entirely to beat. The organs little by little accustom themselves to the poison and suffer less. The lungs, the skin, and the kidneys without the assistance of the blood carry off the toxic agents, hence the odour of the breath and the perspiration.

If the use of tobacco is excessive, it may produce very great changes in the tissues or in the functions of disorders, so serious indeed as to endanger life. Old pipes saturated with nicotine and bitter extract, strong tobacco, snuff, and chewing tobacco, are all very dangerous. Cigars and cigarettes smoked to the end are also very bad. Smoking augments the secretion of saliva—this saliva sometimes deposits on the teeth a crust of salts of lime, called tartar. No one has been able definitely to establish the relation of cancer of the tongue and throat with the use of tobacco, save in the case of persons predisposed to cancer. On this case an irritant such as the presence of smoke in the mouth, or the pressure of a short, hot pipe between the lips gives rise to trouble. The abuse of smoking seriously prejudices the heart's power of contraction, produces irregularities in its pulsations, brings on palpitations and a sensation of depression and despondency. Again, tobacco has a bad influence on the lungs, it poisons the air resired and enfeebles the digestive functions. The spinal nerves may be affected in such a way as to produce spasms of the muscles followed by paralysis.

One observes that youths who before contracting the habit of smoking were resolute, vigorous, and energetic, become faint-hearted, timorous, hesitative, and irresolute. Vivacity of spirit disappears with bodily vigour. Let them, then, guard against the treacherous and noxious cigarette, and let them have nothing to do with the drug, before the introduction of which men fully understood how to be "happy and wise." Tobacco produces a nervous depression such as makes one feel the necessity of relief for the moment in the drinking of beer, wine, or alcohol; it parches the mouth and throat and creates thirst. Alcoholic intemperance is too often the consequence of intoxication by tobacco.

## THE OLD AND THE NEW SPIRITUALISM.

DISCUSSING the subject of comparative psychical research in the September number of the *Contemporary*, Mr. Andrew Lang points to many strange coincidences in the experiences of spiritualists, new and old. "A large book might easily be filled with old stories of mysterious flights of stones, and volatile chairs and tables. In the presence of Home, even a book-case is said to have forgotten itself, and committed the most deplorable excesses. A table jumps by the bedside of a dying man. A handbag of Miss Power's flies from an armchair, and hides under a table; raps are heard; all this when Miss Power is alone. Mr. H. W. Gore Graham sees a table move about. A heavy table of Mr. G. A. Armstrong's rises high in the air. A tea-table 'runs after' Professor Alexander, and 'attempts to hem me in,' this was at Rio Janeiro, in the Davis family, where raps 'ranged from hardly perceptible ticks up to resounding blows, such as might be struck by a wooden mallet. A Mr. H. falls into convulsions, during which all sorts of things fly about. All these stories closely correspond to the tales in Increase Mather's 'Remarkable Providences in New England,' in which the phenomena sometimes occur in the presence of an epileptic and convulsed boy, about 1680. To take one classic French case, Segrais declares that a M. Patris was lodged in the Château d'Egmont. At dinner-time he went into the room of a friend, whom he found lost in the utmost astonishment. A huge book, Cardan's 'De Subtilitate,' had flown at him across the room, and the leaves had turned, under invisible fingers! M. Patris laughed at this tale, and went into the gallery, when a large chair, so heavy that two men could scarcely lift it, shook itself and came at him. He remonstrated, and the chair returned to its usual position. 'This made a deep impression on M. Patris, and contributed in no slight degree to make him a converted character.' Tales like this, with that odd uniformity of tone and detail which makes them curious, might be collected from old literature to any extent. Thus, among the sound usually called 'rappings,' Mr. Crookes mentions, as matter within his own experience, 'a cracking like that heard when a frictional machine is at work.' Now, as may be read in Southey's 'Life of Wesley,' and in Clarke's 'Memoirs of the Wesleys,' this was the very noise which usually heralded the arrival of 'Jeffrey,' as they called the Epworth 'spirit.' It has been alleged that the charming and ill-fated Hetty Wesley caused the disturbances. If so (and Dr. Salmon, who supports this thesis, does not even hazard a guess as to the *modus operandi*), Hetty must have been familiar with almost the whole extent of psychical literature, for she scarcely left a single phenomenon unrepresented. It does not appear that she supplied visible 'hands.' We have seen Glanvil lay stress on the apparition of a hand. In the case of the devil of Glentuce, 'there appeared a naked hand, and an arm from elbow down, beating upon the floor till the house did shake again.' At Rerrick, in 1695, it knocked upon the chests and boards, as people do at a door. 'And as I was at prayer,' says the Rev. Alexander Telfair, 'leaning on the side of a bed, I felt something thrusting my arm up, and casting my eyes thitherward, perceived a little white hand, and an arm from the elbow down, but it vanished presently.' The hands viewed, grasped, and examined by Home's *clientèle*, hands which melted away in their clutch, are innumerable, and the phenomenon, with the 'cold breeze,' is among the most common in modern narratives. Reports of apparitions, and of second sight, are no less curious, in their uniformity of incident and character than the physical manifestations. Our only conclusion is that the psychological conditions which begat the ancient narratives produce the new legends. These surprise us by the apparent good faith in marvel and myth of many otherwise credible narrators, and by the coincidence, accidental or designed, with old stories not generally familiar to the modern public. Do impostors and credulous persons deliberately 'get up' the subject in rare old books? Is there a metho



of imposture handed down by one generation of bad little girls to another? Is there such a thing as persistent identity of hallucination among the sane?

## "LOSS OF WIND" IN RUNNING.

PROFESSOR MICHAEL FOSTER discourses on "Weariness" in the *Nineteenth Century*. He points out that the distress occasioned by running is in great measure, if not chiefly, determined by the failure of the organs during the changes which are set up by exertion to keep the blood adequately pure. Something depends on the vigour of the muscles themselves. Something depends on the mechanical breathing-power of the individual. A great deal depends on the readiness with which the heart responds to the greater strain upon it. For there is a long physiological story concerning the ties which bind together heart, muscle, and lungs in such a way that what we call "loss of wind" is much more the stumbling of the heart in its strivings to meet the altered blood flow than mere mechanical insufficiency of the respiratory pump. But beyond and above all these, more important probably in long-continued labour than any or all of them, is the readiness with which these internal scavengers free the blood from the poison which the muscles are pouring into it. Undue exertion is that in which the muscles work too fast for the rest of the body. Sometimes these organs are slow in settling down to their work; they do not keep pace with the muscles and an initial distress comes because they are not as yet ready; but by-and-by they awaken to their task, they set vigorously to work, and the runner gets his "second wind." They too, however, are subject to fatigue, and in a prolonged struggle after a while fail where at first they were effective. As they slacken their efforts, the poisons are more and more heaped up, poisoning the muscles, poisoning the brain, poisoning the heart, poisoning at last the blood itself; starting, in the intricate machinery of the body, new poisons in addition to themselves. The hunted hare run to death dies, not because he is choked for want of breath, not because his heart stands still, its store of energy having given out, but because a poisoned blood poisons his brain, poisons his whole body. So also the schoolboy, urged by pride to go on running beyond the earlier symptoms of distress, the mere loss of wind, struggles on until the heaped-up poison deadens his brain, and he falls dazed and giddy, as in a fit, rising again, it may be, and stumbling on unconscious, or half conscious only, by mere mechanical inertia of his nervous system, only to fall once more, poisoned by poisons of his own making.

## DANCING AS AN EXERCISE.

IT is always in the colder months difficult for people who live in towns to get exercise. By women and girls especially the sudden cessation of activity, which the return home after the summer outing means, is felt as a positive injury to health; and the knowledge that for many months no better form of exercise than a formal walk through crowded streets will be available, is to them extremely depressing. Many, in the hope of warding off the bad effects of inactivity, betake themselves to the gymnasium, and attempt there unaccustomed feats of endurance. Unfortunately, the number of women to whom gymnastics in their more vigorous form is, or likely to be, beneficial, is comparatively small; and there is always a certain amount of risk in commencing after maturity physical exertions which are better suited to the lighter weight and more supple body of a young girl. Certainly gymnastics, fencing, and athletic exercises of all kinds, demand, if they are not to prove absolutely injurious, many years of slowly progressive training; and so are hardly within the reach of a woman whose muscular education has not been attended to from quite the beginning of her school-days. For such people, and for girls in the transition period between childhood and young womanhood, there is nothing better as a habitual and everyday exercise than dancing.

By dancing, however, must be understood not the conventional performance of the ball room, nor the showy calisthenic exercises which require most vigorous and thorough training. The usual stately movements gone through in the preparation for social functions have hardly any use as exercise, or as means towards bodily development; stage dancing, on the other hand, requires a considerable amount of physical activity, and, if properly taught and practised, gives increased power and freedom to every muscle.

With regard to daily practice, there is this real advantage about the work, that when once its principles are understood and mastered, it can be done in any ordinary sized room. Any girl can go through the whole range of exercises in her own bedroom, or, indeed, anywhere that there is an available space five or six feet square. It is a good habit to practise before a looking-glass, so that any wrong movement may be at once detected, and for the same reason no garments should be worn that are likely to conceal the real action of the limbs. For a class lesson, the best costume is a gymnasium dress consisting of a loose blouse and baggy knickerbockers; but at home, less covering would be necessary. An elastic woollen combination would probably be as convenient as anything; but whatever is worn, it must nowhere to the smallest extent impede free movement, and it must on no account be stiff and unresisting. With ordinary precautions as to costume and with reasonable attention to the right principles of training, there is not in any one of the exercises any danger of injury. The serious accidents that occasionally befall the foolhardy in a gymnasium are quite outside the range of possibility, and yet the physical benefits of dancing are quite as real.—*Pioneer of Fashion*.

## PURE AIR AND HEALTH.

TO-DAY we wish to treat of a subject of vital importance—Pure Air. If we consider that the air fills our lungs, and that they are, so to speak, the bellows of our body, we understand how important it is not only that there should be plenty of it, but that it should also be pure and uncontaminated.

Although this precept ought to be known to everyone, yet it seems one pleases himself whether or not he observes the rules that govern ventilation; properly speaking, there is hardly a public building or a private house that can conveniently be ventilated. Out of a hundred rooms, large and small, there are ninety which have not sufficient provision, either for the egress of vitiated air or for the admission of pure air.

Almost all rooms are too warm; people believe in making themselves comfortable, though in reality they are injuring their health.

The trouble one takes to prevent the free penetration of air to one's rooms, causes that air to become an element of destruction, instead of being, on the contrary, an active and salutary agent of life; thus one shuts the doors and windows, closes the shutters, draws the curtains, and does everthing in short to vitiate the atmosphere.

To this cause we must attribute our chills, colds, and rheumatics, for there is always danger in passing from a superheated atmosphere to the influence of the outside air.

We will quote an illustration to point our remarks:—

A gentleman of our acquaintance had a large family whose members were accustomed the greater part of their time to run out into the nursery, a room most comfortably appointed according to current ideas. The children constantly passing from the warm air inside to the cold air without, were, owing to the slight change of temperature, continually contracting chills and colds. One winter, however, they were exempt, and the parents were so astonished that they sought for the cause of this remarkable anomaly. It was discovered that one of the window panes had been broken, and had not been replaced, consequently there had been a continual current of fresh air into the room.

Draperies around a bed are eminently prejudicial to health; the reason of this is very simple, since it can but be highly injurious to pass the greater part of one's life in a shut-up space. This is in a great measure the cause of

the languid feelings of which so many people complain when they rise in the morning. The sleep which one gets under these circumstances, far from being refreshing, is injurious.

It is so easy to ventilate rooms that one is really not to be excused for neglecting to do so. In each window, there should be a moveable pane, of which one can regulate the movement so as to obtain a continual supply of fresh air.

Bed-chambers should be large and high up, and not such as they generally are—the greater number of people sacrifice their larger rooms for the sake of show, instead of having them for spacious bedrooms. Drawing-rooms are not used one month in the twelve, whereas the bedroom is tenanted at least ten hours out of the twenty-four.

The atmosphere of ball-rooms, theatres, and places of public meeting is very bad.

To sum up, then, pure air ought to be sought for as the indispensable necessity to the vital functions.

## COLDS.

By E. M. KENNEDY.

CONTRARY to the prevalent opinion that colds and coughs are due entirely to the severity of the climate, or to some unexpected change in the weather, they really arise, in very many cases, from pure carelessness and want of thought.

Colds are not inevitable, but could often be avoided if people would only use their ideas of common sense and be reasonable.

The custom of muffling the neck very closely with furs or similar protection is extremely dangerous. If thoughtlessly left off, a severe cold is sure. A light wrapping, sufficient to exclude cold wind, while permitting ventilation, gives the best protection.

For instance, if one sits in a heated room while paying a visit, or during the services at church, without removing any of the many wraps which have been donned for the cold atmosphere out of doors, the result is almost sure to be a severe cold, contracted by the sudden change from the heated room to the cold air.

Sleeping in badly ventilated rooms, wearing at night the underclothing which is worn through the day, late hours, loss of sleep, greasy food, and irregularity of meals, all tend to weaken the system to such an extent as to render it quite incapable of resisting the changes in the weather or any exposure to disease. While we all advocate cold and well ventilated sleeping apartments, we, at the same time, must condemn the cold room for dressing in the morning. It is most unhealthy, and a delicate person might receive such a shock as to result in fatal injury.

When at all possible, one should have a warm dressing room close at hand, but if the home is not so luxurious, the family sitting room could be utilised for this purpose, only a very short time being required by each person. A dressing gown and a pair of warm bedroom slippers should be put on as quickly as possible, and the clothes could be carried to the sitting room, where half the toilet could be performed in a very few minutes.

La Grippe has made such terrible ravages amongst us, that the smile that once arose when reference was made to it, has now changed into a grave and very serious expression. The family drug store should be kept well stocked, for it may contain something which shall prove to be invaluable in relieving the sufferer before the doctor could be summoned. Four grains of quinine taken every three hours until the temperature is normal, should speedily allay the fever. A mustard plaster or linseed poultice, will be found to be very soothing when there is much pain, while a hot water bottle will soon send the blood flowing properly through the body.

The trouble with many people is that they never think of taking care of themselves until the malady is an established fact.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional). Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln.



## FAT.

WHEN we consider that fat forms about a fifth of the weight of our body, we see how necessary it is that we shall continually replace that which is lost by oxidation. In wasting diseases nearly the whole of this fat disappears, and then the problem sets in as to how we are to restore it. Fat is formed from the starch and sugar we eat, as well as existing in food, but not in sufficient quantities to supply the impoverished system with its loss, so that we must look for some substance which will replace the deficiency in a more rapid manner than either sugar or starch. And years of practical experience points to cod-liver oil as the most valuable remedy. It is a powerful tonic to the nervous system, as well as an increase to the adipose tissue. "But I can't take cod-liver oil," usually exclaims the invalid, more especially if a child. And this is its great drawback. Patients set their mind against it, and where pressed it is apt to cause nausea and derange the appetite. Now there is only one natural method of administering the oil, and that is the same as we do with all other fats—viz., with a food. We administer butter with bread, and Nature gives us the fat of milk with caseine. So I find the best means of giving the cod-liver oil is with a food, as in the Cream of Malt, with Cod-Liver Oil, and Hypophosphites (Oppenheimer's). The Cream of Malt is a true food, being nothing more or less than a concentrated form of malted barley. In this way you will find children take the oil readily and, indeed, a medical friend of mine relates an amusing story of how one of his children was caught in his surgery stealing the Cream of Malt from the bottle, and evidently enjoying it. Fat is absolutely necessary to retain health, but in order to utilise it, it must be presented to the system in an assimilable form.

## SENSE OF TOUCH.

IF there is any subject that people in general think they are specially familiar with, that subject is their own sense of touch or skin-feeling. Yet how few will not be surprised to learn that the points of a pair of compasses held two and three-fifths inches apart against the middle of one's own back feel like but one point? If opened out to two and a half inches they feel like two. This was discovered by Weber in a series of experiments, to which Mr. Herbert Spencer has lately called attention. Weber found the tips of the forefingers could feel the two points when they were one-twelfth of an inch apart, but not when closer together. Between this fine sensitiveness and the coarse sensitiveness of the middle of the back all the outer parts of the body vary. For instance, the inner surface of the second joints of the forefinger can distinguish the two compass points one-sixth of an inch apart. The innermost points have less sensitiveness of this sort, but rank in it equal with the tip of the nose. The end of the toe, the palm of the hand, and the cheek have alike one-fifth of the perceptiveness of the tip of the forefinger, and the lower part of the forehead has one-half that of the cheek. The back of the hand and the crown of the head are nearly alike in having fourteen times less sensitiveness of this sort than the tip of the forefinger. The thigh has less near the knee, and the points of the compasses must be an inch and one-half apart before the breast ceases to feel them as one. Mr. Spencer accounts for these differences on the ground of the greater practice of some parts of the body in feeling various objects. For instance, the finger-tips are educated in the matter, and their qualities transmitted by inheritance to successive generations. The tongue, always feeling the teeth, and often feeling particles of food, is still better educated. Its tip can distinguish between compass points one-twenty-fourth of an inch apart, and is the most sensitive member of the body. Mr. Spencer's theory agrees with some well-known facts. For example, he showed what was pretty well known long before he was born, that the finger-tips of the blind are more sensitive than those of persons who can see,

and who, therefore, do not practice their sense of touch so much. He also found that skilled compositors were more sensitive than the blind on whom he experimented, for the compositors could distinguish both compass points when one-seventeenth of an inch apart.

It may be suggested that many facts could be adduced to show that parts of the body do not become more but less sensitive by continual touching of things. The fingers of a seamstress are often "calloused" by needle pricks or pressures, and yet she is always as much seeking to avoid the pricking as the compositor is to seize but one type.

But in such scientific matters theories are plenty and easily made. The facts themselves are the interesting things, as are all pieces of novel information about the wonderful human body.

## AN INDIAN CHOLERA SONG.

[The following is said to have been written by Captain Dowling, of the East India Company service, during a severe epidemic.]

WE meet 'neath the sounding rafter,  
And the walls around are bare;  
As they shout to our peals of laughter  
It seems that the dead are there.  
But stand to your glasses, steady!  
We drink to our comrade's eyes;  
Quaff a cup to the dead already,  
And hurrah for the next that dies!

Not here are the goblets glowing,  
Not here is the vintage sweet;  
'Tis cold as our hearts are growing,  
And dark as the doom we meet.  
But stand to your glasses, steady!  
And soon shall our pulses rise;  
A cup to the dead already;  
Hurrah for the next that dies!

Not a sigh for the lot that darkens,  
Not a tear for the friends that sink;  
We'll fall 'midst the winecup's sparkles  
As mute as the wine we drink.  
So, stand to your glasses, steady!  
'Tis this that the respite buys;  
One cup to the dead already;  
Hurrah for the next that dies!

Time was when we frowned at others;  
We thought we were wiser then.  
Ha! ha! let them think of their mothers  
Who hope to see them again.  
No; stand to your glasses, steady!  
The thoughtless are here and the wise;  
A cup to the dead already;  
Hurrah for the next that dies!

There's many a hand that's shaking,  
There's many a cheek that's sunk;  
But soon, though our hearts are breaking,  
They'll burn with the wine we've drunk.  
So, stand to your glasses, steady!  
'Tis here the revival lies;  
A cup to the dead already;  
Hurrah for the next that dies!

There's a mist on the glass congealing;  
'Tis the hurricane's fiery breath;  
And thus does the warmth of feeling  
Turn ice in the grasp of death.  
So, stand to your glasses, steady!  
For a moment the vapour flies;  
A cup to the dead already;  
Hurrah for the next that dies!

Who dreads to the dust returning?  
Who shrinks from the sable shore,  
Where the high and haughty yearning  
Of the soul shall sting no more?  
So, stand to your glasses, steady!  
The world is a world of lies;  
A cup to the dead already;  
Hurrah for the next that dies!

Cut off from the land that bore us,  
Betrayed by the land we find,  
Where the brightest have gone before us,  
And the dullest remain behind.  
Stand! stand to your glasses, steady!  
'Tis all we have left to prize;  
A cup to the dead already,  
And hurrah for the next that dies!

## THE LAND OF CHOLERA.

A PLAIN story of the conditions that prevail in India for the spread of the cholera was told lately at the New Century Club by Dr. Pauline Root, of the Woman's Medical College, who has lived for eight years in Southern India. Dr. Root began by describing the conditions under which people live in Southern India, in order to show exactly what circumstances generate the cholera. There is absolutely no sanitation there as we have it. Drainage, with the exception of a fever-breeder in the way of an open sewer, is unknown. In the villages, the people live in low mud huts, where all the family congregate in one room, the dimensions of which are likely to be four feet by ten or twelve feet. As there are no out-buildings at all, there is no way in which persons can protect themselves against the cholera if it once appears in such a household. Sometimes, if the well runs dry, stagnant water must be used. A high-caste personage will not allow a low caste to use his well.

Commonly people go to the river for water. As the water is frequently not on the surface a "tub" is dug in the river bed, and the water allowed to collect. At this tub, or at the well, all the functions of bathing are performed. First, the jar is filled, and the water being dashed over the person soon trickles back to its source. In the case of certain religious enthusiasts, water is poured over the body fifty times. Next, the seely, the single piece of silk or cloth, which is worn as a garment must be washed. This is dipped into the pool. Finally the jar is refilled and carried home. The quality of the water by the time the jar is refilled is promising indeed when cholera is in the air. In these river tubs the clothes are washed. The cattle are taken there to drink.

Dr. Root said that in sending a man to the river to fetch water there was never any certainty whether that he would not fill his jar with the water standing in one of the pools, instead of digging a fresh hole. The very cleanliness of the people, and they are extremely clean, tends to the spread of cholera, because their method of bathing is so unintelligent. In Southern India there is always more or less cholera. It is often prevalent after a certain religious festival—of the marriage of two divinities, which is celebrated by an encampment in the river bed for four or five days.

As for facilities in caring for the sick in India, Dr. Root graphically showed how forlornly poor these are by describing her experiences in the house of the vice-president of the municipality of Madua, a wealthy man who arrayed himself resplendently when he came to ask her to visit his wife, thus showing his solicitude for his wife's condition. Undoubtedly he meant to do the best he could for the sick woman, for the doctor found her in a room adjacent to her husband's—a position of honour. The woman was badly crippled, and only able to crawl down from her cot. Beyond playing with children and polishing the jewels nothing relieved the monotony of her day. She was entirely uncared for. A hole in the wall for refuse was cleaned only once a day. The woman died of blood poisoning. And this is the way a sick person fared in one of the better houses! Usually a sick person is placed in a room that is reached from the house by crossing a court and passing through an alley. The alley usually has black slimy water in it. The room is seven feet square. In the court are often found the cow, chickens, and a number of persons. No wonder that, under such conditions, cholera spreads like wildfire. But cholera is always brought. It never starts of itself.

CONSIDER what we owe to the meadow grass, to the covering of the dark ground by that glorious enamel, by the companies of those soft, countless, and peaceful spears of the field! Follow but for a little time the thought of all that we ought to recognise in those words. All spring and summer is in them—the walks by silent scented paths, the rest in noonday heat, the joy of the herds and flocks, the power of all shepherd life and meditation.—*Ruskin*



## OUR POINTS OF DANGER AS TO CHOLERA.

THE outbreak of cholera in two of our Humber ports, and notably at Grimsby, says the *Lancet*, has raised the question in the minds of many as to what are our weak points and sources of danger. The better they are known the more likely we are to be able to cope with them. Hence we would briefly note those to which attention is now being directed.

Firstly, as to our coast line. It has never been pretended that mild and unrecognised cases of cholera could be absolutely excluded by any other than a rigid system of quarantine, which would exclude at the same time everybody and everything. The contention is that with a properly regulated system of medical inspection we are provided with a means of defence which is superior to any form of quarantine that is practicable. For a port district this means that medical inspection of all vessels which arrive from foreign countries, and at times including our coast traffic also, must be continuously and vigilantly carried out in order to arrest on the waters of the port in every case that is suspicious from the point of view of cholera. We do not know yet that this system was in progress at Grimsby before August 22nd, when, as is well-known, cholera had already been imported into that port. We wish, however, to emphasise the fact that to be really effective medical inspection of shipping must precede the advent of cholera.

Secondly, as to our inland districts. A source of danger, of course, arises directly any such introduction of cholera occurs from any failure in port administration. Such introduction may also arise where no such failure has taken place, because there are mild choleraic attacks which it is difficult to differentiate as such, especially at the commencement of an epidemic. The danger is greatest in districts where public water-supplies are liable to pollution, where private wells are sunk in a contaminated soil, and where the air, soil, and food are liable to be contaminated from faulty systems of sewerage and drainage, and where nuisance arises from faulty systems for the reception and disposal of excrement and refuse.

Thirdly, as regards the question of merchandize. In the first instance, we may deal with rags, concerning which so much has been alleged. It was pointed out ten years ago by Sir George Buchanan, that no introduction of cholera into England was ever known to have taken place by means of rags; but in the desire to exclude all recently contaminated articles of clothing and bedding, which so often form part of bundles of rags, there was a growing tendency until last year, to regard rags as being capable of communicating the cholera infection. In our comments on the Dresden Convention we have already pointed out that not one of the medical delegates present at that Conference could give any information to show that rags, in the commercial sense of that term, had ever served to convey cholera. This coincided with the English experience, and hence it was deemed to be right to limit the prohibition as to rags to recently soiled linen, bedding, and clothing, which stand in a different category. The recent Order of the Local Government Board makes this limitation. It is mentioned to the daily press this week that shoddy constitutes an especial danger. If it does, the danger would attach to those who unpack, handle, and tear up the shoddy; but the districts in which this is done have hitherto been marked by their immunity from cholera, though receiving the suspected article from districts where cholera has prevailed.

Fish is the next article to which danger is

said to attach, this allegation being the more prominent now because large quantities of fish are sent from Grimsby to different parts of England. It is difficult to imagine the exact circumstances under which fish, which reaches Grimsby by sea and is packed in cases without entering the town, can readily receive the cholera infection. For those who cook their fish before eating it, however, even this possibility need give no apprehension. It is, otherwise, however, with cockles, for the cockle bed at Grimsby lies by the sewer outfall. The great danger of the importation of cholera into this country lies in the fact that we have no alternative but to admit to our shores persons in apparent health, but who may be incubating the disease. Our efforts should be concentrated, firstly, in preventing the introduction of recognised disease, and, next, of so improving our sanitary circumstances that it shall not find the soil in which to multiply. These should be the prominent considerations which all sanitary authorities should set before themselves.

## BRITTANY'S HEALTHIEST SEASIDE RETREAT.

SAINT - GILDAS - DE - RHUIS.

WHEN a Breton has to leave his Province his one great, persistent desire is to return to it as soon as possible. He is never free from the *nostalgia* of home; a sentimental influence attracts him every to his native place. To revisit it at any time is a pilgrimage of love for him; for the strength of ancestral veneration still dwells in the heart of the Breton of to-day, and remains a kind of moral instinct within him.

There is no line of railway to Saint-Gildas-de-Rhuis. The traveller can only proceed as far as Vannes by rail; he will then have to hire a conveyance to take him and his luggage a distance of twenty miles or thereabouts, to the former place. There is a public *concom* which journeys to and fro between Vannes and Saint-Gildas, but it is slow travelling. That which will principally attract his attention on the way are the numerous cabarets—wine and spirits bars. The Breton, says an old local proverb, is born thirsty. "Il siffle sa bouteille comme un Breton" is a common saying. Next, the traveller's attention will be engrossed by the picturesque aspect of the beautiful Gulf of Morbihan, with its 300 islets, some deserted in spite of their tempting emerald-green swards, and others flanked with cosy villages and windmills. Here is Pont Sécac and its fishermen's huts; Saint-Colombier and Larzeau, where both man and beast generally make a halt for the purpose of quenching their thirst. On, on, one travels up a steep hill, when suddenly a church spire in the distance is disclosed to view. There lies Saint-Gildas and its one clean, trim street with detached houses having numerous niches harbouring all the saints dear to the Bretons. Sadly dilapidated are some of the effigies of saints; some with their toes and fingers broken off, others minus an eye, or a nose, or even an arm. The church stands in the very centre of the village, opposite the convent, which figures principally as the aristocratic inn of the place. One can obtain board and lodging either there, or at the house of the parish clerk, who is a landowner of some importance in the village.

Accommodation in both these places is wholesome, plain, plentiful, and inexpensive.

Saint-Gildas should not be overlooked by the tourist in Brittany. It will repay the trouble of going a little out of the way to visit it. Situated at the extremity of the south-west corner of the premonitory of Rhuis, and built on a rock overlooking the sea at the highest point of elevation in Brittany, this village owes it to its geographical position that it is reputed one of the healthiest spots on the west coast of France. Facing it is the wide ocean, and behind it is the Gulf of Morbihan, where one gets the sea breeze back and front. No epidemic seems to triumph over that breeze. Typhoid fever, which some fifteen years ago decimated the population of the neighbouring villages, respected Saint-Gildas. In the very first breath of sea air which fans the cheek one feels its bracing effect. For shade one must go to the foot of the rocks, or inside the grottoes, which are the great curiosity at Saint-Gildas. The walls of these grottoes are a brilliant quartz, always moist, reflecting tints such as are seen in rarest marble. They are roomy and elevated, and overhung with masses of huge rocks which, from the effects of the actions of the waves at high tide, present fantastically carved figures. Some of these figures extend to a long distance beneath the plateau of Saint-Gildas. When the tide is rising the waves rush into these grottoes with gigantic bounds, the roar of the sea during a tempest being heard on land for miles around. To visit the grottoes in safety it is necessary to watch the receding tide, and be careful to move away at its first turn. The ascents and descents through the rocks to the beach are not numerous, but having reached it there is the convenience of a few fishermen's huts for bathers at a spot where inland streams meet and fall into the sea through beds of lichen and moss, on which it is pleasant to lie in the shade.

There is a preponderance of women and children at Saint-Gildas. The former are modest and laborious; the latter chubby-faced, healthy, and strong. How many lives of delicate children have been saved by a more or less lengthy stay at this bracing seaside place? The men, a robust race, are either fishermen or coastguardsmen; and the naturally reserved and thoughtful nature of the Bretons renders them as unsophisticated and truthful as primitive people always are.

It is essential while sojourning at Saint-Gildas not to omit the early morning walk, for while it is good for the lungs it is at the same time gratifying to the eye. In front of one the boundless ocean sparkles beneath the rays of the rising sun, looking like a sheet of molten gold, with Houat and Hoëdic and Belle-Ile in the distance, and Quiberon with its deserted shore to the right; while behind one is the Gulf of Morbihan, where the breeze as it is wafted across the mainland comes laden with the odour of sweet laurel, and the scent of myrtle groves.

Houat and Hoëdic are also worth a visit. There the tourist will see a community of Fishermen, who, from generation to generation, for the last three centuries have adhered to their old habits and customs. They are thoroughly imbued with the spirit of their local traditions. They are total abstainers from spirituous liquors, so long at least as they remain on their respective islands. Their venerated priest, who is also their medical

## FAILING EYESIGHT

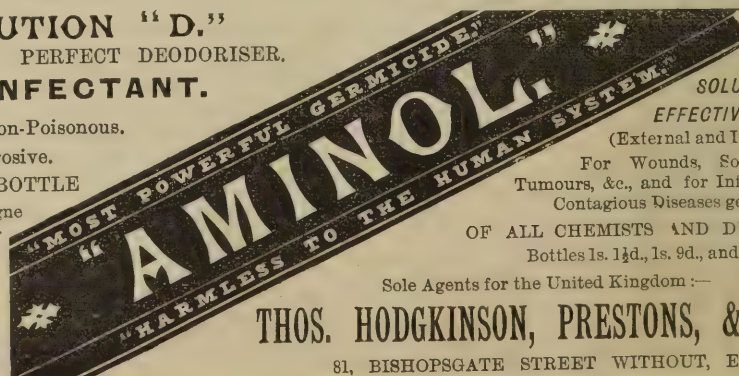
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adviser, will occasionally in cases of serious illness prescribe and give them a *petit verre* of cognac brandy. A coasting vessel leaves Saint Malo twice a week, and touches at Houtat and Hoëdic for the convenience of travellers.—*Pull Mall Gazette.*

# Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

**DEAFNESS.**—For several years I have been deaf, and am getting worse. An ear hospital advised an inhaler, which seems to benefit the throat, but not the hearing. A very distressing symptom is beating and buzzing noises, the left side being the deaf. My throat and ears ache very much in damp weather. Being a very nervous woman, I have wondered if that affects it.—"Johnson."

**ONIONS.**—Can any reader tell me how to pickle onions? "Mary."

**BURTON.**—I suffer from fluid in the knee joints, and am advised to go to Burton, Derbyshire. Can it be recommended, and is the living, &c., fairly reasonable?—"Jackson."

## ANSWERS.

**EMIGRATION.**—A man with a small capital is very dangerously situated in a colony. Go and have a talk with the chief clerk, Emigration Office, Broadway, Westminster, and you will get reliable information and advice. There is little chance for a store in Australia.

**DISTILLED WATER.**—It is a question of cost of plant and labour. All chemists, medical men, and photographers buy distilled water, finding it cheaper to do this than make it.

**CUCKROACHES.**—Pellitory is only injurious to insect life. Get the freshly-ground flowers from a wholesale chemist, put a handful in a bag, into which put your cat, and tie her up round the neck for an hour. This is a certain cure.

# ANSWERS TO CORRESPONDENTS.

Correspondents will, in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand, London, W.C.

## ADVICE GRATIS.

By a PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:-

King's College Hospital.  
University College Hospital.  
London Temperance Hospital.  
West London Hospital.  
Hospital for Sick Children  
St. Peter's Hospital.

Nazareth House, Hammersmith.  
British Home for Incurables, Clapham-rise.  
Ophthalmic Hospital, King William-street, W.C.  
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ORGANETTE WORKS, BLACKBURN.

City of London Hospital for Diseases of the Chest  
Evelina Hospital for Sick Children.  
Poor Box—Five Police Courts.  
St. Thomas's Hospital.  
City Orthopædic Hospital

**PHILISTINE**—1 and 3. Learn to pass a gum elastic bougie (No. 9 English) twice weekly. The chemist will show you how to pass it. Take the following mixture half-an-hour after each meal: Bicarbonate of potash fifteen grains, bromide of potassium twenty grains, infusion of gentian to half an ounce. 2. Yes. The ammonia will be useful, and if used only in moderate quantity will do no harm.

**W. DEW.**—Take the mixture ordered for "Philistine" in this column. It will answer for all purposes required in your case. By all means continue the cold bath, but why do you not allow the parts to have natural rest more frequently—say twice a week? Leave the battery alone. It is not safe to run the risk of misapplication, and you do not really need electricity. You are worrying yourself unnecessarily about your condition.

**TOMATO**—1. There is no reliable evidence that indulgence in the harmless healthy tomato has anything whatever to do with inducing a predisposition to the development of cancer. Your friends need have no fear on that score. 2. We have noted with satisfaction the exposure of that person, whose nefarious concoctions well deserved the punishment meted out to their originator.

**AP. LEWIS.**—If you wish to get better, you will need to take the exercise which your friends have already advised. The machine is run down, and unless care be taken to wind it up efficiently, and without delay, we fear you may suffer still more. Can't you get a change of air with complete rest for your brain, say for a month? You had better try what you can do in this direction, or the consequences may be serious. Take the following medicine three times daily between meals: Carbonate of ammonia four grains, bromide of ammonium twenty grains, tincture of bark one drachm. Water to one ounce.

**SUBSCRIBER.**—Are you male or female? What is your occupation? Diet? What are your habits? Do you take much exercise? Do you drink much tea or coffee? Have you ever been addicted to improper practices of any kind, or to alcoholism? Please let us have answers to these queries, together with any other particulars which you may consider important. Meanwhile, take a scruple of bromide of ammonium in an ounce of camphor water night and morning, and take care to keep the bowels acting regularly.

**BLANCHE.**—You are suffering more or less from the symptoms of change of life, and in addition have got into the way of thinking too much about your personal troubles. You must take more food early in the day; walk at least two miles every morning; take no tea or beer, but regularly before each meal a dose of the following medicine: Dilute hydrochloric acid five drops, bromide of potassium fifteen grains, sulphate of magnesium half a drachm, spirits of chloroform five minims, tincture of gentian half a drachm; water to half an ounce.

**GINGER.**—Only examination of the party most concerned would justify a specification of the causes responsible for the circumstance. However, we may suggest your reserving your energies for the three days preceding and succeeding the periodical flow, refraining altogether during the intermediate clear interval.

**BARBARA.**—You appear to have some obstruction of the uterine canal, together with congestion (chronic) of one or both ovaries. It is not easy to treat such a case by correspondence, but you will get some assistance from the following mixture, taken three times daily for three days before the commencement of the period, and continuing for four days after that has begun. Bromide of ammonium twenty grains, fluid extract of black willow half a drachm, glycerine twenty grains, tincture of hops half a drachm, water to half an ounce. Write us again after the next period.

**SALTASH.**—We have no doubt the trouble you refer to in the latter part of your nervousness and irritability which you experience. But it is a very difficult matter to treat. We should advise you to take a holiday—a perfect rest from all business. Go to some quiet uninhabited spot and vegetate for a week or two.

**HY. ROBERTS.**—The losses are evidence that you do not take sufficient outdoor exercise, and that you perhaps devote a large amount of attention to the consideration of personal matters. You must in the first place see that these points have attention; take care that you do not sleep upon your back; get out of bed, and empty the bladder on early waking in the morning; bathe the parts frequently with cold water, and take the following mixture night and morning: Bromide of potassium twenty grains, tincture of acacia roseacea ten drops, tincture of hops half a drachm, camphor water to half an ounce.

**DAMM.**—These spots have nothing to do with the attack of syphilis. They are, if your description be accurate, patches of herpes, set up by the irritation of decomposing secretion (in many people this happens very quickly). Your plan will be to wash the parts twice a day, drying thoroughly afterwards, then to apply some boracic acid ointment to the sore spots. After healing, you must learn to wear the parts uncovered, and by degrees the tissues will get hardened, and your trouble disappear. You should keep the bowels acting regularly, and drink no irritants such as beer or coffee.

**J. H. B.**—Yours is not an uncommon trouble after many years of marriage. We would advise you to begin treatment with the following mixture: Bromide of ammonium fifteen grains, tincture of cantharides five minims, tincture of nuxvomica five minims, water to half an ounce. To be taken night and morning for three weeks only. Should that be insufficient, you will have to undergo electrical treatment at the hands of a competent physician; but you must be careful to avoid all those persons whose advertisements are merely traps to catch the unwary. We shall be glad to give you further advice if you write at the end of the period named.

**ANXIOUS BERT.**—1. Yes, under prolonged treatment properly carried out under the direction of a qualified medical man. 2. Yes, for the present at any rate. 3. Yes, bathe the parts regularly three or four times daily with cold water, keep the bowels acting with a dose of sulphate of magnesia (one teaspoonful in water) taken each morning before rising, and take twice a day the medicine recommended to "J. H. B." in this column.

**J. E. HARDING.**—You are clearly suffering from erosion of the cartilages of the joint and consequent exposure of the surfaces of the bony epiphyses. It is not easy to recommend treatment in the ordinary way, but we have known good results follow treatment by cataphoric medication. See letter in "Medical Press and Circular" about Oct. 1890, paper in "Lancet" about March, 1891, on cataphoric medication and cocaine as a local anæsthetic. You will find the exact dates in the indices to those journals for the years named.

**G. KITCHEN.**—You need special treatment for the troubles named. As far as our experience goes, we have found but little good from dosing with strong medicines, even when confined to a length of time. However, you may try cold bathing of the parts twice a day, with a dose night and morning of the following mixture: Bromide of potassium twenty grains, tincture of hops half a drachm, tincture of gentian fifteen minims, water to half an ounce.

**ALPHA.**—We are very much afraid we shall not be able to suggest anything for your eyes without an examination, when you have already consulted an oculist in vain. It may be due to indigestion, and if so, you should study your diet, take proper active exercise, pay proper attention to the bowels, and live hygienically.

**GRATIS.**—These symptoms are all part and parcel of your indigestion. You should see a good all-round medical man or physician about your case, and keep under treatment for a month or two.

**ST. ANN'S.**—No, that should not be so. You must learn to pass a bougie (10 English) twice a week, retaining it in position for two minutes or longer at each application. Take also a dose of the following mix ure each morning: Sulphate of magnesia one drachm, carbonate of magnesium ten grains, peppermint water half an ounce. Wash the parts with soap and water every morning and dry thoroughly with a soft towel.

**A WORKING MAN.**—See reply to "Hy. Roberts," and take the medicines ordered in his case. At your age you might have known better; but you must now give up bad habits and endeavour to exercise proper restraint upon all indulgence. With patience your condition ought to improve, but it will take some time.

**T. B. S.**—Avoid coffee, stimulants, sugar, pastry, preserved foods, meat dishes. Take twenty minims of Fehling's syrup of the hypophosphites in water three times a day. Walk three or four miles or more daily, and every night at bedtime a scruple of bromide of potassium in half an ounce of camphor water.

**DEJECTED.**—You have given us but little time to publish our reply to your letter, and it will be impossible for you to receive it before you leave for America. However, you will no doubt be able to obtain a copy of the FAMILY DOCTOR without difficulty in the States. 1. There is no reason why you should not, under proper treatment, fully recover your powers, remembering always that as we advance in years the edge becomes less keen. 2. These treatments, so-called, mean only waste of time and money, together with much disappointment. Read reply to "Ap. Lewis," and take the medicine ordered in his case.

**E. H. TOM TUCKER.**—We fear that no medicine taken internally will be of much benefit to you; the treatment will have to be local in character. Meanwhile, you should take cold baths, plenty of active outdoor exercise, and eat plenty of good food. Do not indulge too frequently, once a week is quite sufficient. Should you not improve within a week or so, you had better write again enclosing a stamped addressed envelope, as the nature of the subject prevents more detailed discussion in these columns.

**BATH COTTAGE.**—1. We are inclined to think that the iron preparations you mention will not do you much good. The treatment requires to be dietetic rather than medicinal. You should abstain from all beer and wines, also from much meat, sweets, confectionery, pastry, &c. Fish, underdone meat in moderation, boiled fowl, and plenty of green vegetables are suitable. You should take plenty of active outdoor exercise, and drink St. Galmier, or Apollinaris, with your meals. Keep the bowels freely open by means of the following pill taken every night: Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain, extract of hyoscyamus one grain. To make one pill. Next morning take a little Carlsbad water or other aperient salts. Take also the following medicine: Bicarbonate of potash two drachms, infusion of gentian to six ounces. One-sixth part three times a day between meals. 2. We should not recommend "Anti-Calcaire" for this purpose.

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**REFORM.**—1. You will need to cut down your consumption of tobacco to the smallest possible quantity, for you are suffering from naso-pharyngeal catarrh, which is always aggravated by smoke. Use three or four times each evening an inhalation containing half a drachm of tincture of benzoin to a pint of boiling water. Breathe the vapour through both nose and mouth until the water is too cool to give it off. 2. The part being uncovered is by no means to be regretted. No measure that you can adopt will prevent or alter the state of things, and as you will never succeed in "in doing so," we need not discuss the period of rest or return to civility. 3. No. It is no bar. On the contrary, it is frequently of the greatest possible advantage under the new conditions.

**JOHN JOHNSON.**—As you gave a wrong address our letter of advice was returned through the post.

**A POOR CLERK.**—The cause of your nocturnal trouble is doubtless the fact that you sleep on your back. You should prevent this by tying a large cotton reel in contact with your back by means of a piece of tape passed round the waist: when you turn on your back the pressure of this reel will wake you. You eat too much porridge and wholesome food, which irritate the stomach and cause flatulence. Eat boiled fish, lean mutton underdone, take a lightly-boiled egg for breakfast, with meat for your midday meal, and some bread and milk for supper; keep the bowels freely open by means of a little liquorice powder, and take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, chloroform water six ounces. One-sixth part three times a day immediately after meals.

**HOPEFUL.**—1. This is caused simply by the fact of your lying on your back when asleep. We should advise you to obtain a large cotton reel or other hard angular body, and tie it in contact with your back. If you should unconsciously turn on your back during sleep, you may rely upon the sharp angles waking you. 2. You may eat some boracic acid tincture from the chemist, and douche the part with it after thoroughly washing, but we are afraid that you will never really get rid of this unfortunate condition unless you cease perspiring.

**ELLEN FRANKLIN.**—Liver disturbance, with possible tendency to stone. We suggest your taking the following pill every day, with dinner: Pill of colocynth and henbane three grains, blue pill one grain. Also the following mixture twice a day between meals: Bicarbonate of potash fifteen grains, tincture of henbane thirty drops, infusion of buchu to half an ounce. Give up beer, sugar, and coffee. Eat your food slowly, and take a fair amount of outdoor exercise.

**M. H.**—Until the cause has ceased to operate, so long will the results make themselves evident. It is first necessary to secure the cessation of all bad habits, to keep the bowels acting (the following medicine will secure that), to wash the face only in hot water, using only good soap, such as vinolia or terebene, and to get the patient to walk from four to eight miles each day. The mixture to be taken before each meal: Dilute hydrochloric acid ten minims, sulphate of quinine one grain, tincture of nux vomica six minims, sulphate of magnesia one drachm, camphor water to half an ounce. It will be necessary to persevere with treatment for several months (with occasional rests).

**EXPERIMENTER.**—We should advise you to ask these questions of some neighbouring chemist, or of the "Pharmaceutical Journal." They do not come within the province of the physician.

**G. P.**—To make your hair grow thicker you should look after your general health. Be much out in the open air, and take cold baths every morning, eat plenty of good food, and keep the bowels freely open. No local application will be of much service if you neglect your bodily health, keep the bowels freely open also. To strengthen your voice, nothing is better than regular practice of scales under the eye of a good master, unless you know how to produce your voice properly, sing only as much as is actually necessary for practice to acquire proper production; avoid smoking and spirits, and indulgence in late hours or hot crowded rooms.

**JOSEPH WHITEHEAD.**—We are very much afraid nothing will be of any service in your case: the only thing you can do is to go back to the asylum, where you will get the best treatment possible.

**N. TURNER.**—We quite agree with your medical man that it is not wise for you to indulge in the too frequent use of these pills. You should be careful to avoid beer and wines, also all sweets, confectionery, and pastry. Keep the bowels freely open by means of the following pill taken every night, and followed the next morning by a mild dose of aperient fruit salts: Blue pill one grain, powdered rhubarb one grain, sulphate of quinine one grain, extract of hyoscyamus one grain, to make one pill. Get a hot bath once or twice a week at night, and take the following medicine: Sulphate of soda one drachm, bicarbonate of potash one drachm, infusion of gentian to six ounces: one-sixth part three times a day.

**NELLIE.**—We have very little doubt that what you really require is a holiday, or a few days rest. You should take a cold bath every morning, and have your meals quite regularly. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. You should try and get some regular exercise of a pleasurable nature, and not merely that obtained by presiding over the rotations of a machine wheel. Take a teaspoonful of ammoniated tincture of quinine three times a day.

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**CHAS. DICKENS.**—If you have been perfectly free from any signs of disease for a period of twelve months after stopping all treatment, you will be perfectly safe in marrying, but otherwise you should see some specialist and undergo a short course of treatment before doing so.

**A. H. K.**—The ulceration would probably be caused in consequence of the displacement, and the displacement would be the result of getting up too early after your confinement. If you are feeling pretty well in yourself, we should advise you to have an instrument introduced, so that you can get along comfortably and take exercise. It would be altogether better though for you to take the advice of the surgeon who has already treated you.

**INMAN.**—No doubt you have sprained your back in some way, and the effects, in spite of all treatment, will probably not disappear for some little time. In the meanwhile the best you can do is to rub and pinch the skin of the part well with some embrocation or ordinary sweet oil. Jadicions, but not absolute, rest is advisable, and be careful to keep the bowels freely open.

**F. MC.**—You may use the prescription we gave you in our reply to you. We do not think it is very likely that you should re-infect yourself in the way you suggest. With regard to the warts, they are a result of the discharge from your not being sufficiently clean. Be careful to wash regularly twice a day and dry thoroughly. Use equal parts of powdered oxide of zinc and calomel, well powdered together, to dust over the warts. They will disappear in time. You should keep on the medicine for some little time after the discharge has stopped. If it does not stop altogether, there may be some slight stricture which is keeping it up.

**R. H. C.**—These bi-palatinoids may be obtained at Oppenheimer and Son, 14 Worship Street, London, E.C. We are surprised that the chemists in your part of the country are not acquainted with these drugs.

**SARAH L.**—If the mechanical method we suggested to you does not prevent your lying on your back, then you must obtain something larger, like a large angular flint-stone. It is only a question of getting something large enough. If you wish to stop all this spitting of phlegm, you must refrain from smoking and drinking. Unless you discontinue these habits all the physic and advice in the world will be absolutely useless.

**W. E. YARROW.**—We should recommend you to try the effect of a few drops of warm oil, placed in the ear each night at bedtime, and kept in position by a plug of cotton wool. After three or four days of this, get some careful friend to syringe your ear with some warm water, in which a little soap is dissolved, taking care not to empty and have patience that the opening of the ear passage is not blocked by the nozzle of the syringe. After drying, place a fresh plug of cotton wool in the ear.

**BRIGHTON.**—You must persist in taking the capsules for at least another four weeks. Drink no beer, keep the bowels free with a daily dose of some simple saline aperient—effervescent effluvia of magnesia will do—and have patience.

**IRISMAE WOMAN.**—You have indigestion with liver disturbances, and we should advise not to take any more of the iron medicine for the present. Instead of that try the following: Nitrate of potash ten grains, sulphate of soda one drachm, infusion of buchu to half an ounce. Give up the baths, take more exercise, and certainly do not attempt sea-bathing. It is possible that a change, inland, may help you.

**XXX.**—We are afraid we cannot arrive at a very definite conclusion as to whether the giddiness you suffer from is due to the blow on the head, or merely to your having previously indulged in drinking habits, and are now experiencing their effects. You should be careful to keep the bowels freely open, let your meals consist of light nutritious food, such as boiled fish, lean mutton &c., and take the following mixture: Dilute nitro-hydrochloric acid one drachm, sulphate of quinine six grains, bromide of potassium one drachm, chloroform water to six ounces. One-sixth part three times a day between meals.

**HENRY NELSON.**—You should avoid all beer, wines and spirits, and much standing or walking about. Take the following medicine: oil of sandalwood two drachms, mucilage of gum acacia four drachms, pancreation ten grains, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals. You had better also use a well-fitting suspensory bandage to thoroughly support the parts.

**POSTMAN.**—If you are fully conversant with the diet a dyspeptic should have, you know more about the matter than we do. You should take plenty of active outdoor exercise, and keep the bowels freely open. Take a cold bath every morning. Avoid beer, wines, and spirits, and take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals. If you do not improve you had better write again, telling us what your diet is.

**F. FULLER.**—Please let us know your age, sex, habits, occupation, diet, and symptoms. It is not enough to say that you are suffering from "arrows" and general weakness." That means nothing to a medical man, and we prefer not to guess at a diagnosis. If you will send the particulars named, we shall be happy to advise you.

**A READER.**—We think you ought to take some outdoor active exercise, but not cycling; much better jump, box, play lawn-tennis, football, or cricket. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts, take also the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals.

**JOHN BLACK.**—You are suffering from catarrh of the mucous membrane of the alimentary tract. You are therefore not able to digest your food, nor are you in a state to derive any benefit from tonic medicines. You must restrict your diet to the most easily digested foods, avoiding coffee, sugar, tobacco, and all stimulants. Eat your food slowly, and drink only after the termination of each meal. Take daily with dinner a pill containing: blue pill one grain, pill of colocynth and henbane three grains; and before each meal the following mixture: Subnitrate of bismuth ten grains, mucilage half a drachm, mixture of nux vomica six drops, camphor water to half an ounce.

**JOHN CONDOR.**—1. Yes. 2. Probably. 3. The "tonic pills" so-called are improperly prescribed. The dose of sulphate of quinine is much too large. 4. Yes, it is the same article, and is not likely to hurt the teeth. 5. The ointment is a very powerful and dangerous preparation, which should be employed under daily medical supervision. Even then, unless ordered by a really good specialist, we should hesitate to use it for ourselves.

**CONCERNED.**—We do not think you have neuralgia of the cord. Such a condition is rarely if ever found, and your symptoms do not point to such a possibility. We are inclined to think there must be some physical or pathological reason for the trouble, and that you would do well to place yourself in the hands of some competent specialist in such matters. The poultice would do you no good under these circumstances. The belladonna would be merely palliative. If you wish further advice, please describe the symptoms more fully.

**JOHN.**—We should not recommend the use of the drug unless we were perfectly aware of its action and uses. Its action in no way resembles chloral, which is a hypnotic.

**ELIZABETH.**—1. You are evidently suffering from nervous debility, but we cannot say anything definite with regard to the sterility you complain of, as there is no absolute evidence to prove it. We certainly think that electricity scientifically applied would be highly beneficial to you, but it would be necessary to remain under treatment for some considerable time. We do not think drugs would be of much benefit to you.

**HOPELESS.**—The best thing you can do to ascertain whether you really are suffering from heart disease or not, is to go and see a well qualified medical man. A pulse of seventy is about the usual rate at your time of life, but much depends upon the character of the beat, as to its regularity, compressibility, force, &c. Anyhow, you cannot do better than see a medical man.

**ANXIOUS ONE.**—1. With regard to this matter, you had better consult a good dentist, and obtain his advice on the question. 2. We are unable to tell you what this is without an examination, but if it does not cause you any particular inconvenience, we should advise you to leave it alone, lest continued meddling do more harm than good.

**M. F. C.**—1. Boracic acid one drachm, chloride of potash one drachm, tincture of eardamons one drachm, glycerine three drachms; rose water to six ounces—to make a wash for the mouth. 2. There is no article of food that particularly assists the growth of hair. You must look well after your general health, take cold morning baths, get plenty of active outdoor exercise, and keep the bowels freely open. Eat good solid nutritious food, and refrain from all debilitating habits, such as sitting up late, or excessive indulgence in smoking or drinking. Take a teaspoonful of Parri's Food three times a day immediately after meals. 3. No, we have not.

**C. H. H.**—Take the pill and medicine suggested to "Ellen Franklin." Continue your present dietary, and take as much outdoor exercise as may be convenient. Report in a month's time, and we will advise you what further treatment may be needed.

**DOROTHY.**—This condition of the foot may have been originally produced by wearing badly-fitting boots or too high heels. With regard to treatment, we think the best results would be caused by massage and electrical applications. But without knowing more about the exact conditions, we are unable to advise satisfactorily. Walking under present conditions is certainly the worst thing possible, only tending to exaggerate the deformity.

**FOLLY.**—See reply to "H. Roberts," and take the medicines prescribed for him. Take also a teaspoonful of sulphate of magnesia each morning in a wineglassful of water. You must learn to pass a gum-elastic catheter (No. 9 English) twice a week, retaining it in position for at least two minutes each time—the chemist will tell you how far and in what manner to use this.

**D. D. A.**—Yours is a mixed case, but the history points chiefly in the direction of gonorrhoeal rheumatism. Persevere both with the mixture and with the quinine pills, and wrap the swollen joints with flannel or woollen material. Should the troubles still persist after a week or ten days, add five or eight grains of iodide of potassium to each dose of the mixture. Please report again in two weeks.

**COOK.**—Give up all the medicines and injections named—you have used a great deal, and many of them, but the result has been to upset your internal economy pretty completely. Instead of them all, take every morning before rising two teaspoonfuls of the following powder, dissolved in a wineglassful of hot water: Sulphate of magnesia and sulphate of soda, of each two ounces. To be powdered and mixed. Let us know the result in a few weeks, but let the report be a little shorter, please.

**CHARLES NORTH.**—As you have already consulted a fairly well-known provincial physician, it would be rash on our part to offer a diagnosis without examination. You had better make up your mind to come to London for the opinion of one or more specialists, whose name we shall be happy to give if you send us a stamped addressed envelope with request for the same.

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**THE**  
**FAMILY DOCTOR**  
**AND PEOPLE'S MEDICAL ADVISER.**

No. 447.—VOL. XVIII. SATURDAY, SEPTEMBER 23, 1893.

PRICE ONE PENNY.

**THE HUMAN BRAIN AND ITS FUNCTIONS**  
**PART II.**

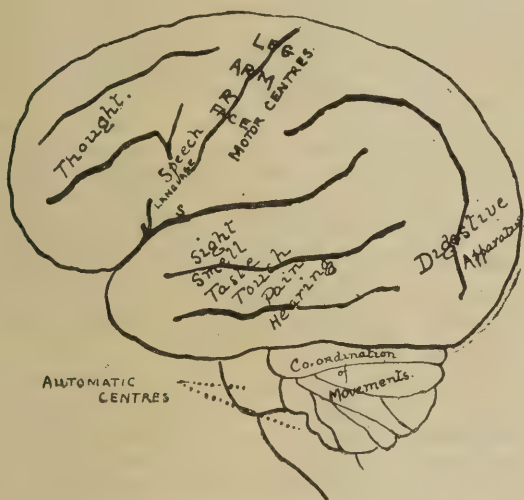
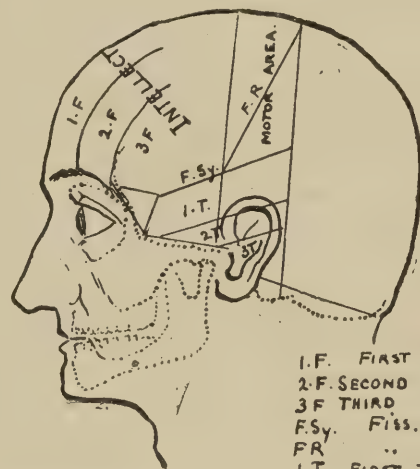


DIAGRAM OF BRAIN.—Dark lines indicate Fissures.



I.F. FIRST FRONTAL CONVOL.  
2.F. SECOND .. ..  
3.F. THIRD .. ..  
F.Sy. FISS. of SYLVIVS.  
FR. .. ROLANDO.  
I.T. FIRST TEMPORAL CONVOL.

Diagram showing the position of the Convolutions and Fissure to the Skull.

HOW have the functions of the brain been discovered? Principally by watching the effects of disease during life—of which I will give a remarkable instance presently—and then carefully searching the brain by the eye and the microscope after death for disease, a slow but sure process. Secondly, by noting the effects of injury to localised portions of the brain. Thirdly, by experiments carried out on monkeys and other animals and noting the results, and *then* comparing these results with those known to occur in disease and accident in man. The method is to stimulate a portion of the brain with an electric current; this, of course, only giving motor results.

The peculiar disease I have just mentioned goes by the name of bulbar-paralysis, first described in 1841 by Trousseau in a well-marked case occurring in the Prince de la Moskowa. The speech is affected—the vowels and consonants that are difficult to utter vary with the part first affected—swallowing is gradually increasingly difficult, the food lodges in the cheeks, saliva keeps running from the mouth. Altogether the patient presents a most curious appearance; the upper part of the face is all human, the eyes move with intelligence, but the lower is paralysed, and gives no sign of animation. The higher cerebral functions are undisturbed, the patient sleeps well, and his intelligence and memory are perfect.

Now, when the brain is examined after death, all that is found wrong is that there is a slight discolouration of the floor of the fourth ventricle,

and its texture, when cut into, is blurred, and when a portion of this part of the brain is examined microscopically the multipolar cells are found to have undergone degenerative changes. Now, it is obvious that this portion of the brain must have some relation to speech, mastication, and swallowing, and so medical men have gradually built up a large mass of knowledge of the functions of the brain.

The functions of the medulla and pons are to carry on such things as we do automatically—that is, without “thinking.” You seldom, when eating your dinner, give a thought as to the manner in which you will swallow the morsel after it is in the mouth; if you don’t, the centre in the medulla carries it out for you, but you can call the highest centre in the cortex into play if you choose and decide how and when you will swallow that morsel. I hope I have made clear this very important function of the medulla and pons. The cerebellum, or little brain, has nothing to do with reason or volition, and has nothing on earth in common with the reproductive function. If you deprive an animal of its cerebellum, it moves above as if drunk. The *cerebellum co-ordinates the movements* of the body—that is, when you have learnt to walk the cerebellum puts the movements in order for you without your knowledge. Disease of this portion of the brain bears out amply the experiments on animals. The central ganglia of the brain, about which I said so little in the description on account of their complicated relations, are devoted to functions of the same nature as the pons and medulla,



Now we come to the hemispheres. the grey matter of the convolutions, which is the seat of all new thought and movement, in which rests the "I," the man himself; in which must rest the soul, if you admit the existence of one, for take away the grey matter of the cortex and you take away all power of fresh thought and movement, and the man becomes an automaton. He could exist, eat, and live if food was put in his mouth, he would swallow and digest it, his breathing would continue, and so would his heart beat, but he *could not think*.

The different parts of the convolutions are devoted to different functions, but our enquiries are by no means complete, and especially is this true of sensory functions. The motor are pretty well complete, and the reason for this must be obvious—motor movements are so much easier to trace than "thought." Now for a curious discovery. We are *left-brained* as well as right-handed, but this is because the paths from the brain to the nerves cross before leaving the brain. We train one side of our brain only. If an accident or disease were to attack the lower part of the third left frontal convolution there is one inevitable result, you could not *express your thoughts*, you might be able to speak but you could not appreciate your words, you would be able to see written words but not able to understand them. Near this centre, if disease occurs, your power of language would be lost. This is most conclusive. Here is a case. A youngster, said to have been very talkative before falling out of a window, injured his head on the left side. The wound healed, the boy was dumb, but otherwise intelligent. He was drowned about twelve months afterwards, and it was found the injury had destroyed the third left frontal convolution. Many other instances could be given.

The temporal lobes are the centres of sensory perceptions, and one portion is devoted to hearing, as in the chart. In animals if this part is electrified, the animal pricks its ears and assumes the expression of hearing—disease in man corroborates these results.

The centres of smell, taste, touch, pain, and sight are also situated here, *on both sides of the brain*—the left serving for the right side of the body and the right for the left side of the body.

The only thing that can be said with certainty about the occipital lobes is that they probably preside over the digestive apparatus, and perhaps reproduction.

The anterior lobes are psychologically the most interesting. Electrical stimulation of them produces no result in animals, and the most fearful injuries have occurred in men with ultimate recovery, with only one result—there has been no paralysis, only an *alteration in the character*. Generally the individual loses his work through his bad behaviour. Animals in which the frontal lobes have been removed were altered in their characters from that previous to the operation. Instead of prying about and exhibiting the dumb intelligence that is so expressive in a monkey, they are listless and take no notice of what is going on around them.

This, then, shortly is a summary of what is absolutely known about the functions of the brain as regards the "intellect," but in the space called the motor area, or that part of the cortex in which lesions cause paralysis on the opposite side of the body lies beneath the anterior half of the parietal bone. It is about a parallelogram an inch wide traversed obliquely by the fissure of Rolando.

Disease of the upper end of this motor area causes paralysis of the opposite lower limb; disease of the middle, paralysis of the arm; and the lower part, paralysis the face. To find the motor area on the skull, draw a line vertically upwards in front of the ear to meet a line drawn from the root of the nose to the occipital protuberance, and another at the back of the ear parallel to the first line, and the upper three-quarters will map out fairly well the motor area. These motor centres are so well known that a surgeon will proceed to operate many times with brilliant success, judging only of the seat of disease from paralysis of some portion of the body. When our knowledge has grown and extended, we may be able to present

a true "phrenology," not the nonsense taught by "professors" trading on the *amplified* knowledge of Gall, whose writings contained a sprinkling of truth, which impressed them for a time with a fictitious value, until modern science stepped in and brushed the cobwebs away with the dawn of our new and exacter knowledge.

## THE FAMILY DOCTOR.

SATURDAY, SEPTEMBER 23, 1893.

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### CONTENTS.

PAGE.	PAGE
The Human Brain and Its Functions Part II. (Illustrated) .. 49	What to Eat and What to Avoid. Part II. .. 57
Editorials .. 50	Hypnotism in Church How to Prevent .. 57
Waiting for the Physician .. 51	Wrinkles .. 57
The "Cycle Stoop" .. 51	Effects of Light on Nutrition .. 58
Muscle Measurement .. 52	A Cure for Dyspepsia .. 58
Patience .. 52	A City of Lunatics .. 58
The Bath .. 52	Upon the Complexion .. 59
Typhoid Fever .. 53	Gleanings .. 59
Recipes for the Table .. 54	"La Maladie des Médecines" .. 59
Household Hints .. 54	Surgery in the Kitchen .. 60
The Mother's Page .. 55	Our Open Column .. 60
Danger of Infection from the Sacramental Cup .. 56	Notes & Queries .. 60
Tired Feet .. 56	Answers to Correspondents .. 61
Hygienic Treatment of Bright's Disease .. 56	&c., &c., &c.

### EDITORIALS.

**HOW TO TAKE MEDICINE.**—The most pleasant way possible to take medicine is to eat an abundance of delicious, ripe, juicy fruits and vegetables. These are all changed by cooking. Berries should be put into granite or earthen dishes, with a small quantity of sugar sprinkled on top. Set over a slow fire. When the sugar is melted, and the fruit cleverly heated through, it is ready to be taken off the fire and set to cool. In this way we get the advantage of the beautiful colour of the juice and the natural taste of the fruit. Roots should be put into boiling water, while peas and beans should be put to cook in cold water. All vegetables should be cooked until tender, then serve at once while hot. By a diet largely vegetable and fruit, we feed our bodies with mineral acids and salts of the earth, which are palatable to taste and agreeable to the eye, thereby protecting our more esthetic senses from the thought, sight, or taste of medicine.

**DO BABIES' EYES GROW?**—How big are "a young baby's eyes"? We have heard it stated that "a young baby's eye" is as big as a grown person's eye; that the eye does not grow as the body grows, that it is the same size when the baby is born as it is after the baby has grown up to be a man or woman; that it is born full size—is then as big as it ever gets to be. This statement has been submitted to a number of experts on babies, who generally agree that "a young baby's eye" grows as the body grows, though not in the same ratio. But is it true? Authorities are sometimes in error. Expert witnesses frequently tangle themselves up in all kinds of contradictory statements of facts; expert physicians do not reach the same conclusions from identically the same basis of reasoning. It may be that the baby experts whom we have questioned upon the subject of

baby eyes have spoken without due consideration. We should like to have the puzzle settled. Do babies' eyes grow? How big is "a young baby's eye"?

**BREAD AND DYSPEPSIA.**—The conclusion that wheat bread is unfit for dyspeptics, sometimes jumped at because ill effects are noticed to follow its use, is erroneous. On the contrary it has been pointed out by Bouchard and others that farinaceous food is peculiarly adapted to some dyspeptic patients. It is the microbes in the starch, which is capable of producing irritating acids, that cause the trouble. To avoid this, Bouchard recommends that only the crust or toasted crumbs of the bread be used by dyspeptics, particularly those whose stomachs are dilated. The reason of this is explained by the fact that baking temporarily, though not permanently, arrests the fermentation of dough. When it is again heated by the warmth of the stomach the fermentation is renewed. In cases where the bread is toasted brown through, the fermentation is stopped permanently.

**WET FEET AND COLDS.**—Dr. Brown-Sequard recommends the following as the best way to overcome susceptibility to taking cold from getting the feet wet. Dip the feet in cold water, and let them remain there a few seconds. The next morning dip them in again, letting them remain in a few seconds longer; the next morning keep them in a little longer yet, and continue this till you can leave them in half an hour without taking cold. In this way a person can become accustomed to the cold water, and he will not take cold from this cause. But be it thoroughly understood that the "hardening" must be done carefully.

**BURNS.**—Children very often suffer from burns, bruises, cuts, and blisters. Many times a good salve is needed in the nursery or for the school children; but there is none at hand, and much suffering results from neglect to heal sore places quickly. A good salve is prepared by melting together an ounce of beeswax and an ounce of sweet oil. Allow it to become almost cool, then add an ounce of spirits of turpentine, and mix well together.

**THE MOUTH AS A CATCH-ALL.**—There are a multitude of people who, in addition to the natural and proper uses of the mouth, seem to regard it as a sort of handy receptacle, into which any small object may be thrust for safe keeping till wanted. This trait is not confined to either sex, or to any age. Many a fond mother will cry out in alarm at the sight of her child running about with a plaything in its mouth, yet the chances are that if this same mother should an hour later have occasion to pay her fare on a public conveyance, she would fish out, from a purse a small coin, which she would hold between her lips till ready to make some other disposition of it—and this regardless of the fact that on an average the coin had been travelling about the country for from fifteen to twenty years, during which time it had been in all sorts of places and amid all kinds of surroundings. This observation is true of many other things than small coins, and of fathers as well as of mothers. Some of the most painful instances possible have recently illustrated the danger of this habit. The horrible death of a well-beloved clergyman, the result of swallowing a small cork which he was holding between his lips, is fresh in mind; and the present time of writing a man has his lungs filled with tacks which he swallowed in a similar manner. He was holding them between his lips, while putting down a carpet, and inhaled them in laughing at the remark of someone present. He now lies at the point of death, and no earthly power can aid him. Surely these illustrations and the suggestions which they invariably call up, ought to be sufficient reason why no thinking person should ever make a temporary receptacle of the mouth for foreign substances.

**TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES** quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, E. T. Towle, Chemist Nottingham. Beware of imitations, injurious and worthless.

**BIRDS** of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.

"The FAMILY DOCTOR, a Practical Household Periodical, useful and interesting."—*Globe*.



**COFFEE AS A DISINFECTANT.**—The use of coffee as a disinfectant is generally known, but it is doubtful if the majority of people are aware of its true value in this direction. They probably know that it is handy and harmless; but besides these qualities it is really one of the most powerful and effective agents known, as has been shown by repeated experiments. In one case a quantity of meat was placed in a close room and allowed to decompose. A chafing dish was then introduced and 500 grammes of coffee were thrown on the fire. In a few minutes the room had been entirely disinfected. In another room, the fumes of sulphureted hydrogen and ammonia were developed, and the smell—which no words can express—was destroyed in half a minute by the use of ninety grammes of coffee. As a proof that the noxious smells are really decomposed, and not merely overpowered by the fumes of coffee, it is stated that the first vapours of the coffee are not smelled at all, and are therefore chemically absorbed, while the other smells gradually diminish as the fumigation continues. The merest “pinch” of coffee is usually sufficient to cleanse a sick-room, even in aggravated cases. The best way to employ it is to freshly pound the coffee in a mortar, if no mill is at hand, and sprinkle it on a red-hot iron surface.

\* \* \* \* \*

**A GOOD EXERCISE FOR THE BACK.**—A good exercise for the spinal muscles consists of the following movements: Stand erect with the feet together and rise upon the toes, then gradually sink down by bending the knees until the thigh and calf are doubled upon each other. The trunk should be erect all the time and especial attention paid to the spine, keeping it straight. If a person will remove the clothing and hang by the arms, all tension is removed from the spine and a second person can determine if the spinal curvature can be removed or not. If, when hanging in this position, the spine is straight, there is no reason why it cannot be cured, but if it is crooked when hanging, there is little hope of doing more than keeping it from growing worse, and this is very important. In the department of medicogymnastics in a large gymnasium, this is the way they examine such cases. A teacher says: “Any movements which do not present any outside resisting force (meaning apparatus) can be safely taken to benefit slight spinal curvature.”

\* \* \* \* \*

**HUMAN COMPREHENSION.**—The capacity of human comprehension is not a little tasked at the conclusion arrived at by scientists, who, it now appears, have succeeded in measuring the thickness of the envelope of soapy water inclosing the air of the bubble when it has become so thin as to produce rainbow tints. Thus, when showing the shade of violet, it was one-fourth the thickness of the length of an ordinary violet wave of light—1-60,000 of an inch—a thickness, that is, equal to 1-240,000 of an inch. As the bubble continued to expand, a black patch was found to be only one-fortieth of that of the violet section, or just about 1-10,000,000 of an inch.

\* \* \* \* \*

**LIGHT CREATES SOUND.**—One of the most wonderful discoveries in science that has been made within the last year or two is the fact that a beam of light produces sound. According to Milling, a beam of sunlight is thrown through a lens on a glass vessel that contains lamp black, coloured silk or worsted, or other substances. A disk, having slits or openings cut in it, is made to revolve swiftly in this beam of light so as to cut it up, thus making alternate flashes of light and shadow. On putting the ear to the glass vessel strange sounds are heard so long as the flashing beam is falling on the vessel. Recently a more wonderful discovery has been made. A beam of sunlight is caused to pass through a prism, so as to produce what is called the solar spectrum or rainbow. The disk is turned and the coloured light of the rainbow is made to break through it. Now

place the ear to the vessel containing the silk, wool, or other material. As the coloured lights of the spectrum fall upon it, sounds will be given by parts of the spectrum and there will be silence in other parts. For instance, if the vessel contains red worsted, and the green light flashes upon it, loud sounds will be given. Only feeble sounds will be heard if the red and blue parts of the rainbow fall upon the vessel, and other colours make no sound at all. Green silk gives sound best in red light. Every kind of material gives more or less sound in different colours, and utters no sound in others.

## WAITING FOR THE PHYSICIAN.

“WHAT shall we do while waiting for the physician?” is a question of no little moment, from the fact that something necessarily should be done, and too often, on account of a lack of knowledge, the wrong thing is done. Some may think that the only thing that can be done is to fold the hands and wait, while the patient perchance may be suffering. However, there are many things which may be done that will be a great source of comfort to the patient during the tedious hour or hours of expectancy. Whatever is done will be shaped, of course, by the condition of the sufferer, and the length of time elapsing before the physician arrives.

While the prospects may be small for us to do the patient a great deal of good, we should be exceedingly careful not to do the patient harm. Consequently, no matter how exciting the circumstances may be, we should have cool heads, calm nerves, and try as far as possible to comprehend the conditions of the patient, in the light, at least, of a few cardinal points, namely:—

First, in all sudden attacks it is safe to say that there will be more or less disturbance of the circulation, perhaps a congestion of some of the internal organs, and a consequent lack of blood on the surface, which, if marked, will produce a chill, and a chill is nothing but a common-sense way of exciting the system to action, in the hopes of equalising the circulation. Then, in case of a chill it is always rational to do those things that will bring the blood to the surface of the body, which would call for hot applications, mustard draughts, or rubbing.

Second, any lack of bowel action should be met with a mild laxative or enema of water. The latter as a rule will give relief.

Third, any pain should be palliated by hot applications or poultices. Hot fomentations may be given *ad lib.* By this we do not mean a towel or napkin wrung out of boiling hot water, but a flannel compress, comprising five or six thicknesses, folded oblong and wrung out of boiling hot water, and applied vigorously over the seat of the pain until the body is aglow with the blood brought to the surface. It is always safe to administer fomentations in case of pain, often for an hour at a time.

In case of fever, there is much that can be done while waiting for the physician. As a fever indicates heat, then it would be but reasonable to apply cool water. If gratefully received, this can be applied vigorously in the form of light compresses to the head with occasional spongings of the body, which is best accomplished by moistening the hand in cold water, and with the palm of the hand gently moistening the skin. Instead of wiping the surface dry, leave the moisture to evaporate, as this is one of the most efficacious and agreeable ways of applying cold to the surface of the body. The feet should be kept warm, using hot-water bottles, jugs, or hot cloths. If the temperature is high, it will be perfectly safe to allow the patient to drink cold water or take into the mouth small pellets of ice, which will be very gratefully received.

The covering should be light in case of fever, amounting to a sheet or spread only, and the patient should have plenty of pure air. In the majority of fevers this may be all that will be necessary to be done while waiting for the physician to take charge of the case.

If, in connection with the fever, or without the fever, there is a good deal of intestinal disturbance—which often occurs in the onset of many troubles, such as nausea, and perhaps

vomiting, with diarrhoea—there are many things which can be done to very good advantage to relieve this condition, which need not in any way interfere with anything that the physician may do. If there is continual nausea with vomiting, it will often prove a very grateful measure to administer as much warm water as the individual can be made to take, not only for the sake of washing out the contents of the stomach, but a special advantage will be gained, inasmuch as there will not be so much straining, the stomach having sufficient fluid to act upon. After the stomach has been thoroughly emptied, little pellets of ice may be administered, with the hope of relieving the nausea.

If there is pain in the stomach, with nausea and vomiting, mustard draughts may be placed over the pit of the stomach, which will often aid in relieving the nausea. If there is pain in the bowels, perhaps cramping, with diarrhoea, much can be done to relieve that condition. Foremost, as we have before mentioned, application of fomentations to the bowels will usually give a good deal of relief. That connected with copious hot enemata, as hot as the individual will be able to bear, will usually check the severity of the attack, and render the case much more easy for the physician to manage.

It would be quite impossible to do any harm to the case if the foregoing suggestions were carried out while waiting for the physician, and in the majority of cases, in the course of two or three hours, it will be quite apparent that it was not necessary to call the doctor at all.

## THE “CYCLE-STOOP.”

THE use of the bicycle as a means of locomotion, and as an agent for pleasant pastime, has introduced a new cause in the production of spinal curvature. When the wheel first came into use, the handles were long and the rider could sit upright. The disciples of physical culture saw in it a new instrument for health. The desire for increased speed and record breaking made it necessary to lessen the diameter of the wheel and shorten the handles, so that now you may see on any fine day whole troops of cyclists spinning along with their backs arched over the lever, and as they must see where they are going, the chin is raised, and the back of the head approaches the shoulder blades. Thus a double antero-posterior curvature has its foundation laid; constant humping the back could do no less.

If the rider's ambition was grace, dignity, and beauty of carriage, instead of speed, much higher aims, there would be no need for this.

We do not wish to convey the idea that cycling should be abolished, for when rightly used it is a very exhilarating exercise; on the contrary, it should be encouraged, but cyclists should first of all things sit upright like men, and not double up like hunchbacks or professional contortionists. In the latest patterns of bicycles we see wherein true scientific culture has been made to give way to the demands of the professionals. The amateur should be encouraged, for he rides for health and pleasure; while the professional rides for the money he can win by it. It was professionalism that ruined the Greek gymnasium, and professionalism is now converting a healthful and valuable exercise into a dangerous diversion. Plato advocated graceful exercises which tend to perfect man's physical system for the Greeks, and spoke unfavourably of those exercises which were used by wrestlers, and if he were with us to-day he would condemn cycling as practiced by a majority of its devotees as not only ungraceful, but injurious.

A DAY AT “APPY AMPSTEAD” is thoroughly enjoyed by the East End poor, as is amply proved by the immense crowds who flock there every Bank Holiday. The pure air and bracing atmosphere to be found on the breezy heights of Highgate and its neighbourhood cannot fail to benefit those who can only spend a few hours in their midst. Holidays, however, cannot be fully enjoyed by those persons who are suffering from disease. Holloway's Pills and Ointment can speedily remove this drawback to pleasure if a fair trial is only afforded them. As a cure for rheumatism, gout, fever, diarrhoea, diseases of the skin, scrofula, ulcers, sores, burns, or old wounds, they are beyond competition.

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## MUSCLE MEASUREMENT.

THESE wonderful bodies that we call our own cannot fail to be an interesting study to anyone who takes the pains to carefully study them. If we examine them with any degree of care we will be well repaid for the trouble both in interest and in the knowledge of ourselves which may give us health at some future day. Dr. Sargent, the director of the Howard College Gymnasium, has made the human body his life study and probably knows more to-day about its measurements and proportions than any other man.

From careful measurement of 7000 students, young men and women, he furnishes the following table, giving the principal average measurements of both sexes:

## MAN.

Height, 5 feet 8 inches.  
Weight, 139 lbs.  
Capacity of lungs, 240 cubic inches.  
Waist, 29 inches.  
Head circumference, 22 inches.

## WOMAN

Height, 5 feet 3 inches.  
Weight, 115 lbs.  
Capacity of lungs, 173 cubic inches.  
Waist, 24.5 inches.  
Head circumference, 21.7 inches.

Anyone can take his or her own measurement and learn whether he or she is up to the standard on these important points.

There are many other measurements in Prof. Sargent's system, but these are the most important ones which he uses on all the students in the great gymnasium at Cambridge, U.S.A. He takes the measurements when they enter the gymnasium and every three months thereafter, changing their exercise from time to time as the measurements show a need. He also keeps a chart for each student, showing the size and condition of his muscles when he enters and when he leaves.

## PATIENCE.

BE patient! Easy words to speak  
While plenty fills the cup of life,  
While health brings roses to the cheek,  
And far removed are care and strife.

Falling so glibly from the tongue  
Of those—I often think of this—  
Whom suffering has never wrung,  
Who scarcely know what patience is.

Be patient when the sufferer lies  
Prostrate beneath some fell disease,  
And longs, through torturing agonies,  
Only for one short hour of ease.

Be patient when the weary brain  
Is racked with thought and anxious care,  
And troubles in an endless train  
Seem almost more than it can bear.

To feel the torture of delay,  
The agony of hope deferred,  
To labour still from day to day,  
The prize unwon, the prayer unheard,

And still to hope and strive and wait  
The due reward of fortune's kiss—  
This is to almost conquer fate;  
This is to learn what patience is.

Despair not though the clouds are dark,  
And storm and danger veil the sky;  
Let faith and courage guide thy bark;  
The storm will pass; the port is nigh.

Be patient, and the tide will turn;  
Shadows will flee before the sun;  
These are the hopes that live and burn,  
To light us till our work is done.

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## THE BATH:

ITS RELATIONS TO HEALTH, BEAUTY,  
STRENGTH, AND COMFORT.

By I. G., M.D.

HEALTH and happiness, with their accompaniments of strength and beauty, depend to a large extent upon the condition of the skin—that important outer wrapper, so to speak, in which is inclosed all the complicated machinery of life and action. The question of bathing, therefore, becomes one relating to more than mere bodily cleanliness, important as is that factor in and of itself. A recent writer has shown four objects to be attained by the use of the bath, each conducive to the physical and mental welfare. These comprise the quickening of the nervous action, by which means a more brisk circulation of the blood near the surface is promoted, with more perfect reconstruction of the tissues and the elimination of all effete matter; a regulation of the temperature of the body, lowering it when heated beyond the healthful point, and raising it when abnormally low; the cleansing of the skin, and the excitation of pleasurable sensations, pervading the entire system with a gentle exhilaration. To these may be added still another, when the bathing is accompanied by swimming, one of the most beneficial forms of general exercise, calling into play, as it does, almost every important muscle of the body.

A momentary consideration of hygienic principles will show how important it is that in all general bathing the entire system should receive practically equal treatment. If we suppose the bath to be taken in open water, a considerable degree cooler than the temperature of the body, we find that on immersion the small nerves running beside the blood vessels near the surface of the system, and governing their action, shrink from the change, and force the blood from the surface toward the internal organs. This causes the pallor of the flesh noticed at such times, and carried too far, the "blueness" attendant upon excessive bathing. Now, if only a portion of the frame is exposed to the cooling action, the blood from that portion only will be repelled, while there will be an undue tendency in other directions; if the bather simply wades into the water till the legs and lower portion of the body are submerged, he cools or chills those portions, while he invites or necessitates an undue pressure of the blood in the upper part of the body and the head. It needs no argument to show the danger of such a course, especially to a full-blooded person, who is liable to suffer from a too heavy pressure of the blood, rather than otherwise. It is to avoid this derangement and danger that the habitual bather, though often unwittingly, begins the exercise by plunging head first into the water, after which the forces of nature have much less difficulty in keeping an even balance of their vital powers. While these suggestions apply especially to the swimming bath, they indicate corresponding treatment when the ablution is performed on a more modest scale; and save when bathing the hands and face alone, pains should be taken to treat the whole person, preferably beginning at the head, neck, and shoulders.

The above considerations will show that the bathing of weak persons, and especially puny children, must be done with great care and judgment, otherwise harm instead of good may result. A feeble constitution can never be strengthened by rough, hard usage. Every shock, every undue strain upon such a system is a drawing upon the already too slender reserve power, from which, if from any source, must come the vital energy which shall lead to better things and greater strength.

There is a theory among physicians, and it is probably pretty well founded, that regular and judicious bathing is to a considerable extent a preventative of colds, with their attendant annoyances. This is reasonable, on the ground that the pores are kept in a healthy state, and that the skin retains the power to protect itself from disease. It is even said that cool sponge baths, twice a week in winter and from four to six times weekly in summer, will cure the

catarrhal colds of children. These are to begin with warm water, near the temperature of the body, each succeeding bath to be a few degrees cooler—but of course the temperature must not be allowed to fall too low.

Where circumstances permit—which, unfortunately, is not always the case—there is no doubt that a morning bath is immensely valuable. In most cases this had best be a sponge bath, and in the summer weather presents few difficulties in almost any home. Water which has stood in the room during the night will have the proper temperature for a healthy person, and not more than five minutes need be taken if time is valuable. By the time the bath is completed and the skin has been gently but thoroughly rubbed, the entire surface will be in a glow, and the individual as soon as dressed will enjoy a brisk walk of any distance, up to a mile or two before breakfast. By this time the stomach has been incited to action, the "deck has been cleared," so to speak, the gastric juices are ready for their work, and the morning meal will find a generous appetite awaiting it. The resultant effects will be correspondingly noticeable, in health, strength, and beauty. This is the ideal way of beginning the day; where it is not feasible to practice it fully, partial observance will be found vastly beneficial.

The evening bath is not a substitute for that of the morning; its purpose and effects are quite different. There is the common ground of cleanliness, but apart from that, while the province of one is to invigorate the body for the labours and activities of the day, the other has rather the effect to calm and sooth, preparatory to the night's slumber. There can usually be no excuse for the omission of the evening bath. A few minutes can be taken from the time set apart for sleep, and will prove a good investment, no matter how limited the hours of rest may be. Besides, there are many, especially weary girls and women, who find themselves glad to seek the rest and comfort of the couch, forgetting in their weariness the stains of dust upon hands, faces, or arms; there are also those, it is a pity to say, whose faces have been heavily covered during the day and evening with cosmetics, traces at least of which still remain. In all cases of this kind the skin should be thoroughly cleansed before the person lies down to sleep, in order that it may at least have till some time the next forenoon in which to perform the functions for which a skin was created. If anyone will consider the natural office of the skin, with its wonderful powers and its complicated machinery for keeping the body healthful, it will not be asking too much that its clogged and blockaded shall for a part of the time have the privilege of carrying on its work of purification and rebuilding. Cosmetics, lotions, paints, and powders are bad enough at best; the sensible woman is coming more and more to avoid them; but that they should be allowed to carry on their destructive work both day and night is simply suicidal to health and beauty. The same may be said of dust, oil, or any foreign substance with which the skin may be burdened. Whether the bath shall or shall not proceed any further, always see that face, neck, hands, and arms are as clean as they can be, before going to sleep.

There is one special bath which may properly be spoken of at this time, as it is an evening application—an alum foot-bath for sore or tender feet. Many people are troubled by this affection of the feet, even with the best of care, and especially in hot weather. The best treatment which can be given is doubtless a very warm bath, with water in which one or two teaspoonfuls of alum have been dissolved. The feet should then be simply wiped dry, just before retiring.

The question of the hot or the cold bath, of how hot or how cold, is one that comes up very often for discussion, in connection with this subject of bathing. Now the warm bath, not to go so far as to say the hot bath, is very admirably adapted to most people if rightly used. But the trouble is in its abuse. There is a delightful sensation of what may be called happy nothingness in the warm water, and bathers forget that the tendency of this kind

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of bath is toward lassitude, weakening, and debilitation. It is by no means an unheard of thing that the action of the heart has grown weaker, till finally it has stopped entirely, and the bather has passed from languid consciousness to unconsciousness, and so to actual death in the bath. Doubtless this is a very easy and painless way in which to leave the world, but sensible people do not bathe in order to lose their lives, but that they may be prolonged and made more pleasant.

Really this matter depends largely upon the temperament of the person. For a stalwart six-footer, with heart and lungs like the interior department of a British ironclad, to dawdle with a warm bath seems decidedly incongruous, as it is; but while he may enjoy and defy a plunge into ice water, a single dip of a delicate woman into the same frigid flood would doubtless cost her life. It may, therefore, be said, as nearly as any hard and fast rule can be laid down in connection with the subject, that either extreme should be avoided, but that for the strong, robust person much more heat and much greater cold may be endured than in the case of one of weakened vitality or enfeebled heart action. If following the cold plunge there is a failure to promptly rally, and a sense of chill, or in the case of a warm immersion an undue feeling of lassitude, it shows unmistakably that the temperature has been carried too far, and that a modification should be made. What would suit one would quite seriously affect another; the wisest way, therefore, is to experiment carefully, and follow that course which experience shows to be the best and most invigorating.

Sea bathing has certain elements of tonic force which are absent in the use of fresh water; but these are really due to the saline qualities of the water. To a certain extent, therefore, the tonic effects of a sea bath may be secured at home by salting the water employed. Of course, the addition of sodium chloride does not quite give sea water, but it supplies the principal ingredient. In most places it is possible to obtain "sea salt" at the chemist's or grocer's and in this manner one may fancy at least that he is breasting the billows of the ocean, with all that the fancy implies. If a teaspoonful of the tincture of benzoin be added to the bath thus prepared, a delicious perfume will be secured. In using salt water, the rubbing and friction should be done before coming from the bath, immediately after which wipe dry and don appropriate raiment. It is scarcely necessary to remark that persons suffering from eruption of the skin, or having any abrasion, want to keep out of salt water.

While the matter of sea bathing is under discussion, it may be mentioned that in Ireland a seaweed bath is strongly commended as a cure for colds of the throat and chest. Half a dozen leaves of the common seaweed are put in a vessel, and two quarts of cold water poured over them. In twenty-four hours this will be quite brown in colour, and have quite a strong flavour of the sea. It is then ready for use, and is applied with a sponge, about the affected parts, after a bath in the usual manner to open the pores. It is said to be excellent if applied in a cold sponge at morning, for the relief of colds, coughs, and sore throat.

Scented baths are quite popular in certain circles, but not everyone can afford them. Some of them, however, can be prepared at slight expense. That by the use of benzoin has already been sufficiently suggested. Bath bags of crushed lavender flowers may be purchased for a few pence, and give a very satisfactory perfume. Dried violets may be used, a handful, more or less, being soaked in hot water for an hour. The scented water is added to the bath, and will be found to give a fine and lasting fragrance. Rose, lily, lilac, or heliotrope baths are prepared by adding the extracts or toilet waters of those perfumes; while lemon juice gives the lemon bath, aromatic vinegar or salts being an accessory to the Turkish bath.

The vapour bath is more strictly a medical accessory; but as it may sometimes be desirable to employ it when neither a physician nor a trained nurse can be at hand to oversee the operation, the following instructions will show the different methods of procedure: For a hot brick bath, set a red hot brick on end in a can, small bath, or other suitable vessel; place the latter under a chair, on the seat of which a

piece of flannel is spread. The patient, undressed, sits on this flannel, and he and the chair are well wrapped in blankets to exclude the air; his head is to be uncovered. Open the blankets a little at the bottom, and carefully pour about a pint of boiling water over the brick, and keep up the steam by occasionally repeating this. The patient remains in the bath until relieved by perspiration. To make a vapour bath in bed with hot wet bottles, fill about six oval-shaped, half-gallon stone bottles with boiling water; cork well, and fold each in hot wet flannel. Lay over the bed a waterproof sheet and a blanket; place the patient on these, cover him with a blanket, and distribute the hot bottles about him—one to each side, to the calf of each leg, and to the sole of each foot. Wrap up well with extra blankets, and tuck in to retain the heat. For the spirit lamp bath, place a damp towel over the seat and before the front of a cane-bottom chair, under which a spirit lamp is lighted and over the lamp a tin vessel with boiling water in it. The patient enveloped (except the head) in four or more blankets, sits on the chair until free perspiration occurs. With these instructions carefully followed, any intelligent person can administer a vapour bath, from which the patient should be immediately transferred to the bed, without exposure to the air, and warmly covered. A warm water bath should follow a little later, to remove the traces of perspiration, but care must be taken not to exhaust the patient.

## TYPHOID FEVER.

TYPHOID fever has long been known as a germ disease, the virus of which spreads rapidly in the hot, moist season of the year, by means of water, food, and air. Consequently, immunity from its attacks necessarily implies a strict surveillance of all the avenues through which it comes.

The epidemic of typhoid fever at Worthing is but another illustration of the wide range which the disease often attains when starting from a single source of infection. In this case the supposed source of infection was milk coming from a certain quarter. Whichever way the case may be, the primary cause is undoubtedly infected water, rendered so very likely from some typhoid case, and was received into the milk through the creature or otherwise. It may be needless to say it is usually otherwise.

We speak of this simply to emphasise the thought that the water should be carefully examined, with the following points in view:—First, with a soft soil the water supply should not be within 500 feet of the privy, cesspool, vault, or barnyard. Standing water might always be considered suspicious, as it will readily absorb various gases and germs. Water coming from far below the surface or springing from the mountain side is probably least likely to be laden with the germs of disease. If the supply is questionable, we would recommend a thorough boiling, and in addition the use of a filter when practicable. There is much less danger in imbibing the typhoid germs in food and air than in water. However, if every precaution is taken to insure pure food and air as well as water, the bettered conditions of the home and its surroundings will be ample reward for the trouble.

A few words in reference to the care of typhoid cases may be of interest to some of our readers. In all cases cleanliness and disinfection are the first things to consider, not only for the sake of the patient, but for the good of others in prospect. As the special lesion of typhoid fever is the inflammation and ulceration of the glands in the mucous membrane of the bowels, consequently the emanations from the bowels should be most thoroughly disinfected. We would recommend the use of a saturated solution of copperas in sufficient quantity to thoroughly come in contact with all the effete matter, perhaps standing in it for thirty minutes, after which it should always be buried a safe distance from the dwelling, in a hole dug for the purpose, three or four feet deep; and every deposit thus buried should be covered with earth or ashes immediately. In addition to this, we often

give a mild disinfectant internally, thus making an additional safeguard in the line of disinfection. Salol, salicylic acid, or naphthol in small doses will prove efficacious.

Beyond disinfection, the two most important considerations are feeding and reducing the temperature. The old saying, "Stuff a cold and starve a fever," in the light of modern practice must be reversed. In other words, it is very important to feed in fever cases, for two reasons: First, the strength must be maintained as far as possible; and, second, in the process of generating heat the food may act as fuel to a considerable extent, thus sparing the tissues of the body. Hence we see a marked difference in the flesh of those who are well fed while passing through a run of typhoid fever. In fact, lives have been saved by pressing the food even against the inclination of the patient. We have found milk to be a food *par excellence* in these cases. This should be taken in the early stages of the fever to the extent of a glass every two hours; but quite often in the later stages of the disease it will be impossible to give that amount, possibly not half that amount. But it is certainly worthy of note that typhoid patients who are well fed during the attack, if fed on milk mainly, come through the attack without that marked emaciation which characterises those treated on the other plan.

In reference to reducing the fever, we do not rely as much upon the use of antipyretics as we would upon good nursing, with sponge baths, compresses, ice bags, or cold water bottles. Great care should be taken in adapting the treatment to the vitality of the individual. In cases of a weak constitution, a sponge bath occasionally with a cool compress will be quite sufficient to keep the fever within reasonable bounds. In the stronger individuals, where the temperature ranges about 104 deg., we would recommend in addition to the sponges and compresses, every half hour cool enemata of water, especially in the early stages of the disease; but great care should be exercised in its later stages with this treatment. An ice bag to the spine for a few minutes at a time will also be of great advantage.

Good nursing, with proper attention to every detail, will do much to hasten the recovery.

THE SKITTISH DOCTOR.—Frederick H. Cogswell, in *Harper's New Monthly Magazine*, relates the following:—Dr. S. was noted among his professional brethren for his power of concentration. When once he bent his mind to a problem he became totally oblivious to everything about him. The doctor had a horse that was almost as famous as himself. Among her peculiarities was the habit of shying. She would not shy at things which most horses consider fit subjects for that sort of digression. She would pay no attention whatever to a newspaper blowing about the streets, but was mortally afraid of a covered waggon. At the sight of one of New Haven's suburban stages she would run over the curb-stone and threaten not only the doctor's life, but that of the chance passer. Of this habit she could not be broken. It seemed as though she could smell a stage long before it came in sight, so that the doctor would go half-a-dozen blocks out of his way rather than meet one. Early one morning he received a telephone call to the effect that one of his patients had become alarmingly worse. Without waiting for his carriage he started to walk, the distance being about a mile. His mind became absorbed in the case, but not so much so that he did not remember that the course of the Seymour stage lay right in his path. He looked at his watch and saw that he would be sure to meet it if he went the shortest way. He was in a hurry to get to his patient, but there was help no for it. He uttered a malediction over the circumstances and turned off at the first corner. This obliged him to nearly double the distance, and the day was warm. He walked as he never walked before, and failed to recognise a couple of intimate friends whom he nearly ran over. It was not until he had spent two hours with his patient, and came out to look for his horse, that he began to realise he had walked a mile out of his way, so that he need not shy at the Seymour stage!

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**MUFFINS.**—Dissolve one-half cake of yeast in one quart of tepid water, one teaspoonful of salt, and enough flour to make a thin batter. Let it stand all night. Early next morning beat the batter well; set in a warm place, and let it rise. Bake on a griddle, turning only once. Simple as this recipe sounds, it requires experience to tell the right consistency of the batter, and just the right heat at which to cook these muffins of our grandmothers. They will present rather a shapeless appearance as they are dropped from a spoon, but they should be crisp, light, and without a suspicion of toughness. If well made they are delicious.

**WAFERS.**—Mix four spoonfuls of flour, the same quantity of sugar, and the same of cream, with one spoonful of butter, and season with orange peel (grated), mace, and nutmeg. Cream the butter first, add sugar, flour, cream, and seasoning, and beat well. Bake in wafer irons, rolling while hot, and afterward filling with raspberry or strawberry jam.

**SIPPET PUDDING.**—Cut slices of bread very thin, butter them, and lay in a baking dish (butter the dish first), strewing over them citron, raisins, and currants with sugar. Put in alternate layers of bread and the fruit. Pour over the whole an unboiled custard of milk and eggs as sweet as you like it. Add a glassful of brandy, and bake a light brown.

**BRAIN CUTLETS.**—Soak in tepid, salt water, skin and wash. Boil in hot water ten minutes. Throw in cold water. Drain. When cold, mould into cutlets, dip in egg and cracker, and fry in deep lard. Serve with tomato or mushroom sauce.

**PIGEON CUTLETS.**—Stew birds (whole) in stock; cut up, dip in egg and crumbs mixed with cayenne, thyme, parsley, and lemon peel. Fry in deep lard and thicken stock for gravy.

**GOOSE AND ONIONS.**—Stuff with a mixture of three hot, mashed potatoes, stirred with one tablespoonful of butter, a little salt and pepper, one tablespoonful of powdered sage, and three chopped onions. Serve with apple sauce.

**CHICKEN PIE.**—Stew skinned feet, wingtips, neck, and giblets with a little water, one slice each of onion and carrot. Reduce one-half. Add a little lemon juice. Put dismembered chicken in dish, cover with strained gravy, rings of hard-boiled whites of eggs, slices of yolk, then with gashed pastry, and bake.

**BROWNED OYSTERS ON TOAST.**—Mix the yolks of two eggs with a little flour. Season twenty-four oysters and dip in batter. Brown in hot butter. Then add oyster liquor to flour, stirred in the butter, simmer three minutes, add oysters again, and serve on toast.

**KIDNEYS.**—Soak in vinegar and water one hour. Split, season with pepper and salt, and fry in butter. Sprinkle with chopped onion, if liked. Serve with sauce.

**FRIED VENISON.**—Slice from loin or leg. Heat plenty of butter, fry meat quickly, add salt, pepper, and two tablespoonful of currant jelly to one pound of meat. Cook twenty minutes.

**CANNED TOMATOES.**—When possible get the dark-red tomatoes and have them perfectly ripe and sound. Put about a peck of tomatoes in a pan and cover them with boiling water. Let them stand for about five minutes; then pare them and cut in small pieces, dropping them into an earthen dish. Put the cut tomatoes in a porcelain or granite-ware kettle and, setting them on the stove, heat slowly to the boiling point, stirring often. Boiled gently for an hour. Put glass jars and covers in a pan containing warm water and place on the fire until the water almost boils. Drain the water from the jars, one at a time, and fill to overflowing with the boiling hot tomatoes. Put on the covers and fasten them. Place the jars where a cool draught will not strike them, as that might crack the hot glass. When the fruit is cold, place it in a cool, dark place. If the closet or room is not very dark, wrap each jar in newspaper before putting it away.

**CANNED PEARS.**—Weigh the fruit; then make a syrup with one quart of water and three pounds of sugar for every ten pounds of fruit. Pare the pears and drop them in cold water as fast as they are pared. Have the syrup well skimmed. Take the pears from the water and, putting them in the syrup, boil gently until they can be pierced easily with a silver fork. Have the glass jars heated as for tomatoes, and fill them with fruit; then fill up with the boiling syrup. Put on the covers and fasten. A small piece of preserved ginger put into a jar of pears gives a slight change of flavour. As this flavour is not always liked, only a few jars should have the ginger added.

**ROASTED TOMATOES.**—Plunge in boiling water for half-a-minute six good-sized, red, sound tomatoes; drain and peel them neatly, then cut away the tops without detaching them entirely, and remove the seeds with a teaspoon. Divide an ounce of good butter into six equal parts and put a piece into each tomato, seasoning with a light saltspoonful of salt and one-half the quantity of pepper. Close the tops and put them in a buttered baking dish, moistening each tomato with a very little sweet oil. Put them in a hot oven and bake for twelve minutes. Remove with a cake-turner, dress them on a hot dish and serve.

## HINTS FOR THE HOUSEHOLD.

**ARTICLES** of food that are damp or juicy should never be left in paper. Paper is merely a compound of rags, glue, lime, and similar substances, with acids and chemicals intermixed, and when damp is unfit to touch things that are to be eaten.

**CHEMISTS** say that it takes more than twice as much sugar to sweeten preserves, sauces, &c., if put in when they begin to cook, as it does to sweeten them after the fruit is cooked.

To keep black stockings from turning a greenish colour wash them with soap that is free of soda, and add a teaspoonful of vinegar to the rinsing water. Wring them out, and clap them into shape, but do not iron, as the heat tends to destroy the colour.

**IRONING WITH THE CLOTHES-WRINGER.**—An authority on domestic economy advises the housekeeper of limited means to save her fire and strength, and to do as much ironing with the clothes-wringer as possible. Plain pieces, like towels, pillow-cases, sheets, merinos, and stockings, put through the wringer will be smooth enough for all practical purposes, if the rollers are tight. Life is too short, and flesh and blood are too precious to be wasted in sprinkling, folding, unfolding, ironing, and airing a lot of white goods.

A **SPONGE** large enough to expand and fill the chimney, after having been squeezed in, tied to a slender stick, is the best thing with which to clean a lamp chimney.

For cleaning out corners in furniture and window-sashes use hard wood pointed skewers such as butchers use to do up the meat in preparing it for cooking.

It is said that there is no better or simpler way of testing suspected water than the following:—Fill a clean pint bottle nearly full of the water to be tested, and dissolve in it half a teaspoonful of loaf or granulated sugar. Cork the bottle, and keep in a warm place two days. If the water becomes cloudy or milky within forty-eight hours, it is unfit for domestic use.

A **LARGE KITCHEN.**—The statement is made that the Bon Marché in Paris possesses probably the largest kitchen in the world. It provides food for all the employés of the house—4000 in number. The smallest kettle holds 75 quarts, the largest 375 quarts. There are 50 frying-pans, each of which is capable of cooking 300 cutlets at a time, or frying 220 pounds of potatoes. When there are omelets for breakfast 7800 eggs are used. Sixty cooks and 100 kitchen boys are employed.

A **POCKET NIGHT-LAMP.**—To instantly obtain a light sufficient to read the time by a watch or clock by night without danger of setting things

on fire is an easy matter. Take an oblong phial of the clearest glass, put into it a piece of phosphorus about the size of a pea, pour upon this some pure olive oil, heated to the boiling point; the bottle is to be filled about one-third full, then cork tightly. To use the light, remove the cork, allow the air to enter, then re-cork. The whole empty space in the bottle will then become luminous, and the light will be a good one. As soon as the light becomes dim its power can be increased by opening the bottle and allowing a fresh supply of air to enter. In very cold weather it is sometimes necessary to heat the phial between the hands to increase the fluidity of the oil, and one bottle will last a whole winter. This ingenious contrivance may be carried in the pocket, and is used by watchmen in Paris in all the magazines where explosives or inflammable materials are stored.

**EDUCATION OF A CHEF.**—The making of a man cook in France is a lengthy and tedious process. According to a French steward, a young man, when he decides to pursue a culinary career, selects his nominal instructor, to whom he pays a sum equivalent to about a guinea. The aspirant is first assigned to the vegetable cook, who teaches him how to prepare the raw materials. When he has mastered this he is initiated into the mystery of cooking them. This thoroughly learned, he studies the way of cutting up raw meats, of preparing fish, and how to stuff, dress, truss, and lard game and poultry. When he has learned this he is placed before the range, where he receives instruction in the various processes of broiling, frying, roasting, and baking. When he graduates from this department he passes under the control of the second cook, who reveals to him the mysteries of sauces and soups. The interest of this functionary in his pupil it is necessary to accelerate with liberal and frequent tips. The student is then put in charge of the pastry cook, to whom he serves a long apprenticeship in all that pertains to the concoction of sweets, pastries, and ices. This completes his culinary education, and he is prepared to assume the rôle of a competent cook.

**THREE WAYS OF COOKING CAULIFLOWER.**—Baked with cheese in small dishes or shells, one for each person, makes a very good entrée, and is cooked in the following way:—For eight persons you will need about ten ounces of soft-boiled cauliflower, three ounces of grated cheese, two ounces of butter, half a gill of rich milk, and some grated bread-crumbs. Put a layer of cauliflower in each dish, sprinkle it with cheese, and dot it with small bits of butter, so that the dish is nearly filled with alternate layers; put some butter on the top, mix pepper and salt with the cream, pour it over the cauliflower, then cover each dish with the bread crumbs, finishing with dots of butter. Bake until it is of a light brown colour. Another method of cooking cauliflower is to have it *en purée*. Cut the head of a good-sized cauliflower into small pieces and boil them in some boiling water with salt, pepper, and a pat of butter; drain them, and put them into a saucepan with a liberal quantity of white sauce; stir with a wooden spoon until it is a soft paste. Then rub through a colander into a small stewpan. Just before serving it make it hot, mix in a little grated nutmeg, a pinch of sugar, and a little cream. This is very delicate. Small, irregular heads of cauliflower may be used up in this way: Boil until very tender, drain well and cut into small pieces; put it in layers with finely-chopped egg and this dressing: Half a pint of thickened milk, with two tablespoonfuls of flour, well seasoned with pepper and salt, and two ounces of butter. Cover the top with grated bread and little pieces of butter, and put it into the oven to brown. It must be served in the same dish in which it is baked.

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# THE MOTHER'S PAGE.

## STORY-TELLING: ITS BENEFITS TO CHILDREN.

By MRS. EMMA H. ADAMS.

EVERY child has a natural relish for stories. This is a broad statement, but evidence of its truthfulness is found in the million storybooks which crowd the shelves of libraries and bookstores the world over. It is found, also, in the columns set apart for children's stories in every religious newspaper, and in hundreds of weekly secular journals. It is found in the fact that multitudes of writers are devoting the best of talent and years of time to thinking out stories for children, infant children, children of every age. It is found, moreover, in the fervent entreaty uttered daily by myriads of little ones, "Mamma, tell me a story, tell me a story."

Were we not speaking of children, we might also, in confirmation of our assertion, mention the vast mass of literature annually appearing in story form for the recreation, amusement, and sometimes genuine upbuilding of adult people, all proving that a natural taste for stories, tales, narratives, whatever one pleases to call them, comes in with our birth, and goes out only with our final breath.

If this be so, then in all homes, and for strong reasons, the matter deserves far more attention than it receives. Glance again at our subject, "Every child has a natural relish for stories." The statement has the force of an aphorism. More than that, it has the force of a maxim. There is in it a guiding principle for the mother. What is this principle? Let me answer the question by using an illustration.

A child comes into the world possessing a natural appetite for food. What does this indicate to the mother?—Simply that Nature has so planned that the infant shall live and grow by eating food. This and exercise are the means by which it attains physical development. Does it ever occur to the mother to destroy the appetite by giving her child food but once a week at first, then at longer intervals, and after a while none at all?—No, truly. She ministers to the appetite, and has the pleasure of seeing her babe increase daily in size and strength.

Now this desire is a guiding principle with respect to the body. Food it must have regularly every day. Is not the child's natural craving for stories an indication of the need of the mind? How many mothers ever make systematic provision for this sort of child hunger? The little ones would literally famish, physically, were not greater care taken to nourish the body than is practised in feeding the mind during the first few years of childhood.

Why should the mother, why should either parent, take less thought for the one than for the other? Mothers cook and sew, wash, iron, and mend tirelessly for the growing body, but too often leave the expanding mind to pick up, undirected, whatever nutriment comes in its way. To be sure, the mind of a child will unfold despite the absence of stories. Through the eye, ear, and sense of touch, material by which it grows is received constantly, but in too many instances this is but mental garbage from the street. The more time the child spends upon the street, the more of this ill-adapted aliment will be taken in. May not nourishment much more wholesome be derived from story-telling, methodical and fitting? We are convinced that the ever-welcome pastime may be made, to most children, an effective means of education. Now, how may it be made so?

Primarily, to educate a person is to draw out or develop the powers within him. If, then, a mother tells her child stories which shall help him to think, to observe, to invent, to practice kindness, to love his playmates, to be industrious, to be self-helpful, and always loyal to

truth, is she is not educating him? From books, travel, observation, and daily happenings, material for her work may be drawn.

But education need not be the mother's sole aim. Stories may be told to allay temper, to induce sleep, to soothe suffering, to divert from grief, from disappointment, and from wants full of harm. They may be told as a reward for well-doing, and to attach the child to home.

We have in mind an instance which illustrates admirably how temper may be calmed by story-telling. The little daughter of a friend had formed the aggravating habit of throwing herself full length upon the carpet, face downward, and kicking the floor furiously when matters did not proceed to her liking. At first my friend paid little attention to these ebullitions of passion, and allowed the little maiden to kick until smarting toes made her glad to desist, hoping this self-inflicted punishment would soon effect a cure of the fault. She was mistaken. The child had the gift of perseverance.

Finally, the mother decided that something must be done. The next time Miss Lottie's toes made the house resound with their strokes, she stepped quietly to the child, and said in pleasant tones, "Lottie, I wish to tell you a story, and I must tell it now." The last word had a magic effect. Soon the active feet were still. During the next two minutes Lottie appeared to be considering the situation. Then, springing up quickly, she took a seat beside her mother, and listened to a story about a little boy who was accustomed, whenever he became angry, to bump his head rapidly against some door near. This he did, despite punishment, until severe headaches were induced, from which he suffered many years. Not the slightest reference was made to the little girl's misdoing. She was shown, simply, that yielding to passion brings inevitable consequences. The unwise boy could not think as well, read as long, work as hard, nor ever after be as happy as otherwise he might have been. From that day Lottie ceased to vent her ill-humour upon the unoffending floor.

We all have known children to be diverted from what were to them keen sorrows by an entertaining story. Certainly such course is far more humane than to leave the little sufferer to grieve on and on, until his trouble becomes something formidable. Sensitive children are often deeply hurt by the petty slights, taunts, or cruel insinuations of their playmates. A simple story told in a tender way, showing the mother's sympathy, and at the same time teaching a little lesson of moral heroism, often proves a balm for such wounds. Affairs are ever happening out of which the thoughtful mother may fabricate stories for such occasions.

Then, after the child's mind has been turned from his grievance, he may be shown the folly of feeling so deeply hurt by thrusts of that sort. To a degree this arms him against the next attack. And repeated helping may lift him to a height where these venomous shafts cannot reach him. Many such apparently small occasions may be made opportunities for character building in children, could mothers so see them. I have known little ones to be heartlessly left to chafe, worry, and grieve over such wounding, until sleep, more tender than the mother, relieved them of their burden.

There is another admirable use to which stories may be put, and that is the telling them to restless children at their hour for retiring. A child who, otherwise, might lie awake for hours, may by this means be soothed early to sleep. A friend informs me that she has practiced the pretty art, recently, on putting her little daughter in bed, and has found it decidedly efficacious. Formerly, at one moment the child would be found on one side of the bed, and the next moment on the other. There are mothers who leave such children alone to fight the tiresome battle to the end, even though it take far into the night to gain the victory.

We wish heartily that mothers generally would try the story-telling remedy for child insomnia, bearing in mind that for hygienic reasons children should always fall asleep with hearts light and happy. Indeed, when-

ever the arrangement can be made, we advocate the telling of stories at evening for the benefit of all concerned. Of course, they should be stories which will neither excite fear, produce wakefulness, nor cause disturbing dreams. They should help the whole household to forget care, to rest after hard labour, after severe study, or they should be such as will instruct on some interesting subject.

Another topic, Story-telling may be employed to render home attractive to children. The mother need not proclaim that her stories are for this purpose. She is not obliged to disclose to her little ones all her plans for attaching them to the fireside. That step might defeat the scheme totally. Such is the perversity of human nature, that if one knows a trap is set for him, he will take especial pains to keep out of it.

Now just at this point comes in a very pleasant feature of story-telling. The children themselves may take part in the exercise. It is well known that even very young children will learn to tell stories about things they have seen, heard, or experienced in a surprisingly brief time. We are all aware that taking a hand in anything increases our interest therein. So it is with little men and little women. If each member is expected to join the family group at evening, prepared to give an intelligible account of something he has seen, heard, or read during the day, he will not only gladly be present, but he will take a keener interest in the efforts of all the others. Imagine, if you can, the benefits and the charm of an hour so spent each day.

In this pastime, more than appears at first sight, lies an opportunity for training children in important directions. Think how much is included in story-telling. It awakens the child's power to construct, or to create, if that term be better. He is obliged to form sentences to clothe his ideas with words. It involves consecutive thinking—step after step. It develops ability to perceive quickly the lesson or main truth in a story, and to present it with force and clearness.

Now, to do all this is to do momentous things. They may not be done consciously, in a single instance, but they are done. The child but three years of age may make a beginning in this work, and grow therein. Who can estimate the power a child will have acquired by such practice, led along by an earnest, judicious mother through six, eight, or ten years? And who can estimate the improvement the mother herself will have made? Helping her children, she has helped herself wonderfully. Think what evil her little brood has escaped while occupied so pleasantly at home. Think of the development of kindly affection which has taken place in the young hearts meanwhile. Are not all these results worth the striving for.

Again, stories may be told to children as a reward for obedience, for faithfulness in performing tasks, for exercising patience under trial, for practising self-denial, or for bravely bearing pain. And I suggest that stories told for any of these purposes be specially adapted to the circumstances, or, in other words, that they be such as will encourage the child in the thing he has done. If justification of this course be sought, it will readily be found in the way our divine Father deals with us under similar circumstances. I suggest further that, for the benefit of all concerned, these stories be told at evening, when the world, with its pleasures and temptations, is shut out.

Lastly, story-telling may be made a means of cultivating in children a taste for literature, not necessarily the story department of literature, but a taste for history, biography, works of travel, and of science, particularly the sciences of astronomy, botany, ornithology, and entomology.

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[SPECIAL ARTICLE.]

## DANGER OF INFECTION FROM THE SACRAMENTAL CUP.

By H. L. MANNING.

ONE hesitates to criticise long established customs connected with religious observances, and yet considerable has been written and said of late as to objectionable features from the standpoint of a sanitarian, in the mode of administering wine in the memorial supper. In the *Annals of Hygiene* for October, A. Van Derwerken, an American writer, has a very plain and thoughtful article on the subject, in which he sums up his objections to the use of one, two, or three cups at the Communion Table as follows:—1. The custom is unclean. 2. There is a possibility of spreading disease. 3. It is inconvenient and awkward. 4. We are not aware that there is any sanction of the mode by the authority of Christ.

In considering the condition of the wine when offered to the last communicant he says: "Think for a moment of the many through whose decayed and neglected teeth the consecrated symbol has been poured. Consider, if you will, the number of those who smoke; then you have those whose breath is tainted by a disordered stomach or catarrhal affection, and those, too, who suffer from diseased lungs, the breath of each being inhaled into the cup and absorbed by the wine, from all of these there is a dribbling back of mingled saliva and wine, and then decide whether we are not correct in speaking of the practice that now obtains in our churches as unclean."

Under the second heading, as to its possibly being a means of communicating disease, he enumerates sore lips, ulcerated mouths, and incipient forms of diphtheria. He might have gone farther, and suggested the possibility of infection from still more loathsome diseases.

I sympathise with Mr. Van Derwerken when he speaks of having sometimes stayed away from service on days when the communion was to be celebrated, for reasons of uncleanness of the cup, since I must confess to being rather glad of excuse for doing the same, though I have reproached myself for the fastidious feeling with which I viewed the disposal of the sacred elements. But many years ago I was visiting in a town where I was told of a woman who had been a Magdalene and who never suffered herself to go to the table of the Lord for the reason that the condition in which her mouth and gums had been, and still were, made her feel that it would be unsafe for others to touch the cup after her. This made me wonder if every such person were as conscientious, though probably such instances are infrequent.

The third objection, that the custom is awkward, nearly every one will admit, many of the communion cups being exceedingly clumsy.

The fourth objection named is that we have no positive proof that our Lord and his twelve disciples all drank from one cup; in fact, it is probable that they did not, as they had just partaken of an ordinary meal when the ordinance was instituted. Probably the wine was blessed in bulk, and then poured into individual cups. With our own family and friends we are very particular about having our individual cups and glasses—why should we be less cleanly and delicate at the Lord's Table? A sensitive person cannot take wine from a cup used by hundreds without a feeling of repugnance. We should certainly honour Him who yielded up His very life for us equally as much as we do our earthly guests by being scrupulously particular to provide all things cleanly for the memorial feast.

The remedy which Mr. Van Derwerken proposes for this evil, is to let the officers of the church provide as many small cups as there are communicants. These tiny vessels could be made of sterling silver, plated white metal, china, or glass, but preferably the last, because they could be kept clean with less difficulty than silver. They could have handles, and if necessary be flaring at the bottom, and they could be placed upon trays or any other mechanical device, arranged in rows in

pyramidal shapes, which device could have a handle adjusted to it so as to be easily carried, and each little cup could rest in a socket. From fifty to one hundred could be placed upon each tray, and the consecrated wine could be poured into these diminutive vessels and passed around for each person to drink from a cup which no one else had used. In those churches where the communicants kneel at an altar rail, a table or shelf could be arranged on brackets inside, and attached to the altar rail in such a manner as to drop when not required for use. The cups might be placed upon this table of the Lord, and while the persons were in a kneeling posture, the clergyman could hand each one a vessel of the blessed wine.

Since the publication of this article in the *Annals of Hygiene*, the suggestions offered have been tried in several places. It is the custom of the Methodist Church of Norway, America, to have the communicants kneel at the altar rail. Twice as many tiny, tumbler-shaped glasses as the number of persons who could be accommodated at one time were provided, in order that one set might be cleansed while the other was in use. The pastor and the local deacons administered the sacrament. A small tray on the communion table held glasses sufficient to supply all who could kneel around the altar at one time, and into these was poured the consecrated wine. The time occupied by one brother in dismissing the communicants was used by another in getting ready for those who would come next. This was repeated until all had communed, and the number was above the average. "There was no confusion, no mishap, no jingling of glasses, nor was the sacredness of the ceremony at all marred," says one in writing of it. He also adds that the people fell into line as naturally as if it had been their usual custom, and that they voted it a success. Such a practical demonstration is of no small value to advocates of the reform. What has been done by one church can be done by a multitude of others.

It occurs to me that some might find the use of a single flaring silver or crystal bowl with individual spoons a more convenient method than the one mentioned above. Probably the greater number of communicants would prefer to come provided with his or her own, and in these days of the craze for souvenir spoons, why might not one be sacredly set apart for this use? As to those provided by the society, silver plated spoons could be procured at no very great expense, since the service is observed so infrequently that single plated ware would probably answer if no better could be afforded. Better than this would be the use of special aluminium spoons, which could be kept bright and clean equally as well as silver, and would be less expensive. A ladle-shaped spoon would be the most convenient, and this form appears in some of the souvenir spoons.

It is of great importance that this much needed reform be brought about; the manner may be widely varied to suit the needs or conveniences of different church organisations and communities.

**VENTILATION OF SCHOOL ROOMS.**—A word concerning ventilation may be useful. There is hardly a properly ventilated school-room to be found anywhere, especially if the number of pupils in it is large. Few realise how much fresh air is necessary to keep school-room air pure. One otherwise well constructed ought to have its air changed once in fifteen minutes. Of course, in warm weather the windows are kept open all the time, and this answers all needs; but in colder weather, in addition to ordinary ventilation, if the air could be changed every fifteen minutes it would be none too frequent. This will no doubt be considered impracticable; but once in each half hour or hour at least, a thorough sweeping out of the air in the room by wind ventilation ought not to disturb the order of school routine, and the better work done by the pupils will more than compensate for any loss of time. In addition to this, air should be admitted through every window by small openings between the sash, made by raising the lower sash a little and dropping the upper one a little. This brings fresh air into different parts of the room without draft or chilling of the pupils and helps to keep it tolerably pure.

## TIRED FEET.

**W**ALKING heats the feet, standing causes them to swell, and both are tiresome and exhaustive when prolonged. There are various kinds of foot baths, and authorities differ as to their value. Hot water enlarges the feet by drawing the blood to them; when used they should be rubbed or exercised before attempting to put on a tight boot. Mustard and hot water in foot bath will prevent a fever if taken in time, cure a nervous headache, and induce sleep. Bunions, corns, and callousness are Nature's protection against bad shoe leather. Two hot foot baths a week and a little pedicuring will remove the cause of much discomfort.

A warm bath with an ounce of sea-salt is almost as restful as a nap. Paddle in the water until it cools, dry with a rough towel, put on fresh stockings, have a change of shoes, and the woman who was "ready to drop" will have a very good "understanding" in ten minutes. The quickest relief from fatigue is to plunge the foot in ice-cold water and keep it immersed until there is a sensation of warmth. Another tonic for the sole is a handful of alcohol. This is a sure way of drying the feet after being out in the storm. Spirit baths are used by professional dancers, acrobats, and pedestrians to keep the feet in condition.

## HYGIENIC TREATMENT OF BRIGHT'S DISEASE.

**B**RIGHT'S disease is the name of a condition of the kidneys which should more properly be called nephritis and may exist in many forms. In its simplest form it is curable, provided the patient is not too old, has a fairly good constitution, and a healthy heart. When the heart is affected there is little hope, and a fatal issue is probable after a lapse of time difficult to determine. If the malady takes the form of a shrinking of the kidneys it is the same; all that can be done is to alleviate the sufferings of the patient and prolong his life. All violent exercise and alcoholic drinks must be avoided; also such vegetables as asparagus, which excite the action of the kidneys. The patient should live upon milk diet, and while in bed the upper part of the body should be kept rather warm. Dry heat is preferable, and a sojourn during winter in some mild climate is very beneficial. Turkish baths produce good results. Moderate exercise is necessary and the skin should be kept very clean and healthy by friction, sun-baths, warm clothing, &c. All colds must be avoided as they greatly aggravate the disease.

Bright's disease is in its nature a catarrhal condition of the kidneys, as bronchitis is of the lungs, or a cold in the head. There are degrees of inflammation, some being very superficial, others deeper seated. There is no doubt but in the future we shall be able to cure far more cases than are cured now.

Many persons imagine they have Bright's disease if they feel a pain in the back or if there is more or less deposit in the urine. Generally, however, this deposit does not indicate diseases of the kidneys, but consists of urate of soda, uric acid, and other abnormal products of nutrition which Nature throws out through this channel. Bright's disease is best diagnosed by a careful microscopic examination of the urine and other tests. It would not be so serious were not the kidneys so important organs, and so necessary to life and health. Let their functions cease only for a short time, and the products which they throw off would accumulate in the system, and poison the person so he would die as surely as if he had taken arsenic.

Some of the chief causes of this disease are: Taking cold which settles on the kidneys, instead of the throat and lungs, excessive eating of very rich and highly nitrogenised food, and the use of alcoholic articles, especially lager beer. The first causes congestive inflammation, and the others overworking of these organs and a consequent weakening of them.

The best preventives are, the avoidance of



these causes and keeping the skin healthy and active by proper bathing and friction. As we avoid a cold on the lungs by bathing so we avoid a cold on the kidneys by the same means.

[SPECIAL ARTICLE.]  
**WHAT TO EAT AND WHAT TO AVOID.**

**NUTRITIVE VALUE OF FOODS.**

**PART II.**

THE potential energy of the body is represented by the amount of material it contains that can be oxidised, that is, that can by union with oxygen be transformed into active or kinetic energy, as shown by heat evolved, or muscular work done. Heat and force, or work done, are so correlated that one can be measured by the other, and by burning food, that is by oxidising it, in or out of the body, and ascertaining how much heat it will produce, we can determine just how much force, or power to work, a certain amount and kind of food will furnish. The unit of calculation is called a calorie, and is the amount of heat that will raise 15,432 grains of water one degree in temperature, by a centigrade thermometer. For purposes of estimating its mechanical energy we illustrate by saying that the amount of heat required to raise the temperature of one pound of water to one degree Fah. is the equivalent of power to lift one pound avoirdupois 772 feet high. The following table represents the amount of heat and force value of various foods.

Table from Frankland showing the force producing value of 15,432 grains of various articles of food :—

List of Foods.	Heat Units.
Cod-liver Oil.....	9·107
Beef fat .....	9·069
Butter.....	7·264
Cocoa-nibs .....	6·873
Cheese, Cheshire .....	4·647
Isinglass.....	4·520
Bread-crust .....	4·453
Oatmeal .....	4·004
Flour .....	3·936
Pea-meal .....	3·936
Arrow-root .....	3·912
Ground Rice .....	3·813
Yolk of Egg .....	3·423
Lump Sugar .....	3·348
Hard-boiled Egg .....	2·386
Bread Crumb.....	2·231
Lean Ham, boiled.....	1·980
Mackerel .....	1·789
Beef, lean .....	1·567
Veal.....	1·314
Guinness Stout.....	1·076
Potatoes .....	1·013
Bass Ale. Alcohol reckoned.....	·775
White of Egg.....	·671
Milk .....	·662
Apples .....	·660
Carrots .....	·527
Cabbage .....	·434

If we take the force value reckoned above, and accept the calculation of Prof. Helmholtz that the human system is capable of utilising one-fifth of the actual energy developed by oxidation for external work, we can better understand the following table after Prof. Frankland :—

Weight and cost of various articles of food that would require to be burned in the system, to raise the body of a person weighing 140 lbs. to the height of 10,000 feet.

List of Foods.	Weight in lbs. required.	Price per lb.	Cost.
		s. d.	s. d.
Cod-liver Oil .....	0·553	3 6	1 11½
Beef fat .....	0·555	0 10	0 5½
Butter .....	0·693	1 6	1 0½
Cocoa-nibs .....	0·735	1 6	1 1¼
Cheshire Cheese .....	1·156	0 10	0 11½
Oatmeal .....	1·281	0 2½	0 3½
Arrow-root .....	1·287	1 0	1 3½

List of Foods.	Weight in lbs. required.	Price per lb.	Cost.
		s. d.	s. d.
Flour.....	1·311	0 2½	0 3¼
Pea-meal .....	1·335	0 3½	0 4½
Ground Rice .....	1·341	0 4	0 5½
Lump Sugar .....	1·505	0 6	0 9
Hard-boiled Eggs ...	2·209	0 6½	1 2½
Bread .....	2·345	0 2	0 4¾
Lean Ham, boiled ...	3·001	1 6	4 6
Mackerel .....	3·124	0 8	2 1
Lean Beef .....	3·532	1 0	3 6½
Lean Veal.....	4·300	1 0	4 3½
Potatoes .....	5·968	0 1	0 5¾
Apples .....	7·815	0 1½	0 11¾
Milk .....	8·021	5d. pr qt.	1 3½
White of Egg .....	8·715	0 6	4 4½
Carrots .....	9·685	0 1½	1 2½
Cabbage .....	12·020	0 1	1 0¾
Guinness Stout .....	6¼ btls.	10d. pr btl.	5 7½
Bass Pale Ale.....	9 btls.	„ „	7 6

From these tables one may readily be guided in the selection of foods which give the very best results for heat and force production, at smallest cost. They demonstrate that the flesh of animals is not a necessary article of diet in order to supply the body with heat, or endow it with strength.

In making a selection of foods, consideration should be given to the season of the year. In summer, when the heat is more or less extreme, there is little necessity for heat-producing food compared with winter. Care should be taken not to overload the system with carbonaceous material during the hot months.

A great variety of foods at any one meal is objectionable on the score of health, good taste, and economy. In case of feeble digestion, particularly, three or four kinds, well prepared, will be more easily cared for and appropriated to the upbuilding of the organism, than will a greater number. It is better to secure variety from day to day, or from week to week, than at any one meal. The appetite will be keener, and the food will be more thoroughly appreciated, digested, and assimilated.

**HYPNOTISM IN CHURCH.**

SLEEPING in church is by no means an uncommon occurrence, and the fact that people so often go to sleep in church is usually put down as a proof that the clergy are poor preachers. This, however, is far from being the real cause. I am inclined to think, says Josiah Oldfield in the *Vegetarian*, that a sort of hypnotism is far nearer the truth.

Hypnotists usually proceed to act on the brain through the eye, but in churches the ear is the organ which is chiefly affected.

Ordinarily the result is produced by a peculiar stimulus applied through the optic nerves by a long continued gazing upon a bright spot. The iteration of the same sensations seems to produce a species of temporary paralysis of certain brain centres. In a similar way the services of the church act upon the brain chiefly through the ear.

The whole arrangement is very scientifically correct. At first the periodicity of the alterations is short; then there is a little music while the people sit; they stand for a few moments; they kneel and speak; they stand and sing; they sit and listen; gradually, however, the periods lengthen and the variations are less, till—apart from one or two small breaks—the people are put into a state of silent listening to a monotonous voice pitched in a specially soporific key, reciting words with which by constant recitation they have become perfectly familiar. They thus require no effort of mind to follow, but are more and more lulled by the sequential rhythm of sound into a state bordering upon the hypnotic, so that by the time the sermon is reached an irresistible somnolence too often pervades a large portion of the congregation.

An incidental proof of this is seen in the fact that when several clergy are officiating and one has a voice wholly out of harmony with the others—an out-of-tune voice—the hypnotising tendency of the service is prevented. In the same way when there is only one priest or deacon officiating, and his voice jars and breaks the harmony, the people have not the same tendency to sleep during his sermon, however poor a preacher he may be.

How far the power of the priesthood over the people has in all religions been increased by the quasi-hypnotising services which have preceded their speeches or sermons is difficult to say, but the lines which the Reformation eventually took seem to me to be just as much a protest—an unconscious one I admit—against the hypnotising power of the ceremonial of the Roman Catholic Mass as against the dogmas which the Church of Rome has attached to the primitive Catholic Faith.

In so-called “dissenting” churches the tendency has always been to break up the service by continually giving the congregation pieces in which they had to take part, and further keeping their attention more strained by much that is impromptu and variable. They lay less stress, too, upon the regular attendance at church, and the result is that their priesthood as a whole has less authority over their laity. The celebrants are men and are treated as such—if exceptionally good they are exceptionally honoured, but if individually faulty are individually condemned—but in those churches where the quasi-hypnotic service is an integral part, and where a regular attendance at it is required of members, we find the power of the priesthood remarkably increased, and they are regarded no longer as men but are looked up to with that peculiar reverence and awe with which the hypnotised always regard their hypnotiser. This holds good whether we go to the oracle of Apollo or the fetish worship of the King of Dahomey, whether we go to the temple of Isis, or to St. Peter’s at Rome.

**HOW TO PREVENT WRINKLES.**

WRINKLES are to a certain extent preventable. It is the habit of raising the eyebrows in speaking, turning the corners of the mouth down in contempt or discontent, the frequent frown in reading or thinking, or other needless grimaces which carve ugly lines even on very youthful faces. *Harper’s Bazaar* gives some practical suggestions on this subject: “Many wrinkles may be avoided by the woman who will takes some pains with her expression when she is by herself. She who bends over her book, her desk, or her sewing with knitted brow and compressed or working lips need not be surprised if her face refuses to smooth itself when she turns to other employments. It would cost her very little trouble to avoid such tricks of feature.

“There are other ways too of retarding the approach of wrinkles. The woman whose face lines have a downward droop should wash and dry it from the chin upwards—so say the wise ones—and she should wipe the eyes from the outer corners towards the nose. She should avoid all such habits as lifting the eyebrows, drawing down the corners of the mouth, making *moues*—or, in plain English, grimacing. A potent aid in preventing wrinkles is said to be a few moments of absolute facial repose taken several times a day. With closed eyes and relaxed features, the wrinkle-hater should remain in perfect placidity, resting her soul on the thought that she is retarding the march of time—or, at least, its visible progress upon her physiognomy.”

But as thought is the chisel which is continually at work with the features of every human being, would it not be wiser not to think of the wrinkles at all, lest such anxious thought-taking should be all the more plainly manifested in the deepening of the disagreeable lines. Looking away from the self and the condition so feared, directing the thought to something especially restful and soothing would be a more profitable use of time and it would assuredly be promotive of better results. Serenity of mind is made to serenity of expression, and fretful, distressed, or worried thought leaves more unsightly lines on brow and cheek than the flight of the years.

When the lower half of the countenance, measured from the nose downward, is divided by the mouth into two equal parts seen in profile, the indication is of stupidity.



## EFFECT OF LIGHT ON NUTRITION.

**L**IGHT is of great importance in promoting the nutrition, and it acts in a favourable way in this respect. There were even times when light was invested with an exaggerated influence, when light and shade diseases were acknowledged, and when statistical tables were made to show the influence of light on mortality. It is not amiss to examine how far the action of light participates in certain modifications of our health, which are usually ascribed to air and heat alone. One can never behold children who have lived in lightless basements or in houses situated in dark streets, bloom up during a sojourn in the country, nor, as happens every year to those children in cities sent by kind friends for a week or more in the country, view the successful working of vacation colonies, without asking whether the greater abundance of light was not a material element in this invigoration. And the strong illumination near the sea—is not also to its action the curative influence partly due which children, playing on the seashore, derive from a sojourn at a sea resort? Is not the beneficial effect of motion in the open air partly dependent on the co-operation of light? These questions are not wholly idle in times in which it is often supposed that motion in the open air might be replaced by gymnastic exercises in rooms; in which highly ingenious machineries are constructed under the name of ascension apparatuses, &c., for the purpose of affording the enjoyment of these exercises in some back room. It is always to be considered that besides air, heat, and motion, light is a potent element in all that concerns the healthy development of man, and to the well founded hygienic demand for more air should be added—not only in a metaphorical sense—Goethe's last request: "More light!"

From this we may also infer that exercise in gymnasiums has not nearly the value it has in the open air. The Greeks knew this, and had theirs where much light was present, and many of these exercises were out of doors. So far as possible we should do the same. Light is a wonderful stimulant to the bodily functions.

## A CURE FOR DYSPEPSIA.

**A**SALLOW-FACED, unhappy-looking man came to Dr. B.'s consulting room one day when the writer chanced to be present. He wanted some medicine for dyspepsia. Among other questions, the doctor asked, "How long a time do you usually spend at dinner?"

"I don't know, exactly," replied the patient. "Ten or fifteen minutes, perhaps."

"Does your food taste good?" Dr. B. asked.

"That it does," was the reply, "but half an hour after I've eaten it I'm near dying with distress."

"Do you drink much with your food—tea, coffee, or water?"

"A pretty considerable amount," answered the man.

"Yours is a very grave case," said the doctor, "but I can help you if you'll follow my directions."

Dr. B. gave the man a dark-coloured mixture in a bottle and said: "Now, it is of the utmost importance that this medicine be taken properly. Put a teaspoonful into your cup of tea or coffee at each meal; stir it in thoroughly, and with each mouthful of food take a very small sip, and then chew, chew, chew, in order to mix it completely with the food. Do this and report to me in a week."

Two weeks later I saw this dyspeptic again, but I scarcely recognised him, he was so much improved in looks.

"That medicine of yours works like a charm," he said to the doctor, "I've about forgotten that I have a stomach."

"That's good," responded Dr. B. "Continue taking it in the same way for three months, and you'll be a new man."

Then, as the man went out, Dr. B. said to me: "The whole story of that man's cure is in the word mastication. It is merely what I said to

him, chew, chew, chew; but he wouldn't have believed it without the medicine, which was the simplest. The man was bolting his food, and I stopped it."

## A CITY OF LUNATICS.

**A** WRITER in *The Outlook* gives an interesting account of a visit to Gheel, "the City of the Simple," as it is styled, from which we extract the following:—

Taking the train east from Antwerp, I was soon set down at my destination, which I found to be a quaint, old-fashioned little town, apparently in no way different from the toy-like towns and villages to be found all through Flanders. It was pierced by a long, straggling street bordered with two-story whitewashed houses; and a couple of inns, externally plain, but internally roomy and inviting, offered there accommodations to the weary traveller. It was to all appearances a prosperous community, and, considering the fact that a large proportion of its inhabitants were unconfined lunatics, it was to me an unexpectedly quiet one.

I put up at the inn called the "Armes de Turnhout." My host and hostess were a handsome young couple, full of life and gaiety, and most attentive to the necessities and comforts of their guests. A few hours' chat with them put me in possession of a number of most interesting facts, and prepared me for my subsequent encounters with some of the afflicted dwellers within the gates.

In the parlour of the hotel where I sat that evening, there were gathered ten or twelve *habitues* of the place, some sipping their beer and smoking, others reading, and several engaged in playing dominoes. To pass the time, I had picked up a Flemish newspaper, when presently there came through the open window the loud, commanding voice of someone in the street below.

"Poor fellow," said one of the guests, as we looked out together, "he imagines himself to be Napoleon, and he is giving orders to his troops, who are gathered for the Battle of Waterloo. He is quite harmless. See?"

And, lo! as the lunatic was giving the word of command to his imaginary legions to wheel and charge in battalions, a little fellow of six plucked the skirt of his blouse and whispered a word in his ear, when, quick as a flash, the *soi distant* emperor was transformed into a quiet, humble, shamefaced man, who, with shambling step and downcast eye, suffered the boy to lead him into an adjacent cottage.

I utilised this incident to start a conversation with the man who had acted as my informant. I found him quick and intelligent, and I thought he was, like myself a visiting stranger, so that what followed gave me one of the greatest surprises of my life. We had got into a discussion upon the policy of the Government, and our argument had grown somewhat warm, when suddenly the man arose and exclaimed: "Listen to me, monsieur. Evidently you do not know to whom your are speaking. I am the presiding genius of this country, and without me Belgium could not exist a day. I pass my time in reading the papers and studying events, and every night I send my orders to the King, who is a mere puppet in my hands. And now, sir, good-night; for the hour has come at which this solemn duty demands my undivided attention. Another time I advise you to find out who you are talking with before you express your opinions so dogmatically." And with that he marched out of the room.

It was not long before I found out that most of the others were also monomaniacs. One of the domino-players shortly afterwards rose and started off towards the railway station. He was continually expecting a case of wine, which never came. Day after day he went there on the same errand, always receiving a hopeful answer from the porter, who understood his case, and going away satisfied. One of the company thought he was the moon, and could not be persuaded to go out-of-doors until evening came. Another imagined himself to be made of glass, and was extremely careful in his movements lest he should break himself. The fifth had an idea that a sum of money was concealed in the lining of his coat. "Feel them for

yourself. Hear them chink," he would say, shaking the garment, and then he would go on sorrowfully, "But I can't get them out; I can't get them out. I have often picked the seam, but its no use. Still, they are there plain enough—chink, chink! Don't you hear?"

Gheel has a legend which gives to a heathen King of Ireland the credit, or discredit, of bringing about its beginning as a resort for those afflicted with mental disorders. Dymphna, whose canonised name is revered by these people, being persecuted by the King, her father, fled from her home and found her way to Gheel, where she entered a convent. Hither she was tracked by her inhuman parent, who, in a fit of rage, smote off her head with his sword. Among the witnesses of this cruel murder were a number of lunatics, who, by the fright they received, were instantly restored to reason, whereupon the bystanders cried out, "A miracle! A miracle!" and proclaimed throughout the adjacent country that God had indicated the purity and devotion of the Christian virgin by thus causing her death to be the means of restoring reason to the unfortunate.

This happened in the seventh century, and so for twelve hundred years Gheel has been "the City of the Simple," and the people became expert in their peculiar methods of treatment. The place now numbers over ten thousand inhabitants, nearly two thousand being lunatics who have been sent from various parts of Europe to receive the benefits of the Gheelois system.

Unlike the insane of other communities, the patients at Gheel are not confined in asylums, but are lodged in families, where they have perfect freedom, and can hold constant intercourse with their kindly hosts. They come and go as they please, play with the children, of whom they are almost invariably fond, and if they desire to do so, partake of the labours and share in the pleasures of the family which has them in charge.

Of the many stories told to illustrate the tact of the Gheelois in dealing with those under their charge, I pick out the following:—

One *nourricier*, a cobbler, was keeping a patient who continually threatened suicide. After studying his boarder for some time, he said to him: "Look here, Yvon, you've talked of this so often that I am quite tired of the subject. I am persuaded that you are right, and that the best thing you can do is to try the window, since you are not satisfied with going out of the door."

"But I shall be killed!" exclaimed the lunatic, completely taken aback by the coolness of his host.

"Oh, that is your look out! See here, I'll help you as far as opening the window goes, but the rest you must do for yourself." The cobbler rose and deliberately opened the lattice.

"Now, Yvon, I am going down to dinner, so I'll say good-bye."

The lunatic looked at him a moment in surprise, and then calmly walked up and closed the lattice, remarking, "To dinner, did you say? Well, I don't mind if I dine too; I can do this afterwards."

Another case is told of a woman being threatened by her charge, who came at her brandishing a pair of scissors, intending to stab her. Holding up her child between herself and the madman, she made him retreat until finally he fell into a chair, whereupon the woman threw the child into his lap, and rushed out of the room. The little one, thus roughly treated, began to scream, and, the thoughts of the maniac being drawn from himself, he forgot his purpose and was heard a moment later soothing and pacifying the crying infant. Of course, the mother knew that her child was as safe with him as with a person in the full possession of his faculties.

**A FEW RIDDLES SOLVED.**—Feet have they, but they walk not—Stoves. Eyes have they, but they see not—Potatoes. Teeth have they, but they chew not—Saws. Noses have they, but they smell not—Teapots. Mouths have they, but they taste not—Rivers. Hand have they, but they handle not—Clocks. Ears have they, but they hear not—Cornstalks. Tongues have they, but they talk not—Wagons.

**TO TOBACCONISTS** (commencing).—*Illust. Guide*, 259 pages, "Post Free." How to Commence. £20 to £1000. Tobacconist's Outfitting Co., 136, Euston Rd., London. Manager, Hy. Myers. Est. 1868. Smoke "Pick-Me-Up Cigarettes."



## UPON THE COMPLEXION.

"WHAT a lovely colour!" We often hear this sentence from the lips of many of our young ladies when they behold the true rosebud of health upon the cheeks of their fair sisters. What a contrast to the waxy hue of the anæmic girl. Here the same exercise which brings the blood tingling to the cheeks of her companion means to her fatigue, weariness, and exhaustion. Indeed, she gets even paler under the ordeal, the blood leaves the lips and the muscles tire of the exertion. Have you ever considered what the difference between these two states is due to? No; probably not. And yet it is possible, and not difficult either, to replace the colour in the bloodless cheek, give redness to the lips, and energy to the muscles. Simply by the administration of iron—the natural purifier and life-giving principle of the blood. Do not think it can be done by Bland's pills, iron pills, and other insoluble compounds of iron, for these derange the stomach, or set up constipation, and the system cannot stand such rough treatment. Take, instead, two Bipalatinoids of Carbonate of Iron three times daily after meals. You can swallow these more easily than pills; they will not blacken the teeth like iron mixtures, and you will experience no inconvenience after taking them. Do this regularly for three weeks, do not despair, and in that time you will feel better, look better, and play better. On no account give up healthy outdoor exercise, but take it in moderation, and cease when you feel tired. Nourish the system by taking meat foods, and abstain from excess of pastry. "Early to bed and early to rise makes people healthy, wealthy, and wise" is an old axiom whose injunction is specially applicable to the anæmic. It will make them healthy; we cannot answer for the wealth and wisdom. A tablespoonful of plain Cream of Malt directly after a meal is a fine tonic, and should be taken in conjunction with the above treatment. Follow the rules laid down above, and the anæmia will quickly disappear.

## GLEANINGS.

THE LOST DINKELSPIEL.—The tricks of the absent-minded furnish an unfailing storehouse of humour, and the oddest feature of it is that there are so many "stock stories" on the subject. Have absent-minded people done the same things over and over again through all the ages, or have jokers simply copied or modernised the old stories? We have all heard of the man who forgot his own name and had to walk the street till he met a friend who addressed him by it; of the man who ran against a cow and said, "I beg your pardon, madam," and of the man who put the filled teakettle in his favourite easy chair and set himself on the hot stove, "and did not find out his mistake till he began to sing;" but the Germans have the best hero in that line, and his name is, or was, Dinkelspiel. Dinkelspiel was so absent-minded that he was forced to write on a slip of paper the position of his clothing on retiring, so that he could find it again in the morning. One night he made out his slip as usual in this style:—"Shoes on floor, trousers on chair," &c., and

finally, "Dinkelspiel in bed." On arising he found everything just where he had placed it, until he came to the bed. Horrors! it was empty. A strange fear overpowered the poor man. Had he been kidnapped during the night? It was evident since he was no longer in the bed. Hastily attiring himself he ran to the police headquarters to give the alarm. Dinkelspiel was missing, and he must be found. Terror at his awful fate completely unnerved him. He tottered home and went to bed, a prey to high fever. When the police arrived at the house to look up a clew they found Dinkelspiel in bed. The poor man's joy at being recovered can more easily be imagined than described.

THE PHYSICIAN AS HE IS.—Search the world over and nowhere is to be found a class of men so self-denying, or self-sacrificing of personal convenience and comfort, as are those of the medical profession. They minister to suffering and diseased fellow beings without stopping a moment to count the cost—the indigent pauper receiving the most careful and skilful attention as the most wealthy in the community. Neither hoping nor expecting compensation, he renders the service as gently and conscientiously as the priest ministers final consolation to the soul. The fact is not at all fully appreciated by the laity, some of whom complain of physician's exorbitant charges.

HOW MINERS LIVE IN CHILL.—The nine or ten thousand workmen in the copper mines of this country (Chili), says Francisco Perez in the *Vegetarian*, live upon wheat bread, haricots, dried figs, and buckwheat cakes. Meat eating is exceptional, and is placed quite beneath the vegetable diet. These miners are strong, anæmia is unknown among them, and they would be some of the finest specimens of humanity, were it not that they give themselves up to alcoholic excesses three or four times a week, and thus are subject to fevers and liver diseases. The experiment of giving them meat in place of a purely vegetable diet has been tried, with the result that they did less work; many of them were considerably debilitated, and from choice went back to their grains, fruit, and black bread.

## "LA MALADIE DES MEDECINS."

MUCH has been written upon the diseases of occupations. Whilst that insidiously progressive change in and around the vascular system which ultimately pervades, like the vessels themselves, every organ and tissue, and which has received the name of arterio-sclerosis, cannot correctly and exclusively be termed the disease of any given occupation, there appear to be reasons for believing that some forms of that ailment specially affect those who follow certain callings. M. Huchard, in his careful treatise on Diseases of the Heart, speaks of it as the disease of physicians, politicians, and financiers, and ascribes the special liability of these classes to their practising professions in which the factors of emotion and overwork have a wide influence. We need not here lay too much emphasis on the self-denial and hardships of the medical profession. It will be admitted that we have our share of those human heritages, and that we rarely eat the bread of idleness; our increment is duly earned, if not always punctually paid. Before the immediate factors in arterio-sclerosis come into play there are antecedent conditions, inherited or acquired, which may call into activity the vitiated metabolism which seems to be potent ultimately in promoting the vascular changes referred to.

The majority of those who adopt the career of medicine from some higher motive than the mere acquisition of means for sustaining life, and exercising the usual functions of humanity become members of an honourable calling ruled by tradition, and a largely unwritten, but, nevertheless, well-known code of honour. There is nothing more easy than to disregard the "rules of the game," and by methods which

we need not further particularise, to gain more or less wealth and, it may be, ease. "As a man sows, so shall he reap." "These, therefore, have their reward." With either their emotions or their overwork we are in no way concerned. The physician, on the other hand, who, having equipped himself for the responsibilities of his calling, has frequently to learn to wait after he has learned to labour, undergoes an ordeal in which one phase of emotion—i.e., suspense—has full scope for influence. Many a prematurely grey head is eloquent of such influence. When, moreover, what has been termed the "ignoble melancholy of insufficient means" has been survived, it is greatly to the credit of a large proportion of our brethren that they have sufficient heart left to be touched by the sorrows of those with whom their calling brings them in contact. Nor is the scope of their emotional nature left unexercised by the too-frequently observed ingratitude of patients. It is not that they regret the loss of remuneration under these circumstances, but that there is something in human nature which, having gone loyally out to aid the distressed, feels the pain of unmerited repulse keenly. Finally, the physician has his share of the joys and sorrows of his race, and shares also in the ordinary vicissitudes of fortune, feeling them perhaps more acutely because a considerable proportion of his class, like that of all the higher callings, is more or less of a neurotic type. These factors, no doubt, have some influence on that variation in, and over-activity of, the vascular system which predisposes to cardiac and vascular change.

When to these morbid causes we add that kind of overwork which the majority of our profession who are busily occupied have to undergo, we feel disposed to agree with M. Huchard when he regards arterio-sclerosis as specially liable to attack medical men. Apart altogether from irregularity in taking food, and the more fatal interruption of periodic rest, the hydraulic strain to which the active human body is submitted is frequently very great. In these days of demands for shortened hours of labour it is at times forgotten that the hard-worked practitioner is frequently continuously occupied for consecutive days and nights, a labour for which the human body was never intended, and which it cannot sustain with impunity. Before the final breakdown, however, the vessels seem to strive to emulate the heroism of the slave to inexorable duty or necessity, and undergo that fallacious increase of development—that arterio-sclerosis—which is the beginning of the end.

How is this vicious sequence of events to be arrested or avoided? Naturally by a diminution of anxiety and an avoidance of overwork. Speaking from experience, we feel the mockery of this lame conclusion. We do not by any means concede, however, that nothing can be done by medical men—and we refer, of course, to overworked medical men—to lead a more rational life than is sometimes done. The experience of life teaches us all sooner or later that the anticipation of pain or of pleasure is often greater than the reality, and just as the unexpected sometimes happens, the expected frequently does not. Much unnecessary worry may be avoided by a vigorous prosecution of the duty of the hour. "Sufficient for the day is the evil thereof."

The practitioner's holiday, again, is not to the majority a luxury, but a necessity, and except in obedience to the call of an unavoidable duty should never be postponed too long.

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## THE CURE OF CONSUMPTION

CHRONIC BRONCHITIS, ASTHMA, & CATARRH. By E. W. ALABONE, M.D. Phil., U.S.A., F.R.M.S., Late M.R.C.S. Eng., late Consulting Surgeon to the Lower Clapton Orphan Asylum, &c., Lynton House, Highbury Quadrant, London, N.

By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIRN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous, I had no less than 60 cases of cure last year."

"The FAMILY DOCTOR ought to have a very Wide Circulation."—*Weekly Dispatch*.

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The variation of days of toil by rational amusement, we need scarcely say, is highly important, but the amusement must be that of the worker who is pausing before renewed effort:—

To rule and at the same time follow pleasure—

A grievous error! he who would command  
Must in commanding find his happiness.

For the rest, as regular a repair as possible of the wasted tissues by an appropriate quantity and quality of food and an endeavour to avoid increasing in any way the labour of the over-worked circulation are rational indications in the preventive treatment of that form of arterio-sclerosis with which we are at present concerned.—*Lancet*.

## SURGERY IN THE KITCHEN.

### ONE WAY TO SAVE A DOCTOR'S BILL.

THIS little article has for its modest aim the designation to the busy bees of the kitchen, a few of the important, though often considered minor, points in the proper treatment of little wounds received during the fulfilment of the housewife's duties. There are dangers in neglecting even the prick of a pin. The germ theory and the antiseptic treatment of wounds have opened up a new realm to the M.D., and as the intelligence of the public grows, there is less need for a doctor from year to year. Will we ever be able to get along entirely without one?

What are the requirements of perfect wound treatment? Cleanliness first, last, and all the time. This is said to be the foundation of antiseptic surgery. How can we secure it? No germs can live or develop where there is extreme heat. When you injure yourself while cutting bread, scraping potatoes, sharpening your carving knife, or in any other way, procure immediately some previously boiled water into which you have thrown a few drops of pure carbolic acid, and after you have checked the bleeding, not by cobwebs, but by pressure, applied by means of a constricting band of rubber, or a twisted piece of cloth, wash the injured member in the carbolized water. Have always in the house some absorbent cotton, and some old, clean linen, which should be in strips from two to four inches wide, and from a half-yard to a yard long. After the wound has been made perfectly clean, dip some layers of cotton into clean carbolized water, and press out the excess of liquid, then apply over the wound, and wrap up with the linen strips. The wound will heal beautifully. A bottle of collodion, some ammonia water, and a vial of tincture of iodine should be in every house.

If the baby should be scratched by pussy, don't be contented with kissing away his tears, but in connection with affection, apply ammonia, and in a mild way cauterise with it the excoriation. Pussy's claws are not always clean, and dirt particles, however small, may give rise to trouble.

If Mary scalds or burns herself severely, make immediately a paste of carbonate of soda, flour, and water, and cover the burn with it completely. In a few days, perhaps a week, as burns heal slower than any other wound, the result of proper treatment will be seen, and perhaps a doctor's bill will be saved. Don't use linseed oil and limewater, as it becomes hard and encrusted over the tender surface, causing pain when it has to be removed; whereas the soda paste is delightfully cooling.

## RUPTURE.

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B. F. ATKINSON,  
7 Mill St., Hanover Sq., London, W

Should Tommy knock his little nose severely enough to cause bleeding, have him snuff a pinch of powdered alum, and often it works like magic.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### WHITE HANDS AND GRACEFUL FIGURES.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I notice in this week's paper it is stated in the Editorial Column that good health is necessary even to have white hands and a graceful figure, besides a clear complexion, &c. I wish respectfully to prove the contrary. Near here there are at least seven members of our family who do not enjoy really good health. Chronic indigestion, lassitude, head-ache and tendency to colds is more or less common amongst the female portion, though the men have all robust health. Yet my sister-in-law and sisters have all undoubtedly slim, graceful figures, and in the majority of cases remarkably white shapely hands, though we can none of us boast of good complexions. Nice hands are only a matter of constant gloves—that is, if the nails are pretty by nature and well kept by the individual. We are all tall, and take great pains to keep our waists small by care in what we eat, and the constant wearing of low but very tight corsets. The looseness of our stays is to ensure a flexible, graceful carriage instead of the stiff, wooden appearance of very stiff, tightly-laced corsets. We have often been told, by doctors and others, that the excessive tightness with which we compress our waists has much to do with our constant indigestion and head-aches, also tending to spoil our complexions, though the care we take to keep out of the sun and wind has made them very smooth. Personally, I am vain of my hands, though my face is rather sallow, and apt to flush in the evening. My hands, from wearing gloves nearly all day, indoors and out, and always sleeping in them, are as white and smooth as wax, the veins never showing, even when I am hot. My waist is confined night and day, generally by a very tight belt at night. This is very painful at times, but I have the smallest waist in the family, though the tallest girl, and any sacrifice is worth making to keep myself in an inch smaller than the rest. My daughter of twelve has inherited the family love of slim waists, and does not complain, though I keep her buckled in with a broad belt day and night, her figure being quite moulded inwards already to a very small size, and spreading out at the hips. The end of each month I draw her in one hole tighter before she puts on her clothes, and keep the belt on four days and nights to accustom her to the pinching. Her hands are small and well shaped, and, being nearly constantly gloved, are getting as white as mine. Her complexion is not good, though she has a good appetite, and rides and walks some hours every day. IRISH BEAUTY.

#### HIGH HEELS AND TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I have been very much interested in the excellent letter of "Science and Art" on "Tight-Lacing and High Heels." My wife, who has naturally a good figure, has been induced by perusal of the correspondence to lace somewhat tightly; but fears of evil results have prevented her from doing so to the extent either she or myself would like, but the letter of "Science and Art," giving the experience of his wife, has convinced her that she could bear to lace much tighter (her present size is nineteen inches), but, as example in this respect is better than precept, would it be possible, without intruding on the privacy of either "Science and Art" or his wife, to arrange in some way so that a glimpse might be taken by the writer and his wife, of the dainty form, tiny waist, and high heels of "Moderation." BRIGHTONIAN.

#### LADIES' GLOVES.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—May I thank "Admirer of Pretty Feet," through your courtesy, for the interesting facts he mentions with regard to ladies' gloves. I think beautifully-fitting kid gloves might with every advantage be more generally worn. I regret not to have seen any replies respecting the wearing of kid gloves of perfect fit when being photographed, or any particulars or ideas thereon. I have myself lately photographed ladies wearing exquisitely-fitting black and fawn kid gloves with delightful results. I should be glad to hear of other experiences.

ADMIRER OF PRETTY GLOVES.

## GREY WHISKERS, &c.

To Permanently Restore the COLOUR in two hours,  
True to Nature, send for a bottle of

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EXTRACT OF NUT  
GALLS.



This is not a dye, is applied in two minutes, and does not stain the skin. Of all Chemists, or direct from GEO. COURTICE, 234, Strand, London. Post paid, 3s. 9d. To LADIES the EXTRACT is INVALUABLE for Restoring the Colour close to the skin, and can be used with any other restorer. Try it.

## BARE-FOOTED STROLLING AT EVENTIDE.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Looking over some recent numbers of the FAMILY DOCTOR, I came across a very nice letter from "Jeannie," in which she wrote of the necessity of accommodating one's costume to the weather, and I not only quite agree with her, but would like to relate an incident which occurred almost about the time "Jeannie" was writing her letter.

It was one of the hottest and closest nights we had, and I happened to run round to see a married cousin and her sister. I was told they were in the garden, and as I approached, saw two figures—one lying in a small hammock, the other lazily fanning in a low chair. They both laughed as I came up, and I then saw that their high-heeled shoes and stockings were lying discarded on the grass, and I became aware that they were sitting bare-footed. They told me that when dark they often took advantage of slipping off their foot gear, as the long continued heat had reduced their feet to such a state of tenderness that the relaxation was such an intense relief, and they informed me that no more pleasurable sensation could be experienced during the oppressive evenings than a stroll with naked feet up and down the soft grass plot. Indeed, so comfortable did they look in their wrappers and bare feet, that I could not resist the temptation of slipping off my own somewhat high-heeled and pointed slippers, which were none too easy, and my stockings, and I eventually, though with many misgivings, joined them in a bare-foot promenade up and down the lawn.

I had never walked with bare feet before, but found it most pleasant, and though I had laughed at them at first, I became a ready convert to the practice, and even dared them to try the path, leading the way boldly myself until I came in contact with the first sharp pebble, and sat down with a small shriek on the soft grass to examine my sensitive bare sole. I believe in hot countries, such as South America, the ladies go practically bare-footed indoors on the polished floors and cool matting, and I often used to envy them the fashion during the tropical weather we have been experiencing, with our long-suffering feet buttoned up in tight high-heeled boots, or almost equally confining shoes. MABEL LEVY.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

I SHOULD be obliged if any correspondent would inform me whether Pinner, Watford, and Weybridge are suitable for a person suffering from rheumatism, but for whom a bracing air is necessary? Are they relaxing? Are houses and living fairly reasonable? Are they affected by London fogs?—*Asthma*.

WILL any reader kindly give a short description of three or four nice and healthy old-fashioned villages where rents of furnished rooms and living are cheap? I am an old gentleman in very reduced circumstances, and without relations, and I want to find a comfortable home with homely people, not too far from London—say within thirty miles.—*Phelps*.

GLYCEERIN AND CUCUMBER.—Will anyone kindly say how the lotion or cream is made, or whether cucumber lotion can be made without the glycerine, as it is for use in hot climate.—*Complexion*.

### ANSWERS.

INSANITY.—The executors of the will could not act because a will is never operative during the life of the testator. A committee will have to be appointed to manage the lunatic's affairs. You had better consult a solicitor, as the process is not easy for a layman to understand.

RATS.—Try arsenic, placed near their holes. It is said they are fond of this, and when they have eaten their fill become insensible, and so can be destroyed.

WATER RATE.—"Net annual value," for water rate purposes within the Metropolitan area, means the rateable value as defined by the Act for the valuation to the poor rate.

## WANTED. 5,000,000

MOTHERS, to insist on having their Babies' Toys and Feeding Bottles fitted with INGRAM'S NEW PATENT COLLAR OR RIM TEAT. They do not in the slightest degree irritate the most sensitive Gums, but, on the contrary, they have been proved to be the Best Soothing Teat ever invented. No

## BROKEN

Rest for Mothers or Nurses, and Father can now have the luxury of his evening paper in peace—without being constantly disturbed by the cries from the cradle; in fact, the whole home is changed to a haven of bliss through the introduction of INGRAM'S PATENT COLLAR OR RIM TEAT, No 22,458 on every Teat, and if the

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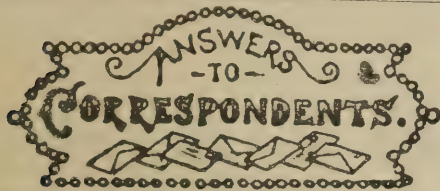
now in use are not fitted with this wonderful invention, a loose Teat can always be bought for a few coppers at your nearest Chemist.



## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache, and Derangements of the Stomach and Liver. Purifies the Blood, and is delightfully refreshing. Through Chemists and Stores.

SPECIAL OFFER.—To prove its efficacy, 1s. 9d. bottle will be sent post free for 1s. 6d. stamps. WORKS: CROYDON, LONDON.



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS are REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital

## FAILING EYESIGHT.

Thirty years' practical experience has proved Mr. Bluett's system of sight testing by examination of each eye separately to be the only perfect method of accurately determining the lenses required to restore the vision, and make reading or working a pleasure.

Consultations Free. Spectacles at Store prices.

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### ECZEMA.

SIR,—After TEN YEARS suffering and irritation your "VELVET" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS FOVANT.

"VELVET," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury Please mention this paper.

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MARK. GUM-LANCET. LANCET.

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Manufactory: 125, New North Road, Hoxton  
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PAYMENTS Sample and full particu- FREE  
lars of my noted silverware  
sent you entirely free. Cash or Easy Payments. Everyone  
delighted. M. D. APER. Organette Works, Blackburn.

Hospital for Sick Children | London Hospital.  
St. Peter's Hospital. | Charing Cross Hospital.

G. B. B.—1. This is probably not connected with your other attack; although once you have had a constitutional disease every incident of ailment you get, is somewhat coloured with such. You had better take a little iodide of potassium for the trouble, say five grains three daily in water.

JACK, CONSTANT READER.—So long as you walk two hours a day we fear the chances of your complete recovery will be deferred. You ought to lie up for a week, and devote yourself to getting thoroughly well. In any case you had better wear a suspensory bandage and take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals.

PEBBY.—There is no objection to his smoking if he is accustomed. We should advise you to apply some white predigested ointment to the neck, and see that his bowels are kept freely open. Let him take the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One sixth part three times a day.

SALESMAN.—It is quite possible the lime juice caused the diarrhoea, if you have taken too much of it, but you have not said how much you took, nor what else you have been taking by way of food and drink. With regard to your general condition, the probabilities are that you do not dress suitably, do not take enough exercise, or in some other way neglect your bodily health. This is a question which would take too long to go into here, simply because you have given us scanty information. Suffice it to say that you should not dress too heavily, which is not synonymous with warmly, the best clothing being flannel. Keep the bowels freely open, and take a quick cold or tepid bath every morning. We cannot give an opinion with regard to the tendency to rheumatism without examination. Why do you not see a physician? We shall be happy to recommend one.

UNFORTUNATE.—It is not very easy to give you the exact cause for this feeling, but it is probably connected in some way with the general condition of debility from which you are suffering. You had better follow out the advice we gave you in the former number of this paper for some little time. You must not expect to be quite well in a hurry. Your recovery will probably be protracted, and the medicaments varied now and again.

STOOPER.—The first thing to attend to is to keep the bowels freely open by means of a teaspoonful of compound liquorice power, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Constipation very often causes head-ache and general debility, when it is allowed to exist unchecked. You had better use lime water injections night and morning for the white discharge, and take a teaspoonful of Parrish's food three times a day immediately after meals. Eat plenty of good wholesome food, and get out much in the open air.

M. D. B.—1. Indigestion, due to sedentary life, is the source of your difficulty. You must eat your food slowly; take more exercise; avoid sweets; get a new set of teeth put in. Take twenty grains of bicarbonate of soda with three grains of carbonate of ammonia in half an ounce of bitter infusion three times daily after meals. To prevent valentism, keep the part always uncovered and washed every day.

ST. THOMAS.—Yes, every day. 2. A teaspoonful or more of sulphate of soda dissolved in water and taken each morning before rising. 3. Dilute phosphoric acid ten drops, tincture of nux vomica ten minims, water to half an ounce. Three times daily before meals. 4. No, nothing at all. 5. Zinc ointment and carbolic ointment, equal parts, to be used night and morning.

YELLOW S.—If you expect to obtain any relief from such rubbish as the homeopathic so-called remedies named, we are sorry for you. Homeopathy, as a system, is as effete as the dodo. In proper doses, belladonna might have helped you. We should, however, recommend you to try the effect of ten drops of pure roseberry (Murrell) on loaf sugar, taken three or four times daily. Let us know the result in a few weeks. Of course you must exercise ordinary care in the matter of diet and regulation of the bowels.

A FREE AGENT.—The cause of your trouble resides in the fact that you are given to lying on your back when asleep in bed. You should be careful to avoid this by refraining from stimulating drinks as much as possible, and keeping the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Abstain from sleeping on your back by tying a large cotton-reel or other body in contact with your back, so that when you turn on it the pressure will warn you. Take a teaspoonful of Parrish's food three times a day immediately after meals.

BENDIGO.—You have not informed us what your occupation is so we have not been able to discuss what part this may have in the feelings you describe. But you are not suffering from nervous debility. Your symptoms are rather those of a constipated habit or an engorged liver. We should advise you to give up drinking so much stout—it is better for you to drink ordinary plain mineral water. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, syrup of ginger two drachms, chloroform water to six ounces. One-sixth part three daily.

ONCE ALARMED.—You have omitted to state whether your occupation is likely to have affected the head locally. But, in any case, the probabilities are that you have some hereditary tendency to loss of hair, and hereditary tendencies are not amenable to the attack of drugs and medications. You should look after your general health, live as well as possible, and take a teaspoonful of Parrish's Food three times a day immediately after meals. Use the following hair wash: Spirit of rosemary three drachms, dilute acetic acid one-and-a-half ounces, tincture of cantharides one drachm, tincture of nux vomica two drachms, tincture of capsicum one drachm, aqua mellis two drachms, rose water to eight ounces. To make a lotion to be used every night and morning.

## RISE SUN STOVE Easiest, Quickest, Cheapest, & Best.

NOTE.—You can produce MORE POLISH with TWO Penny Packets of the "RISE SUN" than with HALF-A-DOZEN Penny Packets of ordinary Blacklead.

## RISIN' SUN METAL Polish.

LIQUID, IN BOTTLES, 6d., 1s., and 2s. 6d. GIVES WITHOUT LABOUR A BEAUTIFUL, SOFT, BRILLIANT, AND LASTING POLISH, ENTIRELY FREE FROM SCRATCHES, TO ALL KINDS OF METAL ARTICLES.

## MACK'S DOUBLE STARCH.

Contains RICE, STARCH, BORAX, GUM, WAX, &c., as well as the STARCH GLOSS. Saves TIME, LABOUR, AND UNCERTAINTY, as in it are combined in their PROPER PROPORTIONS, all ingredients necessary to produce BEAUTIFUL WHITE GLOSSY LINEN.

## CHANCELLOR'S PLATE POWDER

3d. PER BOX. Samples of the above four articles post free for eight stamps, or of any one for two stamps (to cover postage). Name this over.

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HERODUS.—We are, of course, quite unable to give an opinion as to whether there is anything the matter with you or not. If you wish to be sure, the best thing you can do is to go somewhere and be examined. You need not say anything about your history unless questioned, in which latter case it would be better to speak veraciously. If you like to send a stamped addressed envelope we can advise you to see someone in the neighbourhood or elsewhere, just as you please.

INITIALS.—We think that, with your long catalogue of complaints, it would be far more satisfactory for you to see a medical man. It would be impossible for us to advise you without knowing first whether you were physically healthy or not. Your symptoms may be purely functional or due to organic mischief. Much better see a good medical man.

SOMETHING WRONG.—We are disposed to agree with you that there is more nervousness than anything like disease in your case. There are not any symptoms, and as far as your letter goes no evidences of any malformation. The only satisfactory method of deciding the matter, however, is that of consulting a specialist physician who can examine the parts and give you a definite opinion upon what he finds to be the state of things.

DECEMYERS.—See answer to "Callao" and the next correspondent in these columns. You must give up all bad habits at once: take as much fresh air and exercise as possible; keep the bowels acting regularly; never lie on your back—a knotted towel tied round the waist will prevent this. Rise to pass water as soon as you wake in the morning, and endeavour to direct your attention to other than sexual subjects.

NEMO.—The cause is general weakness, and the remedy is bracing up the general health and raising the strength and tone of the body to as high a standpoint as possible. Look after yourself in respect of your food, exercise, due attention to bowels, &c. You do not state what your occupation is, hence we cannot advise you on that matter. You should take a teaspoonful of Parrish's Food three times a day immediately after meals.

UNFORTUNATE.—No medical man can, or pretends to, guarantee a "cure"—that sort of thing we leave to the quacks. You had better take a cold bath every morning, and keep the bowels freely open. Refrain from all beer, wine, or spirits in any shape or form whatever. Avoid much walking or standing about, and take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, pancreatin ten grains, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals.

JUNO.—There is undoubtedly a method of getting you well again, but we cannot enter into detail in these columns on the matter. Send a stamped addressed envelope, repeating the information, and we will advise you.

CALLAO.—Take the following medicine night and morning: Bromide of potassium twenty grains, carbonate of ammonia three grains, infusion of gentian to half an ounce. Take as much outdoor exercise as possible, keep the bowels regular, and avoid any indulgence in impure thoughts. You have not asked any questions; is there anything else you wish to know in connection with this matter?

C. W. P.—The apparatus named would be useless in your case, and the treatment would be of as much value, inasmuch as the persons who would administer it have neither experience nor knowledge of these matters. Take the mixture recommended for "Callao" three times a day, and learn to pass (twice a week) a gum-elastic bougie (No. 10 English). The chemist will tell you how to manage this. Of course you must bathe the parts with cold water every day: never sleep on your back; always rise to pass water on waking in the morning; eat no late suppers, and take no fluid after 6 p.m. In addition you had better dissolve one teaspoonful of Epsom salts in half a wineglassful of water, and take it each morning before rising.

## SOLUTION "D."

PERFECT DEODORISER.

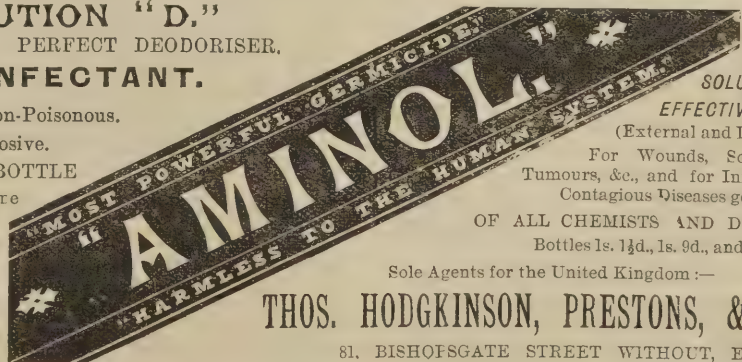
## DISINFECTANT.

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"The FAMILY DOCTOR is stored with useful Hints for the Preservation of Health."—Daily Chronicle.



**BIRKEN.**—It is a mistake for you to go and see any one who advertises in the papers. A qualified registered medical man is allowed to advertise at all. The best thing you can do is to see a well qualified specialist on the matter.

**NEMESIS.**—The probability is that you sleep on your back. Avoid this by tying a cotton reel round your waist in contact with your back, so that when you lie on your back the pressure will wake you. Be careful to keep the bowels freely open, and do not indulge in stimulants the last thing before going to bed.

**MORPHEUS.**—We cannot answer you as fully as we should desire on account of the character of your malady. You should use plenty of cold water and soap, and let cleanliness, thorough and continuous, be your rule, with regard to these matters. You should avoid drinking any beer, wine, or spirits, and be careful to keep the bowels thoroughly well open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. You can no doubt get well if you go to a proper specialist in these matters. In the meanwhile you should take a teaspoonful of Parrish's Food three times a day immediately after meals.

**HALLOW.**—You should take a cold bath every morning and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Take plenty of active outdoor exercise, but not walking or cycling. Pay due attention to the character of your meals; let them be plain and nourishing and taken at regular hours. When you go to bed at night, be careful to evacuate the bladder the last thing, and then see that you do not sleep on your back. This can be prevented by tying some hard substance in contact with it so that the pressure will wake you up. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

**LITTLE'S EYE.**—Under the circumstances, we do not think the little patient has done at all badly, and as far as we are able to judge your method of feeding is fairly satisfactory. The teething is probably responsible for his present flabby condition, for he has other four double teeth to cut within the next five months. You may try a teaspoonful of Gannick's cod-liver oil milk three times a day. Use a tepid bath daily, followed by a brisk rub down with a soft towel, and give the following mixture at bedtime: Bromide of potassium four grains, syrup of oranges half a drachm, camphor water to one teaspoonful. Frame Food will be very suitable for him, a little later on.

**NELLIE BLY.**—This peculiar feeling may be due to the stomach and liver being out of order—in fact, to indigestion. We should advise you to be particular about taking a due amount of exercise during the day, and be careful to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. We think that you would be well advised to defer what you call your tea until seven o'clock, and make an addition of some meat or fish to it. Moreover, you drink too much tea; why not take a glass of ale with your last meal? Take also the following medicine: Bicarbonate of soda one and a half drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day.

**J. C.**—Too much meat, too many eggs, too much bread and butter. Moderate these things as regards quantity; take a longer time for eating them; drink only after meals. Each morning before rising take a dose of Aescular water; wash the face only with hot water, and be particularly careful to use only the best soap.

**AFTERWIND.**—Yes. Precisely the same thing.

**W. MURRAY.**—We have replied to you by letter as requested. **J. K. S.**—1. The band would be a mistake. The only method of getting over this difficulty, is by means of a slight operation, but this is scarcely necessary except in extreme cases. Keeping the ears well inside the head covering, will do all that a band could accomplish, and will be infinitely more agreeable to the patient. 2. The range of motion of the arm, between nine and fourteen pounds, would be fairly accurate. There is no rigid rule for that age.

**WILTON.**—Give up your beer, porridge and whiskey. Take more fresh vegetable with your meal, give up sugar and coffee. Take fresh fish, fresh meat or poultry, and as much greenstuff as possible. Drink lemon-juice and water only. Every morning before rising, dissolve a teaspoonful of sulphate of soda in a wineglassful of water; after swallowing this, rest upon your back for fifteen or twenty minutes in order to avoid the feeling of qualms which sometimes follows.

## SELLERS' CLEANSING AMMONIA is a

perfect boon to every household. A little added to the Bath softens the water, cleanses the skin, promotes health and vigour, and secures all the benefits of a Turkish Bath without any risk or inconvenience. It is most refreshing for Toilet use, and makes a splendid wash for the Hair. For Laundry use it saves Soap, Soda, and Labour, prevents flannels shrinking, and makes Linen as white as snow. In bottles, 6d. & 1s. each, with directions for use. Sold by Chemists, Grocers, &c., or from J. SELLERS, 57, Farringdon Road, London, E.C.

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THOMAS LOCKYER says—"I was so deaf that I could not hear St. Thomas's Bells (a very powerful peal), and as to going to Church, it was no good at all, for I could not hear a word. After using 'Orchard's Cure for Deafness' I was quite restored, and last Sunday heard every word at Church."

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Hair, Wiskers, Eyebrows. HORN'S "Acacia" quickly restores the colour. Harmless, Cleanly, Permanent. Recommended by Dr. Allison, London. Post free, 2s. 9d. and 1s. 6d. from O. E. HORN, D.Sc., Hair Specialist, Newport, I. of Wight.

## SUPERFLUOUS

HORN'S "Hair Solvent." Leaves no mark. Absolutely safe, reliable, and permanent. 2s. 9d. post free. 100 Testimonials. Above address.

# HAIR

DRAPER, ORGANNETTE WORKS, BLACKBURN.

DRAPER, ORGANNETTE WORKS, BLACKBURN.

**PEAR HILL.**—What she probably requires is iron; it is of no use taking it only for a time, it should always be taken. Constipation should be strictly guarded against by means of a teaspoonful of compound liquorice powder taken every night at bedtime, followed the next morning by a mild dose of aperient fruit salts. If there are pains in the stomach, not too much fruit, but light, digestible food, such as plenty of milk with bread, arrowroot, rice, and a little fish. Take the following medicine: Subnitrate of bismuth one drachm mucilage three drachms, chloroform water to six ounces. One sixth part three times a day immediately after meals. You may take a three grain Bland's pill with each dose of the medicine.

**JAMES KIREMAN.**—You had better take the following pills for a month, and write again. Green iodide of mercury, one grain, extract of gentian one grain. To make one pill. Take one night and morning. Avoid smoking, and drinking spirits while your throat is bad, or you may not get it better.

**H. CLARKE.**—We fear we cannot tell what this smell is due to. Odorous changes frequently take place in the direction corresponding to changes in food. The best thing for you to do is to go and see some good medical man who can examine the urine. With regard to your feet you should use comfortable and pliable boots or shoes, and thick woolen socks. Cold water washing will also relieve them.

**STOMA.**—Give up the habit of taking laudanum at once—it is almost as pernicious as the other habit, and is largely responsible for your loss of memory. By all means go for eye-lying. It will do you good as long as you do not ride to excess. Bathe the parts with cold water twice a day, and take the following mixture: Bromide of ammonium twenty grains, tincture of hops half a drachm, tincture of gentian half a drachm, water to half an ounce. Twice daily, night and morning.

**JOHNNY BULL.**—1. The best thing for you to take is milk, and plenty of it. We should not, however, advise you to try and get too fat, as you are very young, and may quite possibly later suddenly develop proclivities to stoutness. 2. Once a week. 3. No. 4. Yes, fairly, but it is not absolutely so.

**AMERICAN TRAVELLER.**—If you are a woman, it must be thoroughly washed every day, and every individual hair must be attended to by combing. White precipitate ointment, or oil of turpentine will destroy the living insects. If you are a man, have the hair cut off. We suppose you mean acid indigestion—all digestion in the stomach is acid. Yes, the prescription you give will do very well.

**MANCHESTER.**—You had better scrub this off with some pumice stone, or apply some sulphurous acid lotion to the part that is discoloured. It is due to a vegetable parasite called "Microsporum furfur."

**DOM.**—We cannot supply you with a cure for a bad habit; this is beyond the reach of mere drugs. You must make up your mind to conquer the habit, by directing the current of your thoughts to other and better subjects. Be careful to take plenty of active out-door exercise during the day, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Have a cold bath every morning, and eat plenty of good nourishing food. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

**CHESTER LANE.**—There are no particular rules of diet to follow, provided your meals consist of ordinary plain roast or boiled with vegetable, and some plain made-up dishes, each other substances, sauces, confectionery, &c. The usual medicine recommended is something that acts as a solvent. Neutralise one and a half ounces of bicarbonate of potassium with one ounce, twenty-four grains of citric acid in twelve ounces of water, and take a sixth part three times a day.

**MICAWBER.**—You must not think about this blushing facility of yours. There is no reason why you should not blush, so far as that goes; a blush is a curiosity now-a-days, and should be duly valued. If you look upon this blushing as a natural thing, which it is, and not as a token of some concealed guilt, you will soon cease to blush. Anyhow, the treatment is moral, and not medicinal.

**LOUIS BAILLOW.**—You had better communicate with the matrons of two or three hospitals and ask if they have vacancies.

**SAILOR JACK (Belfast).**—Your chest measurement is small in relation to your stature, but we are inclined to attribute your troubles to indigestion with pleurodynia as a complication. Take four grains of carbonate of ammonia, fifteen grains bicarbonate of potash, half a drachm compound tincture of cardamom, half a drachm tincture of gentian, in half an ounce of cinnamon water, three times daily after meals.

**PEDRO.**—The mere passive condition of the parts is no guide whatever as to their capabilities or otherwise, so that softness or hardness, &c. go for nothing. We should advise you to take cold baths every morning, keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Eat plenty of good nourishing food at regular intervals, and take a teaspoonful of Parrish's Food three times a day, immediately after meals.

**ANNIE SWIFT.**—You are suffering from chronic indigestion, which is responsible for the pains in your side and all the other troubles. It has been aggravated by your mistaken dietary. You must give up your tea and bread-and-butter as an all-sufficing food: take it once a day only. Eat a good meat meal in the middle of the day, with a sufficiency of fresh green vegetables. A glass of good red wine with your dinner will do you good, and you will soon get accustomed to it. After every meal a dose of the following mixture will be of service to you: Bicarbonate of soda twenty grains, sulphate of soda twenty grains, tincture of cardamom half a drachm, infusion of gentian to half an ounce. You may dilute each dose with an equal quantity of water without impairing the efficiency of the medicine.

**Y.**—There is no objection to your using this embrocation if it has done you good before. Wrap up the foot and ankle in some cotton wool after using it so that the part may be kept thoroughly warm. Hot foot baths may be found beneficial, especially if there be a little soda in the water. If you are in the habit of drinking beer, you had better discontinue it for a while, and take whiskey instead. Internally, sixty grains of salicylate of soda in a six ounce bottle of water. Shake up well, and take a sixth part for a dose three times a day. Attend to the proper regulation of the bowels.

**COMPLICATED.**—There does not appear to be any special complication about your case. The conditions described are only too common in this and other civilized countries. Take the following powder on alternate nights until three have been taken: Calomel two grains, scabium five grains, compound jalap powder, twelve grains. Take also the mixture recommended for "Sigma," and follow the directions given in his case.

**RESISTANCE.**—See reply to "A Long Sufferer, (G.S.)." and follow the directions given to him. Bathe the parts twice a day with cold water, and learn to pass a gum-elastic bougie —No. 9 English—twice a week, keeping the instrument in position for at least two minutes on each occasion. You are very nervous, which would account for the difficulty described, especially in public places, but there is really nothing so serious as to necessitate constant worry. Do not forget to make certain that the bowels are acting freely.

**SPERO.**—You had better continue the administration of the pill already prescribed for you for a month, and each morning take a tea-spoonful of Glauber's Salts dissolved in a wineglassful of water—not by preference. We see no reason to alter the diagnosis already given. The change of symptoms is confirmatory, and proves that the medicine is acting gradually upon your system. You must, of course, be careful in the matter of diet and drink.

**X.**—We do not think it would be wrong to marry a person younger than yourself. How should you be too old? A woman never ceases, &c.

**DEBILITATED ONE.**—1. You should long ago have consulted a specialist for the disease of the nose. You say there is already a perforation of the septum, which indicates that the trouble as advanced to a much greater extent than should have been allowed. We cannot—not having seen the part—tell you whether complete cure is possible. 2. Take ten grains of iodide of potassium in half a tumblerful of water three times a day. Persevere with the douche, using it twice a day. If there is no progress after two weeks, make up your mind to see a reliable surgeon at once. 3. Half a drachm of syrup of iodide of iron in a wineglassful of water after each meal. Keep the bowels regular, and avoid risk of exposure to draughts or damp.

**NIL DESPERANDUM.**—See reply to "Long Sufferer," adopt the advice of, and take the medicine prescribed for him. There is nothing uncommon about the case, and in all probability you will soon be well again.

**MOSS ROSE.**—1. For the present, you must not take any stronger medicine than compound liquorice powder or castor oil. Later on, when you are better after the confinement, if you write to us describing your condition, we will prescribe a stronger medicine. If there is no progress, we will prescribe probably will sufficiently account for these troubles. Again we must ask you to repeat this question after the event. 3. Probably caused by pressure of the foetal head upon some branches of the sacral plexus of nerves within the pelvis. Try resting on the opposite side of the body, or even upon the stomach for short periods. Not all the embrocations in Christendom will relieve this pain. Presently it will disappear.

**CROWWELL.**—See reply to "Uneasy," and follow the directions given to him. Yours are however external, and not internal piles. You may therefore bathe the parts after each motion with cold water and use the suppository immediately afterwards.

**EMMA.**—Baby is suffering from the effects of improper feeding. Be careful that bottles and tubes are thoroughly cleaned after each meal; let the interval be three hours, the proportion of milk to water be two parts of milk to three of water; do not try any of the fanciful foods, and be careful to add a small proportion of sugar, as salts to each feeding. Give a few grains of glycerine powder with one grain of carbonate of magnesia, every morning for ten days. Then write again. The name of the condition is gastro-intestinal catarrh.

**A LONG SUFFERER, G. S.**—Your liver is out of order, and, in addition, you are suffering from hysterical tetany. Try hot water to the back of the head and neck; take as much exercise as possible; eat your food slowly, and at regular intervals; drink no stimulant, and add no sugar to your food at any time. Take the following medicine three times daily: Carbonate of ammonia three grains, bromide of ammonium fifteen grains, syrup of oranges half a drachm, tincture of bark half a drachm, water to half an ounce. Keep the bowels acting regularly with liquorice powder.

**UNEASY.**—You are suffering from internal piles, and in moderation the bleeding is rather a relief than otherwise. Your first care must be to keep the bowels acting regularly and freely, a nightly dose of compound liquorice powder will accomplish this. You can also pass each night, as far as possible into the bowel, a suppository containing tannin four grains, extract of opium quarter grain, oil of theobroma as much as will be sufficient to make a suppository. Your sedentary occupation is to a large extent accountable for the trouble.

**M.P.**—We do not think the condition in any way dangerous. It is, however, an indication that your urine is acid, and that in its turn is dependent upon certain other conditions. Drink no stimulant, coffee, or sugar, eat little or no meat, and take the following medicine: Bicarbonate of soda twenty grains, sulphate of potash twenty grains, tincture of henbane half a drachm, infusion of buchu to half an ounce. Three times daily between meals.

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## THE MAN WHO BROKE THE BANK AT MONTE CARLO.

-----

Did he, or did he not?-this is a point upon which the minstrel is dumb. If he did, when?-if he did not, then why not? Because if he did, there must have been a reason; and if he did not, then the omission was unreasonable. On the whole we are led to believe he DID, at lucid intervals, especially to prepare himself for the night he broke the Bank at Monte Carlo. There would be no difficulty in the way, they can be purchased at all Druggists there and everywhere; and this suggests another inquiry.-If more people did, might not the bank at Monte Carlo be more frequently broken with impunity?

As for the reason, it was reported that this man worked by a system. Now, the system works the man, and BEECHAM'S PILLS work the system. The man who broke the bank at Monte Carlo knew a great deal. When a thing was Worth a Guinea a Box, he was likely to keep his eye on it, and when a Guinea's worth could be had for about a Shilling, twenty to one he would "get on." At all events this is a safe speculation:-you break the box and nothing else. There is no gambling about the investment, the gambolling comes on afterwards; so think of your head in the morning and be in time with precautionary measures. Extravagance and over-indulgence need antidotes, so what more natural than that he should buy the Pills (he could not buy the patent) that would give him the clear head needed. One thing however, seems certain, that for the present he is not to be numbered among the mighty army who yearly swallow the contents of 6.000.000 boxes.



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No. 448.—XVIII.

SATURDAY, SEPTEMBER 30, 1893.

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**DOMESTIC SURGERY.**  
**Useful Hints for the Housewife.**



FIG. 9.

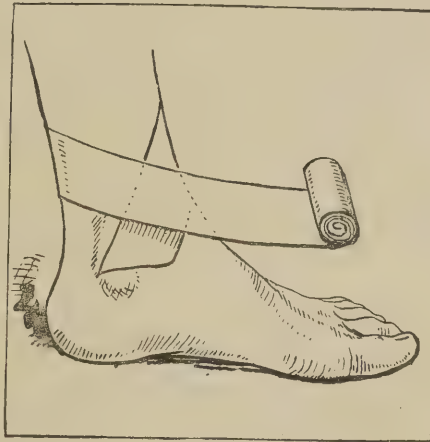


FIG. 10.

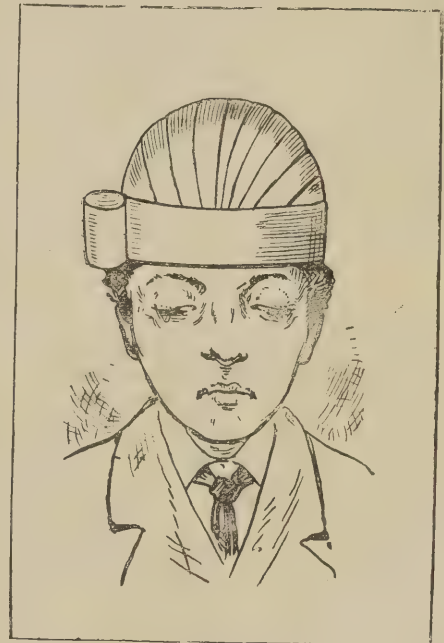


FIG. 11.

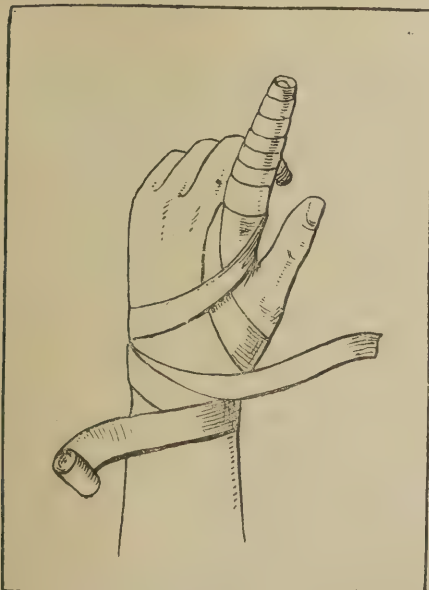


FIG. 12.

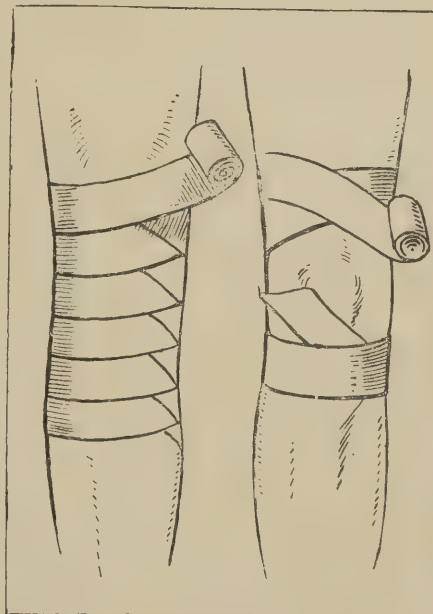


FIG. 13.

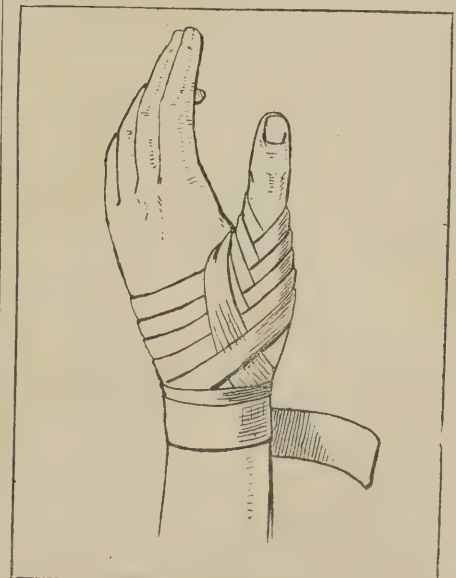


FIG. 14.

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## CONTENTS.

PAGE.	PAGE
Domestic Surgery (Illustrated) .. 65	Death Certification .. 72
Editorials .. 66	Vegetarianism and France .. 73
Domestic Surgery, Part II. .. 67	The Greater Intemperance .. 74
A Tabulated View of Eruptive, Infective, and Contagious Diseases .. 67	The Philosophy of Hats .. 74
Cigarette Smoking .. 67	Should Cousins Marry The Health Habits of Distinguished Men .. 75
The Grumbler .. 67	The Need of Reserve Force .. 75
The Sensation of Pleasure .. 68	History of the Manufacture of Soap .. 75
Pure Water .. 69	A Visit to a Consumptive Hospital .. 76
The Hypochondriac .. 69	Our Open Column .. 76
Anatomy of the Oyster .. 69	Notes & Queries .. 76
Recipes for the Table Household Hints .. 70	Answers to Correspondents .. 77
A Surfeit .. 70	
The Mother's Page .. 71	
Tales Worth Telling .. 72	

## EDITORIALS.

**TO CURE SLEEP-WALKING.**—A correspondent, commenting on an instance in which a sleep-walker was killed by falling from the roof of a house, says:—Such accidents can be easily prevented by laying upon the carpet by the side of the sleep-walker's bed a strip of sheet metal—iron, zinc, or copper—so wide and long that when he puts his feet out of the bed they will rest upon the metal. The coldness felt will waken him thoroughly, and he will go to bed again. A friend broke up the habit of sleep-walking in his son by placing a strip of wet carpet by the side of his bed.

**ALL** the blood in the body makes the entire round of the circulation in twenty seconds, so that three times in every minute all the red globules of the blood, which are the oxygen carriers, must each have its fresh modicum of oxygen.

**TO KEEP ICE FOR THE SICK.**—Cut a piece of clean flannel (white is best) about ten inches or more square. Place this above the top of a glass pitcher, or even a tumbler, pressing the flannel down half way or more into the vessel. Then bind the flannel fast to the top of the glass with a string or piece of tape. Now put the ice into the flannel cup and lay another piece of flannel, five or six inches square, upon the ice. Arranged thus, ice will keep many hours.

**A CURIOUS METHOD OF TAKING FOUL AIR OUT OF A WELL.**—I saw, said a correspondent, a curious method used the other day to take the foul air out of a well. The well was to be cleaned, but the man that took the job was afraid to go down until he had ascertained the quality of the air at the bottom. He let down a lighted candle, and when it descended to about six feet from the bottom it went out as suddenly as though extinguished by a whiff of air. That was all he wanted to know. He was sure it had poisonous gas in it, and took a small umbrella, tied a string to the handle and lowered it open into the well. Having let it go nearly to the bottom, he drew it up, carried it a

few feet from the well and upset it. He repeated this operation twenty or thirty times, with all the bystanders laughing at him, then again lowered the light, which burned clear and bright even at the bottom. He then descended to explain that the gas in the well was carbonic acid gas, which is heavier than air, and therefore could be brought up in an umbrella just as though it were so much water. It was a simple trick, yet perfectly effective.

**HOW TO REST.**—To understand the way to rest is of more importance than to know how to work. The latter can be learned easily; the former it takes years to learn, and some people never learn the art of resting. It is simply a change of scenes and activities. Loafing may not be resting. Sleeping is not always resting. Sitting down for days with nothing to do is not restful. A change is needed to bring into play a different set of faculties, and to turn the life into a new channel. The man who works hard finds his best rest in playing hard. The man who is burdened with care finds relief in something that is active, yet free from responsibility. Above all, keep good-natured, and do not abuse your best friend, the stomach.

**QUACKS.**—A quack is a man who boasts that he can do what he cannot do. He is a pretender, a liar, a cheat, seeking money without giving an equivalent. Quacks may have diplomas or they may not. Professor Huxley has a word to say about protection from quackery, which is interesting:—"A large number of people," he says, "seem to be of the opinion that the State is bound to take care of the general public, and see that it is protected against incompetent persons and quacks. I do not take this view. I think it is much more wholesome for the public to take care of itself in this as in other matters." This brings up the question of self-help. Professor Huxley is of the opinion that the race is weakened by too much guidance, too much protection. That there is far less danger of people going wrong if left free, than when opinions are made for them by others.

**SINGULAR INSANITY.**—Professor Alfonso Carpentieri, the famous gynecologist of the University of Naples, became suddenly insane a few weeks ago. He imagined that he was dying from starvation and thirst, and entering a restaurant drank four cups of coffee, a bottle of wine, a bottle of cognac, and ate fifteen sandwiches and more than a dozen eggs. When the proprietor declined to serve anything else the professor sprang on the table and cried, with the voice of Stentor: "Eggs, eggs! give me eggs, and keep me from starving!" When he began to break chairs and tables he was overpowered and placed in a hospital. He is one of the most famous physicians in Italy.

**THE SECRET OF WARM FEET.**—A life insurance company, whose advice under the circumstances may be taken as sincere, tells its clients that the golden rule in cold weather is to keep the extremities warm. The first and most important rule for the carrying out of this idea is never to be tightly shod. Boots or shoes that fit closely prevent the free circulation of the blood by pressure; but when, on the contrary, they do not embrace the foot too firmly, the space left between the shoe and the stocking has a good supply of warm air. The second rule is never to sit in damp shoes. It is often supposed that unless shoes are positively wet it is unnecessary to change them while the feet are at rest. This is a great fallacy, for when the least dampness is absorbed into the sole in its evaporation, it absorbs the heat from the foot, and thus perspiration is dangerously checked. This can easily be proved by trying the experiment of neglecting the rule. The feet will be found cold and damp after a few minutes, although on taking off the shoe and examining it, it will appear to be quite dry.

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**FACE AN INDEX IN HEALTH AND DISEASE.**—Incomplete closure of the eyelids, rendering the whites of the eyes visible during sleep, is a symptom in all acute and chronic diseases of a severe type; it is also to be observed when rest is rendered unsound by pain, wherever seated. Twitching of the eyelids, associated with the oscillation of the eyeballs, or squinting, herald the visit of convulsions. Widening of the orifices of the nose, with movements of the nostrils to and fro, point to embarrassed breathing from disease of the lungs or their pleural investment. Contraction of the brows indicates pain in the head; sharpness of the nostrils, pain in the chest; and a drawn upper lip, pain in the abdomen. To make a general rule, it may be stated that the upper third of the face is altered in expression in affections of the brain; the middle third, in diseases of the chest; and the lower third, in diseases of the organs contained in the abdominal cavity.

**ONE OR TWO IN A BED?**—Persons often ask: "Is it healthful for two persons to sleep in the same bed?" This same question is varied thus: "Is it healthful for an aged and a very young person to sleep together? If not, which suffers most, the aged or the young person?" We have always answered these questions by saying "no" to the first question. It is always unhealthful for two persons to sleep together in the same bed, and under the same covers. The air under the bed-covers immediately surrounding the body of the sleeper is exceedingly impure, becoming more and more impregnated with poisonous substances escaping through the excretory glands of the skin, from the moment the person retires until he arises. The odour of the bed-clothing, after having been occupied for a night, is often positively offensive to the nostrils of a person with an unimpaired sense of smell—especially one who has just come in from outdoors, where the fresh, pure air has been breathed. The poisonous character of this under-the-bed-clothes air would be somewhat more likely to affect the susceptible constitution of a child than that of an adult. In elderly persons, the amount of the impurities in the air surrounding the sleeper, must be greater than in young persons, consequently, while both persons would be more or less injured, the proportion of harm would doubtless be greater to the young person than to the person of more advanced years. Mr. Treves of the London Hospital, has recently called attention to the fact that wounds, especially of the lower limbs, heal much sooner when kept exposed to the open air, instead of being covered by bed-clothing. He remarks that the air under the bed-clothing is foul and almost hot, and hence likely to be very harmful to wounds with which it may come in contact. This seems to be a very ample demonstration of the correctness of the views above expressed, and to which we have before often given expression.

ONE of the most curious things about the Vaccination Law that renders it liable to ignorant abuse is, that it is compulsory to vaccinate an infant before it is three months' old, and just before the time that rachitis, and several other infantile ailments, show themselves, so that the mother who has previously had what appeared a healthy baby, finding it soon after vaccination sickly, promptly blames vaccination for its condition, whereas it is frequently due to rickets, and this only. Infants do not take small-pox so readily as children, although children, like pregnant women, suffer most severely from it. The mortality of infants (first twelve months) is very high, and there does not seem any very sufficient reason, if vaccination is compulsory, for insiting on the operation before twelve months of age. Vaccination law, like the collection of the income-tax, is open to the suspicion in the case of an over-zealous vaccination officer, and a surgeon, who is paid from public funds by the case, that many a sickly, perhaps not actually diseased, child, is hurried to its grave by too much zeal, for, at best, whatever may be the good that accrues in prevention, you are introducing a disease into the child's tissues which is uncertain in its results, and the extent to which it takes, and which certainly must weaken the infant somewhat.



DOMESTIC SURGERY.

USEFUL FOR THE HOUSEWIFE.

Written and Illustrated by a SURGEON.  
(See Frontispiece.)

PART II.

**B**ANDAGES are of such universal importance and utility that one cannot be too familiar with their use or too expert in their application. In our hospitals it is made an especial branch of the student's education, to whom it is essential; and nurses are expected to acquaint themselves with the different methods of bandaging, as prescribed for any particular part of the body or limb; and the difference of a well-applied and a badly-applied bandage is so great that it is only too noticeable—the one being smooth and fitting, whilst the other hangs loose and comes undone, or slips about, and the limb may be more injured than benefited by such a clumsy appliance. A common fault with beginners is either to put on the bandage too tightly, or else too loosely. The first causes a hindrance to the circulation, and the second is practically useless. The pressure must be uniform, and each layer must overlap its predecessor by at least one-third of its width.

Roller bandages may be any length and any width, according to the part for which they may be destined. For the arm or head they should be quite six yards in length, and about two inches wide, care being taken to tear off the selvage, and roll firmly; the harder the roll the better.

The operator should stand in front of the patient, and take the roller in one hand, and the loose end in the other, and apply it to the limb with the back or outer surface against the skin. The bandage end should first be fixed by a turn or two round the limb, and then you proceed to work upwards. When the limb is of uniform thickness a simple spiral is sufficient, but when the limb begins to get thicker, as of the calf, the bandage must be folded, as in Fig. 9. This is done by placing the thumb of the left hand on the upper edge of the bandage where the fold is to take place, and fixing it against the limb; then by a dexterous twist of the roller, hanging loose from the thumb, the fold is made, and by making it in the same line each time the bandaging has a more uniform appearance, and looks neater and more workmanlike than it would otherwise do. Over joints the bandage must be applied in a figure of eight—Fig. 13.

The capiteila bandage is exceedingly useful for keeping dressings on the head. It is made by rolling up each end of a bandage until the two rolls meet in the middle.

The operator stands behind the patient, and holds the two rollers one in each hand; and applies that part of the bandage between the two rollers to the forehead low down on to the eyebrows, and then brings both rollers to the back of the head, as low down as the ears will permit. The bandage in the left hand is now to cross the other and be transferred to the right, whilst that in the left is brought directly over the top of the head to the forehead again, and the other roll, having a twist around it at the back, comes round back again to the forehead, and then continues round and round, whilst the other goes backwards and forwards, as described in Fig. 11, giving a perfect caplike appearance when completed.

For finger bandages, two yards are long enough, and three-quarters of an inch is wide enough.

Fix them with a couple of turns round the wrist, leaving out a loose end (Fig. 12); now take it across the back of the hand spirally up to the tip of the finger, back down the finger across the back of the hand, and fix with the loose end at the wrist.

There are many other forms of bandaging that may be used in special cases, but as they will generally be under the charge of a surgeon no instruction in applying them will be neces-

sary, those we have already given being sufficient for almost every ordinary purpose. Having applied a bandage with care and precision, if it is likely to be required to remain undisturbed for a few days, as for fractures, it is advisable to secure the edges from slipping by a few stitches of thread, because the swelling may go down, and the bandage will then get loose as the size of the limb diminishes. A little practice will soon make the bandager perfect.

(To be continued.)

A TABULATED VIEW

OF

ERUPTIVE, INFECTIVE, AND

CONTAGIOUS DISEASES.

NAME.	PERIOD OF INCUBATION.	TIME OF ERUPTION.	DURATION OF ERUPTION.	CONTAGIOUS PERIOD.	PERIOD OF QUARANTINE.
Scarlet Fever.....	6 days.....	2nd day of fever.....	5 to 10 days.....	6 weeks.....	14 days.....
Measles.....	10 days.....	4th day of fever.....	5 to 10 days.....	20 days.....	18 days.....
Rotheln.....	10 days.....	2nd day of fever.....	3 to 5 days.....	10 days.....	15 days.....
Mumps.....	14 to 25 days.....	.....	.....	3 weeks.....	25 days.....
Whooping Cough.....	10 days.....	.....	6 weeks duration.....	6 weeks.....	42 days.....
Chicken-pox.....	4 days.....	2nd day of fever.....	7 days.....	3 weeks.....	21 days.....
Small-pox.....	10 to 14 days.....	3rd day of fever.....	14 to 21 days.....	6 weeks.....	45 days.....
Diphtheria.....	5 days.....	.....	.....	6 weeks.....	12 days after.....
Typhus Fever.....	12 days.....	7th day of fever.....	21 days.....	28 weeks.....	30 weeks.....
Typhoid Fever.....	14 days.....	14th day of fever.....	20 days.....	6 weeks.....	42 weeks.....
Erysipelas.....	7 days.....	2nd day of fever.....	Indefinite.....	To end of exanthum.....	After eruption is gone.....

Some variations may be observed from the above mentioned. Under certain conditions the eruption may be delayed, lengthened, or shortened, owing to the type of the disease or treatment. The period of contagion may be prolonged when disinfection is not faithfully carried out; but children should not be admitted to school at a shorter time than above mentioned.

**KEATINGS POWDER.**—Kills bugs, fleas, moths, beetles, and all insects (perfectly univalued). Harmless to everything but insects. Sold in Tins, 6d. and 1s.  
**WORMS IN CHILDREN.**—Are easily, surely, and with perfect safety got rid of by using **KEATING'S WORM TABLETS.** Tin 1s. 1½d. Free by post 13 stamps.

CIGARETTE SMOKING.

**S**IR MORELL MACKENZIE strongly objected to a cigarette, as being the worst form of indulgence, from the fact that the very mildness of its action tempts people to smoke nearly all day long, and by inhaling the fumes into their lungs, saturating their blood with the poison. It should be borne in mind that there are two bad qualities contained in the fumes of tobacco. One is poisonous nicotine, the other the high temperature of the burning tobacco. To many, tobacco acts as a poisonous sedative, and indulgence in the habit is always injurious. The condition of the throat, as well as that of the general health, varies greatly at times, and a very small amount of smoking may often be attended with serious harm. Every smoker knows that when the stomach is out of order the pipe or cigar loses its charm; but it is not so generally known that at such times the tongue (which to the experienced eye is a mirror of the invisible stomach) and the throat are very vulnerable to tobacco. If Nature's warnings on these points are disregarded, as they generally are, the smoker will bring on himself much unnecessary discomfort, and even suffering. In connection with the variation in susceptibility just referred to, it may be mentioned that persons leading an indoor life are, as a rule, more injured by smoking than others. It is further worthy of remark that the inhabitants of temperate climates suffer more than the more idle persons, probably because of a more highly-developed nervous system, and also to the greater resisting power of throats less harassed by fogs and east winds, and partly, perhaps, to the use of milder tobacco.

"To conclude with a little practical advice," wrote Sir Morell, "let the singer who wishes to keep in the 'perfect way' refrain from smoking, and let him take it as an axiom, that the man in whom tobacco increases the flow of saliva to any marked degree is not intended by Nature to smoke."

As this includes everybody, it would follow that no one is benefitted, but injured, by indulgence of this kind.

THE GRUMBLER.

**W**HAT is a grumbler? The dictionary tells us that he is a discontented, ill-natured, surly fellow. The man who cultivates an unhappy spirit is bad; the chronic complainer is worse; the ill-natured grumbler is the worst. What a host of grumblers there would be if they all could be brought together! Could they be provided a country in which to colonise, they would have it all to themselves. Nobody would care to live in such company. A grumbler is always selfish, and usually lazy. He is never ready to give, is always ready to receive, but is without appreciation or gratitude. He is unhappy himself, and his misery is increased by any inability to make others as wretched as himself. It requires but a small investment of good sense as capital to go into the business of grumbling. Indeed, a grumbler is a witness against himself as to his poverty of mental calibre. Spurgeon said: "The gift of grumbling is largely dispensed among those who have no other talents, or who keep what they have wrapped up in a napkin." The grumbler does the least work, and mutters the most.

There is a fable that once upon a time a waggon was being dragged along a heavy road by a team of oxen. The axle-tree groaned and creaked terribly, until even the oxen became impatient, and turned round and said to the wheels: "Halloo, there! why do you make so much noise? We bear all the labour, and we, not you, should cry out."

Grumbling is a disease. A sure sign of its development is a disposition to see the ill, and a blindness to the blessings of life. The best prescription for the cure of this mental and spiritual disorder is a blockade against all thoughts of real and imaginary evils, and a wide-open port to a remembrance of mercies past and present. The old Jewish rabbis had a saying, "The camel desired horns, and his ears were taken from him." There would

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.



be far less grumbling in the world if the grumblers felt that the good things they have might all be taken away from them.

## THE SENSATION OF PLEASURE.

IT will be remembered that the philosopher-physician of Weinsberg anatomises the inner man as a triplicate, *Seele, Nervengeist*, and *Geist*, thus adding a member to the older twofold division of *Nous* or *Phren* and *Psyche*. Contrariwise, it has been the aim of modern psychology to obliterate the classic division of the soul as twofold, and explain even the very subtleties of man's powers and finest of his emotions as, in ultimate analysis, pure affections of the *Psyche* or animal half, as used to be thought, of that entity. Thus we have seen the analytic method applied to the reduction of the will itself to a system of sensations, and now we have Dr. Bourdon, in the *Revue Philosophique*, for September, 1893, exhibiting *Psyche* as the parthenogenetic mother of Pleasure without any co-operation whatever on the part of the celestial Eros—her divine spouse according to the delightful old Greek fable. This denial of a loftier birth—claim and “bringing down of pleasure from a height between heaven and earth,” as Dr. Bourdon phrases it, and “tying her up to a merely sensorial origin” will be, as he contends, a new gain, should the case be thought proven, for physiological psychology, whatever loss may ensue to the poet and the moralist; but thorough inquiry into the nature of this phenomenon appertains to the province of psychology, which need not too greatly concern itself with the moralist's teaching—a dictum to which no one certainly will deny the merit of candour. At the same time it should be said that this remark is made in another connection. While no one, says Dr. Bourdon, has ever claimed for this phenomenon (of pleasure) the character of an innate conception, the propriety, on the other hand, of ranking it among our sensations has seldom been mooted. Yet that the pleasurable sense rests on a physical basis is implied in the very expression. But what that organic substratum may precisely be is a question hitherto not solved unless it is now solved satisfactorily in the essay before us. And the solution he gives—not finding any either in Wundt's theory or in the observations of Bravis, Mantegazza, and others cited—is that it is a special sense having its organs in the skin, and is of the same nature as the sensation of tickling (*chatouillement*). No doubt a pleasurable feeling is the normal concomitant of every function of the organism in a good state of health—a state less common, by the way, than many suppose. But this pleasurable feeling or sense of the agreeable Dr. Bourdon is careful to distinguish from that special pleasure sense, which he has in view, and seeks to locate anatomically, just as what is disagreeable seems distinct from what is painful. For this distinction he instances bitterness, and remarks that the gustative sensation evoked by this quality is disagreeable, but not painful like that caused by mustard essence or acetic acid. He suggests, or rather affirms, that the general tendency to identify the disagreeable with the painful and the agreeable with the pleasurable is due to the fact that in one case there arises desire for bodily approximation, for taking close to oneself, and in the other of avoidance and repulsion of contact. He shows from anatomical and physiological considerations the various pleasures arising from the action of the special senses, and so, too, that created by mental emotion, are each and all accompanied by a gentle diffuse cutaneous excitation analogous to that produced by tickling (*chatouillement*). Taking the auditory sense, for example, he remarks that all the sounds we utter are accompanied by mechanical excitation, not merely in the buccal region, but often also in a considerable portion of the entire body. And, in fact, do we not know that no fewer than forty-six muscles are concerned in every pulmonary effort? Our bodies vibrate to all sounds, and it is, in part, through the perception of these vibrations that deaf mutes learn in our day to speak. Simple experiments are suggested to show this, so that “one may boldly affirm,” says Dr. Bourdon, that the hypothesis which would make the sense of pleasure

in audition really due to gentle cutaneous excitation explains extremely well the depth and extent of the emotions which sounds are apt to cause us to experience. As an instance of the mode in which a mere emotion unconnected with sense may arouse the pleasurable feeling we may take that of joy. Joy and pleasure, he remarks, are often taken as synonymous. Now one of the characteristic phenomena of joy, set well in relief by Lange, is the dilatation of the capillary vessels, and consequently the afflux of the blood to the whole periphery of the body. But this afflux sets up a gentle excitation of the skin like that produced by tickling. Joy, too, as Lange shows, induces also muscular excitation, but even in default of this the result would not fail. Dr. Bourdon affirms that there would be no difficulty in showing that what are metaphorically termed elevated pleasures are no less susceptible of the application of his hypothesis, which, in short, proposes to substitute for the theory that the pleasurable sense is a common element in all sensation, or may be so, the idea that it is a special sensation having special structures as an organ, and that this sensation is a diffuse tickling of the cutaneous envelope (*chatouillement*) of very moderate intensity. Thus the last phenomenon and only one which the new psychology has not made its own would, like the rest, be henceforth included with them in the domain of the senses. That Dr. Bourdon has succeeded in his demonstration we would hesitate to affirm, but he has written an interesting article.—*The British Medical Journal*.

## A WOMAN OF THE WORLD.

SHE IS A GREAT BLESSING TO EVERY-ONE SHE MEETS.

SHE had been talking pleasantly to two or three women; she had made her good-byes all cheerful and bright, and, after she had disappeared, one woman turned to another and said in a tone that was scoffing: “She is a thorough woman of the world.” Now in this case the woman who had said none but pleasant words, who had stopped by a bright story the discussion of a petty scandal, was a woman who was as brave-hearted as any that ever lived, and who bore, not only her own, but the burdens of a good many other people, yet she saw no reason why she should inflict her troubles on her friends, nor why, while she was in the world, she should not be in its best sense a woman of the world.

A woman of the world is one who feels that the story told to hurt your feelings is essentially bad form.

A woman of the world is the one who is courteous to old people, who laughs with the young, and who makes herself agree to all women in all conditions of life.

A woman of the world is one who makes her good-morning a pleasant greeting, her visit a bright spot in the day, and her good-bye a hope that she may come again.

A woman of the world is one who does not gauge people by their clothes, or their riches, but who condemns bad manners.

A woman of the world is one who does not let her right hand know what her left hand does. She does not discuss her charities at an afternoon tea, nor the faults of her family at a prayer-meeting.

A veritable woman of the world is the best type of a Christian, for her very consideration makes other women long to imitate her. Remember that Christ came into the world to save sinners, and be in the world and among it, and the people who made it, and to do your work as a woman of the world means more than speaking from platform or assumed elevation.

A woman of the world is one who is courteous under all circumstances and in every condition in which she may be placed. She is the woman who can receive the unwelcome guest with a smile so bright, and a handshake so cordial, that in trying to make the welcome seem real it becomes so. A woman of the world is one whose love for humanity is second only in her life's devotion, and whose watchword is unselfishness in thought and action. By making self last, it finally becomes natural to have it so.

## THE VALUE OF THE SUNFLOWER.

APART from moral considerations, it would be wise for those engaged in the opium traffic to look out for a more permanent line of business, and for landowners to encourage the growth of other crops, such as wheat, linseed (*alsi*), &c. In this connection attention might be given to the sunflower. Millions of these are annually grown in Russia for commercial purposes. As a garden plant it is well-known, and its seeds have been profitably used to feed fowls. It is also an absorbent of malaria, and is thus, like the eucalyptus, a desirable windward neighbour in feverish localities. But its cultivation for mercantile purposes began only in 1842, and in 1887 it had so increased that 700,000 acres were under that crop, and the farmer who started it is said to be now a millionaire. Two kinds are grown—one with larger seeds, which are eaten by the common people in enormous quantities as dainties, just as groundnuts (*mung phali*) are eaten, the other, with smaller seeds, for the production of oil, which, owing to its nutritious qualities, purity, and agreeable flavour, has superseded all other vegetable oils. The substance remaining after the oil has been extracted is valuable as food for cattle, and is so largely exported to England and Germany as to form one of the principal exports of Russia. The shells are used for fuel, and the seed-cups as food for sheep.

## D ANDRUFF.

DANDRUFF is simply a dry catarrh of the scalp. It is a condition in which the cells of the skin are thrown off too profusely. The skin is composed of three layers—the true skin, that next to the muscles; the pigment layer; and the dead cells, or scarf skin, on the outside. With a sharp knife you can scrape off the outer layer, in the form of little white scales. It may not be generally known that man is an animal with scales like a fish, but if you will examine this white scurf with the microscope, you will find that it is composed of scales similar to those of a fish. And these extend all over the body.

When one takes a Turkish bath these scales are softened up and rubbed off in the shampoo, so that, to a certain extent, the person is skinned. These scales are rubbed off by the clothing, and come in contact with other bodies. This process is going on all the time, and those parts of the body which are most exposed, and have the most attrition with external bodies, are kept the most thoroughly cleansed and free from this condition of dandruff. You will never find scales in the palm of the hand, because frequent contact with various objects keeps the dead scales rubbed off and the palm free.

But on the head, where the hair prevents this exposure of the skin directly to contact with outside bodies, these scales are retained in great numbers. Especially is this so when the head is covered much of the time by a hat or bonnet. The scales are thrown off, but they are held about the roots of the hair, and in this way one may have an accumulation of dandruff even when the skin is healthy. In this case, the remedy consists in brushing the scalp thoroughly and frequently. Most people make the mistake of brushing the hair; it is not the hair that needs to be brushed, but the scalp. This is very important for the health of the scalp. You will notice that the good barber puts aside the hair with his finger, and follows his finger with the brush, until he has brushed the entire scalp in this way. By this means the scalp is thoroughly cleaned. The scalp should be brushed in this way at least three or four times a week, in order to keep it free from dandruff, or from those scales which are constantly being thrown off.

A neglect to remove these scales from the body produces a very unhealthy and disagreeable state of things in other parts of the body than the scalp. It sometimes causes itching of the arms and legs, particularly about the knees and shins, where the scales have a tendency to accumulate, if one does not bathe frequently.



Every hair on the body grows from a little pocket in the skin; and when these little scales are not promptly removed, they get over these pockets, and then the hair, in attempting to grow, is forced to lift the scale up. This is what causes the itching that is so disagreeable. Equal parts of alcohol and castor oil, applied after a thorough shampoo with good soap and water, is the best remedy for dandruff.

## PURE WATER.

**C**HOLERA is often justly described as a scourge. And a scourge is an instrument of correction or chastisement. To chastise is to make chaste, to make pure, to inflict pain for the purpose of recalling to duty. Of a certain ancient worthy it is recorded that "he took thorns of the wilderness and briars, and with them he taught the men of Succoth." Teaching requires occasionally such severe measures. *Jedes Pestjahr ein Lehrjahr* is an old German proverb with which doctors and laymen alike have been wont to comfort themselves after they have passed through a year of plague: it has been for them a year of learning. It would be sad indeed if such a calamity as that of Hamburg did not leave some valuable lessons behind. Of Coleridge's "wedding-guest" it is told that "A sadder and a wiser man he rose the morrow morn." It is some comfort that wisdom may be so closely associated with sadness. And now that there is no doubt about our having Asiatic cholera in the Humber ports, it is well to remember that one of the chief lessons of the Hamburg outbreak was the absolute need for keeping the water pure. The people of the great Hanseatic city have been taught it in a Draconian fashion, and we, their neighbours, may rightly lay it to heart.

It was fitting that at the recent Edinburgh Congress of the British Institute of Public Health practical use should be made of the bitter Hamburg experience; and those who were present will remember that in his paper on the Bacteriological Examination of Water, Professor P. F. Frankland, of Dundee, illustrated his theme very fully from the instructive observations that had been made on the method of the water-supply during the progress of the epidemic. He called renewed attention to the fact, which has been frequently emphasised, that, while the city of Hamburg proper was devastated in a most appalling fashion, the contiguous town of Altona, which is practically a part of Hamburg, and which was likewise supplied with water from the River Elbe, had only a comparatively slight visitation of the dreaded disease. What was the cause of this exemption? There is but one opinion among German experts, to the effect, namely, as was stated by Professor Frankland, that the larger city suffered because the water used by its inhabitants was supplied to them in an unfiltered condition, while that which was used in Altona was submitted to a very careful sand-filtration before it was distributed for use. The natural conclusion is that it was the unfiltered water that spread the disease.

The moral of this plainly is, that you should have your water filtered, especially in times of epidemic, unless, indeed, you are so fortunate as to enjoy a supply that stands in no need of filtration. It is not every city that rejoices in such a store as that which is provided in Loch Katrine. But it is not enough that the water should be passed through something called a filter. There is a good deal of superstition abroad regarding this matter. The use of filters may be pushed to a fanatical extreme; for it is quite possible to contaminate water that does not require any purification by passing it through filters that are constructed on wrong principles, or that are not periodically cleansed.

Even sand-filtration, which has been found so efficacious in Altona, does not withhold all the bacteria that may be contained in the water which it is sought to purify. Professor Robert Koch has been discussing the subject in one of the German hygienic journals; and with reference to the experience in Altona, he points out that it is not so much the sand used in the filtration, as the fine layer of slime deposited by the water on the surface of the sand, that really keeps back the bacteria, and that is, therefore, the effective constituent in the sand-

filter. This view was concurred in by Professor Frankland in his Paper read before the Edinburgh Congress; and he is of opinion that the water to be filtered should be introduced below the sand-bed, and allowed to rise through it. In how far, however, this method of passing the water through the filter might interfere with the depositing of the protective coating of slime he did not indicate. In order that the filtration shall be as effective as possible, two conditions are necessary—first, provision should be made for the maximum storage of the water to be purified; and, secondly, the process of filtration should be as slow as possible. With a view to secure the object last mentioned, the depth of the bed of fine sand, according to the Professor, should in no case be below two feet. This allows sufficient time for the water to percolate through the sifting material, and therefore for the oxygen contained in the interstices to mix with the water in passing, and to rid it of organic constituents. There are occasions, however, such as the time of the recent drought, when the number of bacteria in the available water supply increases enormously, and when, as Dr. Hunter Stewart pointed out at the Congress, even sand filtration is unable to cope with such a condition of affairs suddenly arising.

The bacteriological examination of water is not, however, of itself enough to determine whether or not it is sufficiently pure and safe for human use. Organic impurities are, no doubt, the most generally dangerous, for it is to them that the origin of enteric diseases can usually be traced. But water may be made unfit for use by the presence of inorganic constituents that are hardly less fatal to the human constitution. It is necessary, therefore, that chemical analysis should be conducted concurrently with biological examination. But here it is found that considerable difference of opinion at once arises among those who ought to be well versed in the different aspects of the question. No standard of purity has yet been laid down from which different scientists do not considerably diverge. This divergence of opinion was brought out at Edinburgh, although not in any very striking way. Sir Charles Cameron, for instance, found himself in disagreement with many hygienists as to the amount of chlorine that is permissible in water so that it shall still be safely potable, while Dr. Nasmith, Medical Officer of Health for Fifeshire, admitted that there was a good deal of scepticism in the public mind regarding the value of the opinion of chemists as to the safety of water, and rather justified that scepticism by suggesting certain alterations in the usual practice of analysts with a view to securing greater confidence in the results at which they arrive.

It is plain, indeed, that no general consensus of opinion has yet been reached on the question of what constitutes pure and safe drinking water, and it would, in our opinion, be an immense hygienic benefit to the public if the experts, after a wide and, so far as possible, exhaustive investigation, could agree upon some finding that would be satisfactory to the lay mind. No standard could, of course, obtain universal, or perhaps even general, recognition, at all events, as regards details; for the geological character of each district would, so far, determine the quality of the water it yields. But it would be a distinct advantage to have a standard even for a district, so that any divergence from the normal character might indicate where the contaminating element should be looked for. And meanwhile, in the presence of the danger with which we are threatened, it is well to profit by the lesson which the Hamburg-Altona experience has taught us. There is nothing so important as the water we drink and use in cooking. At all costs this must be kept pure. And if it has to be drawn from a contaminated or even suspected source, it is of the utmost consequence that it should be submitted to effective filtration previously to being used. As we have seen, sand is usually an adequate medium for this purpose; but it may be also desirable to add to the filter some substance that is destructive alike to germ and spore, and that is at the same time innocuous to the human organism.—*Sanitary Record*.

BIRDS of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.

## THE HYPOCHONDRIAC.

By L. R. PEABODY.

**N**O interest does she take  
In mountain, plain, or lake;  
But on microbes can she fluently converse.  
The workings of her spleen,  
Her temperature mean,  
And the history of her case will she rehearse

Such pains are in her head  
She wishes she were dead.  
(Oh, tell it not in Gath, so do I!)  
She is surfeited with nerves;  
Her stomach only serves  
To rouse hostile demonstrations from the pie.

Her liver's on a strike;  
Neuralgia and the like  
Hover threateningly over her like a pall.  
Her pulse is so erratic,  
Her breathing so asthmatic,  
That daily on the doctor must she call.

Her tastes are very notional;  
Her temperament, emotional;  
True sympathy she ne'er expects to find.  
She has doctors by the score,  
But always longs for more  
When they tell her that the trouble's with  
her mind.

She says one must be daft  
To allow the deadly draft  
To meander through the sleeping-room at night.  
She lives on assafoetida,  
Valerian, bromidia,  
And hibernates in rooms that are air-tight.

The blood rushes to her head,  
"Quite naturally," we said,  
"Since a vacuum by Nature is abhorred."  
She finds children "so distracting,"  
Grown people too exacting.  
From such as she deliver us, good Lord!

## ANATOMY OF THE OYSTER.

**E**VERY oyster has a mouth, a heart, a liver, a stomach, beside many curiously devised little intestines and other organs—necessary organs, such as would be handy to a living, moving, intelligent creature. The mouth is at the end of the shell near the hinge, and adjoining the toothed portion of the oyster's pearly covering. This tiny, little apology of a mouth is oval in shape, and, although hardly visible to one unused to making such anatomical examinations, can be easily discovered by gently pushing a bodkin or a piece of blunt, smooth wire along the surface of the locality mentioned. When the mouth is at last located you can thrust your instrument through between the delicate lips and a considerable distance toward the stomach without causing the oyster the least pain whatever. From this mouth there is, of course, a miniature canal leading to the stomach. Food passes through this canal to the stomach and from the latter organ into the intestines, just as really as though the little bivalve were as large as an elephant or rhinoceros. Remove the shell (this operation is rather rough on the oyster, but can be done in a comparatively painless manner by an expert), and you will see the crescent, which lies just over the so-called heart. This half-moon space is the oyster's pericardium. Within is the true heart, the pulsations of which can be readily seen without the aid of a glass. The heart is very human-like, made of two parts, one of which receives the blood from the gills through a network of real blood-vessels, the other portion contracts and drives the blood out through the body. The other organs of an oyster's anatomy are all in their proper places, and performing their several functions.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 14d. and 2s. 6d. (the latter contains three times the quantity of all Chemists. Sent anywhere on receipt of 15c or 14s stamps by the Maker, E. T. Towle, Chemist Nottingham. Beware of imitations, injurious and worthless.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**BOILED CHICKEN AND RICE.**—Stuff, tie in mosquito netting, put in hot water and boil—not violently—twelve minutes to the pound. One half hour before serving take out one cupful of liquor, skim, strain, and season. Soak one cupful of rice two hours, boil ten minutes, drain, add to this the broth and set in double boiler. Simmer till rice is soft, but do not stir it. When soft, stir in with fork one teaspoonful each of butter and minced parsley, and one beaten egg. Cook one minute, take from fire, make into flattened mound, and lay fowl on it. Serve with white sauce or pot liquor.

**STEWED DUCK.**—Stuff, adding dash of lemon juice. Pin in cloth, cover with water, and stew two and one-half hours. Serve with curry or acid sauce.

**CHICKEN POTPIE.**—Cut one-fourth pound of pork in strips and put in kettle, then layer of jointed fowl, sprinkled with minced onion and just covered with water. Cover with thick (short) biscuit dough and stew one half hour. Brown crust with red-hot shovel held over it, drawing kettle to stove's edge. Take off crust and keep hot while brown sauce is made of gravy. Cut crust in squares, return to gravy, cook ten minutes, and serve.

**CHICKEN AND TOMATOES.**—Cut up, dredge, and fry fowl. Add a little flour to butter, after taking out chicken. Add hot water, one pound of cut-up tomatoes, chopped parsley, red and black pepper and salt, and stew smooth. Add chicken and three tablespoonfuls of butter, and cook in double boiler two hours. Add a little well-washed rice, and cook till that is tender.

**OYSTER PIE.**—Half fill dish with oysters, seasoned, and their liquor added; thickened with braided flour. Cover with biscuit dough, and bake.

**COD WITH CREAM SAUCE.**—Boil fish, drain, and slice. Braid one tablespoonful of flour, add pepper and nutmeg; when smooth, add one pint of rich milk—or cream—and chopped parsley, and pour over fish.

**LOBSTER BISQUE.**—Cut two pounds of lobster small. Boil shell with one pint of water, and strain. Boil one quart of milk, add to two tablespoonfuls of braided flour, adding one teaspoonful of salt, one saltspoonful of white pepper, one-fourth saltspoonful of cayenne, the liquor in which shell was boiled, and serve.

**EELS EN MATELOTTE.**—Boil two pounds of eels with one tablespoonful of salt in cold water. Add onion stuck with ten cloves, two tablespoonfuls of vinegar, boiling fifteen minutes. Dry eels in cloth, roll in flour, and fry in two tablespoonfuls of butter, adding a bouquet of herbs and one pint of boiling water. Season with one teaspoonful of salt and one-fourth saltspoonful of pepper. Peel a pint of button onions, put in a pan with one teaspoonful each of butter and sugar, and toss over fire till brown. Add to the rest and simmer one hour. Add one glassful of wine, and serve with strips of fried bread.

**SALT MACKEREL.**—Soak over night. Wrap in cloth and simmer twenty minutes in water to cover. Melt a little butter, add cream and chopped parsley for dressing; or add lemon juice, vinegar, gooseberry sauce, or currant ketchup.

**SALMON SCALLOPS.**—Chop one can of salmon, add one-half cupful of white sauce, one-half cupful of crumbs, salt, pepper, and minced parsley. Fill pattypans, strew with crumbs, and bake.

**STEAMED BASS.**—Wrap fish in cloth, cover bottom of steamer with sliced potato, add two small chopped onions, and fish to top of all. Steamed till done. Remove bones from fish, put in pan layer of buttered crackers, then potato and onion, then seasoned fish. Pour rich milk over, and simmer till done.

**TIGHT LACERS.**—Ladies and Gentlemen's Corsets Fitted Personal visit not necessary. Self-measurement form free by post. Satisfaction guaranteed. Best qualities. Lowest prices. Close fits for Professionals. Neatness, comfort, health. **FORD AND PARK**, 141, Stockwell Road, London, S.W. Estab. 1866

**SWEETBREADS AND MUSHROOMS.**—Brown one can of mushrooms in two tablespoonfuls of hot butter. Take out, add two more tablespoonfuls of butter, and fry four large parboiled sweetbreads. Add mushrooms, and simmer in covered double boiler.

**MATELOTTE OF FISH.**—Stuff fish with dressing of one-half pint of oysters, bread crumbs, salt, pepper, butter, one egg, and chopped parsley. Put sliced pork under and over fish. Pour one pint of water over; have bouquet of herbs in corner of pan. Bake one-half hour, basting often. Serve with fish sauce.

## HINTS FOR THE HOUSEHOLD.

**TO WASH CHAMOIS GLOVES.**—Take a basin of warm water, into which pour a teaspoonful of ammonia; then make a strong lather or suds of some white soap, but on no account rub the soap on the gloves. Wash the gloves thoroughly in this water, rubbing with the hands until clean as they can be made, rinse them well in warm water, softened by a little ammonia, press dry in a towel, and hang by the tips of the fingers to dry. When dry they will be stiff and hard, but this can be rubbed out between the hands. If they are hung to dry with the finger-tips down, the water will drip to the ends, and it will be difficult, if not impossible, to get them soft.

If the water boils out of an iron tea kettle, do not pour in cold water whilst it is hot, lest the kettle crack; either take it off the fire to cool or pour hot water in.

**STRONG carbolic acid** is sure death to bugs. It is also one of the very best disinfectants. A bottle should be kept on hand—out of the reach of children—and a few drops occasionally put down the sink drain.

The fumes of a brimstone match will remove berry stains from the fingers.

**LIGHT scorch-marks** may be removed by simply moistening them with water and laying in the sun.

**ALL embroideries and coloured garments** should be ironed on the wrong side wherever practicable.

The skins of new potatoes can be removed more quickly with a stiff vegetable brush than by scraping.

The toughest fowl can be made eatable if put in cold water, plenty of it, and cooked very slowly from five to six hours.

**AFTER** taking cake from the oven, let it remain in the pan about five minutes; it will then come out easily without breaking.

**A HALF-PENNYWORTH** of whiting and a bottle of ammonia will keep silver forks, spoons, and other tableware always bright and shining.

**INSTEAD** of toasting bread for pea soup, porridge, &c., try drying it, or roasting it till crisp, in the oven, and see how superior it will be.

**GREASE** may be taken out of carpets by covering the spot with powdered French chalk, laying a soft brown paper over the chalk, and covering with a warm iron.

It is as essential to health that the air of the kitchen should be as pure as that of the parlour, because food prepared in foul air partakes of the foulness to a great extent.

**A PUZZLE, INDEED.**—Mathematical puzzles are generally very far from interesting, but there is one which would puzzle most people to explain. It is this: Open a book at random and select a word within the first ten lines, and less than the tenth word from the end of the line. Now double the number of the page, and multiply the number by five; then add twenty; then add the number of the line selected; then add five; then multiply the sum by ten, and add the number of the word in the line. When this has been done, subtract two hundred and fifty, and the remainder in the unit column will indicate the number of the word in the tenth column, the number of the line, and remaining figures the number of the page. The result is infallible, but that is not strange. The curious thing about it is: How is the result obtained?

If one wishes to cool a hot dish in a hurry, it will be found that if the dish be placed in a vessel full of cold salty water, it will cool far more rapidly than if it stood in water free from salt.

Do not attempt to extinguish the flames of blazing paraffin with water, it will only make them worse. Pour corn meal or flour quickly over them, or throw over a rug, or anything handy that will exclude the air.

**RUSSIAN DISHES.**—Mushrooms are largely used in Russia as a substitute for meat; and a familiar sight in the cottages of poor is the strings of the small, shrivelled delicacies, looking like so many bits of brownish leather suspended with strings of onions from the rafters. There are, in that country, at least a dozen edible varieties, some of them very choice. They are pickled, dried, and preserved in many ways. The oil of green hemp seeds, eaten with a radish nearly as biting as our horse-radish, is a popular relish in the same country. Rape-seed and sun-flower seed oil are often used as a substitute for olive oil or butter, in both cooking and pastry-making. Almonds, made into a paste and mixed with water, are used in making desserts as a substitute for milk, and the same mixture is used to flavour tea and coffee. A traveller who knows this beverage well says that it is delicious in the extreme.

**PICTURE FRAMING.**—So soon as a picture leaves the easel and is placed on the wall, some device becomes necessary to separate it from the surroundings or neighbouring pictures. Perhaps none is so effective as that of fitting it into a panel or other defined wall space; but this, of course, is only possible when the wall is fashioned for the picture, or the picture especially painted for its position on the wall, neither of which conditions it is usually convenient to provide in domestic architecture. So the canvas is generally fitted into a wooden frame, to be suspended from the cornice. But the natural tints of wood are not vivid enough to isolate the enclosed space from confusion with drapery and wall surface; nor will it do to paint it a strong tint which would clash with or react on the artist's colouring. It was very early discovered that a gold surface, though its hue is yellow, owing to its peculiar lustre, does not possess in a perceptible degree the blue or violet reaction of yellow. The most delicate tints may be laid close beside it; the only effect is to enhance their proper quality. Moreover, gold clashes with no colour; it is distinct from any pigment employed in painting, and ought to be distinct from anything employed in the decoration of a wall on which paintings are hung. Alas! that it should be necessary to comment on the execrable practice of introducing streaks and splashes of gilding into the designs of wall papers!

## A SURFEIT.

**A SURFEIT** in man is called founder in a horse, and is over-eating—eating more than the stomach can possibly convert into healthful blood. Wise men and careful men will sometimes inadvertently eat too much, known by a feeling of fullness, of unrest, of a discomfort which pervades the whole man. Under such circumstances we want to do something for relief. Some eat a pickle, others swallow a little vinegar, a large number drink brandy. We have swallowed too much, the system is oppressed, and Nature rebels. Instinct comes to the rescue and takes away all appetite, to prevent our adding to the burden by a morsel or a drop.

The very safest, surest, and least hurtful remedy is to walk briskly in the open air, rain or shine, sun or hail, until there is a very slight moisture on the skin, then regulate the gait so as to keep the perspiration at that point until entire relief is afforded, indicated by a general abatement of the discomfort. But as a violence has been offered to the stomach, and it has been wearied with the extra burden imposed upon it, the next regular meal should be omitted altogether. Such a course will prevent many a sick hour, many a cramp, colic, many a fatal diarrhoea.



## THE MOTHER'S PAGE.

### FURNISHING THE NURSERY.

IN every house in which children reside a room should be set aside exclusively for their use, and is as necessary as the best room for their elders, and quite as important. If a house is so situated that a floor can be set apart for this purpose, and known as the children's room, it should have, without reservation, all the advantages, all the best appointments that the home possesses, and no pains should be spared to make it attractive and healthful.

In the first place, the room or rooms provided for the nursery should be the brightest and cheeriest which can well be appropriated. They should have such an exposure that the rays of the sun may flood the floor, while there should be ample provision for pure, fresh air, without which the little lungs cannot do their appointed work and the little bodies cannot thrive. Above all, the nursery should not be situated on the top floor, out of consideration for the wee folks, whose little legs are not strong, and who complain of fatigue when that top is reached. Consideration should also be given to the nurse, on whom so many duties devolve, whose wearying footsteps are never at rest, and whose nights are full of care and responsibility. In many cases these faithful helpers are up and doing far into the small hours, and have no rest until the early morning light.

In this bright room the woodwork and mouldings should be of hard wood; walnut and cherry are altogether the most desirable, and when soiled admit of cleansing by wiping off, without injury to external appearance. For a nursery wall, paint is much preferable to paper, which is apt to collect insects, and if at any time a contagious disease occurs in the apartment, a repapering must be done after the sickness is over. A good coat of French-grey paint, of which there are many shades, gives a pleasing effect, and has none of the disadvantages of paper. If one of these small mischief-makers by a strange perversity marks the wall with a lead pencil, it can be thoroughly washed off with a sponge and suds of soap powder, when its pretty surface will be clear and bright again.

The ceiling should be kalsomined, which gives it a pure and cleansing property, and it can be done in whatever colour taste dictates, the centre a delicate tint, and the curves and cornice a deeper shade of the same colour. The walls and ceiling can complement each other, and produces an admirable scheme without expense.

As to floor coverings, a good substantial rug, either of English manufacture or some Oriental texture, will answer if the tones are of a good brown or red—for it must not be forgotten that cheerful carpets are greatly valued by children, who admire nothing so much as bright colours. A border of varnished parquet flooring is a capital scheme for cleanliness, as the dirt and dust can be wiped up each day and the rug kept in good preservation by a weekly sweeping of salt or wet corn meal. Every method should be adopted to protect our little ones from disease germs so detrimental to their bodily comfort.

If a room is of fair size, and the children number only two or three, and are of tender years, small brass bedsteads can be conveniently stored away in each corner, and yet there will be plenty of space in the middle of the room for their comfort and play. It is a rule which should be firmly established, that no child should share its bed with any other child, however crowded. Sleeping children should have plenty of room to enable them to rest their little limbs in whatever position they select. In visiting a country house some years ago, there was quite a family of little girls who had for their nursery the best room in the house—an old mansion whose age ran into the hundreds. On entering the room the objects that first arrested attention were the little beds, placed at quite a distance, in a row, with their

snow-white coverlets and small pillows, ready for occupancy when the time came. By the side of these tiny resting places a little chair was nicely cushioned, and no cleaner or lovelier room could eye ever rest on. At an artistic house of one of our well-known painters, the little daughter of the family had a small bedroom, which for quaintness was indeed a striking example of taste. The room was furnished in white and gold. The bed was of pine painted in white enamel paint; on the head-board was a decoration of flowers most artistically wrought of delicate pink, and in the middle a wreath of delicate morning-glories, on which the name of "Marie," in white and gold, formed the centre. It was a charming idea, and at the time attracted universal attention.

For these beds a ring can be fastened on the ceiling, and in the winter heavy curtains can be run through, and serve as a protection from the night air. Two sets of blankets are necessary. For winter the heavy ones, whose broad borders are in crimson and dark blue; and in summer thin blankets are sometimes needed. But on each bed during the winter season an eider-down quilt should be folded, and serve as a warm protection for the feet. Chairs with low seats should be plentifully given: little rocking-chairs, stools, low benches well cushioned, and ottomans of good size are acceptable for a nursery.

In regard to the water arrangements, dispose at once of any stationary basin, any flowing water. If for the ablutions water has to be carried up or down a flight of stairs twenty times a day, better so than these death-traps, where all kinds of diseases find their vent. A large, deep basin, plenty of good-sized covers, water pails with liberal spouts, will serve to make any toilet for any number of children, even if generously used. For the nursery a portable bath tub of tin, painted, with seat and cup for soap, should be available for any room where children are daily bathed. A foot tub can also be advantageously used at odd times, and both will find a place in some commodious closet. Two bureaus of inexpensive make are quite necessary where the little one's clothes are kept, and although a cover is required for neatness, yet any delicate decoration is wholly unnecessary in this room, where every article should be for use and not for show.

In every nursery a hanging closet or small set of shelves with closed doors should be provided. Salves of all kinds should find there a place, and the old-fashioned home medicines, that can be given according to the mother's judgment, should be labelled and ready for use. This closet is a handy place, and by having doors will be kept quite fresh and pure.

The two closets which are divided for the general clothing of the children should be kept in order by the nurse. A strong table and of good form should find a place in this room, and a decorative cover in some subdued colours should be given. All games, boxes of toys, and the other articles so precious to the little ones, should rest in safety there.

There is one other piece of furniture most essential in the nursery—a hanging bookshelf. It is only while a child is a baby in arms that a book is without its charm. After they pass the age of two and a half, there are times in which, when every other amusement fails, the book takes a place which nothing else can fill. As night approaches the little feet are tired, the day is over, the mother free from the home duties gives herself up to her little ones, and then is the children's hour, when a fairy story, a dancing rhyme, the little poem in which bears, pigs, and dogs figure, soothes many a weary child. The mother's arms, the tender voice, the jingle of the rhymes, and the human nature in the story that strikes the chord in the child's heart, these together will bring rest and quiet to the weary little darling with the closing of the day.

As to draperies, decorations, and fine furnishing, eschew everything of the kind. A good shade for windows, nine months in the year, is the suitable covering. But during the winter, let the heavy curtains be adjusted, for at night they protect the little ones from the cold, and

keep from the cracks and crevices the airy ripples that chill the room when the weather is stormy and dreary. If in a country house the nursery is a room of wide dimensions, an old rowboat can be placed in one corner, and will afford an endless source of amusement for the little men and women, who will never tire of it. It will prove, as well, a source of rest for the nurse and mother, however much they delight in these little folks and their charming ways.

There are a few rules with which all mothers of families should comply in all earnestness. Never promise a child anything at any time, which it is not in your power to grant. A promise to a young person should be fulfilled at any cost. Children should be taught all the code of rules that pertain to the table, and to respect their elders under all circumstances. All mothers should study the hygiene of childhood, and for the little ones care should be taken not to overfeed them. Give a sufficient supply of nutriment at the hours when the digestive organs are at their best. From babyhood until the fifth year mothers are apt to forget the importance of warmth for the protection of the body. Long stockings should be worn, as should high neck and long sleeves throughout the year. Flannel should well protect the chest and loins, and be of appropriate weight for the season. When children have attained the age in which thick shoes serve as a protection to the feet, the buying of shoes should be the first consideration, and dampness, however slight, should be avoided.

During the hours of sleep, fresh air is one of the most essential attributes, and one should remember that one-half of a child's life is spent in bed. A current of air should pervade the room, yet care should be taken that an adequate amount of bed-clothing is provided. Blankets are the only suitable bed covering for any child. A window can be lowered a few inches from the top, and that is enough ventilation except in a mild night. An open fire in severe weather is a first-class ventilator when the warmth of the room should be husbanded. Every child, either large or small, should have sufficient exercise during the day to maintain a good state of health. If the weather is fine, they should be out of doors most of the time, and the surroundings of every child's life should be entertaining and interesting. If the weather is severe, a large nursery will serve as a good play place, so that exercise can be secured at all times.

Cast-iron rules apply in no case. Every mother should decide for her child a special treatment for its physical body, and study with care its traits of constitution, what suits its temperament, and how all questions can be disposed of in any individual case. For all babies, little children, boys and girls of a larger growth, the sleep which Nature demands should be given with generosity and consideration. Every child should have at least ten or twelve hours of good sleep every night, sleep which is restful and undisturbed. If a child is nervous and prone to be irritable, a warm bath will often allay these tendencies and give such repose that when the morning breaks the child will be full of happy smiles and cheerful words.

When we see a woman, the mother of a fine race of boys and girls, we can exclaim, in our admiration, "Happy woman! you have the crown of happiness, the charm of life, the fulfillment of many hopes." As the author of "Bachelor Bluff" declared, "Handsome boys and fair girls give felicity to any house;" "I hear merry voices, and see bright faces, and catch the gleam of tender eyes; and over all broods the spirit of harmony and peace."

DISOBEDIENCE IN THE ARMY is looked upon as one of the most grave crimes a soldier can be guilty of, and in the past it has often been punished with death. The fate of a battle and the lives of thousands of men, let alone our national honour, have often been dependent upon the prompt carrying out of what might have seemed a trivial order. Discipline without good health, however, would be like a house without a foundation; therefore, great pains are taken to keep our fighting men free from disease. Holloway's Pills have always been found an excellent medicine for this purpose, as, in addition to cleansing the blood, they invigorate and give tone to the system.

**STEEDMAN'S Soothing Powders** for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere. Please observe the **SS** in Steedman.



## TALES WORTH TELLING.

[COMPLETE STORY.]

## CHARLIE BEVERLEY'S RUSE.

By "B."

OLD Mr. Raymond was dead and buried. The wreaths and crosses of flowers that loving hands had gently laid on his grave were withered, and the world had got tired of talking of the merchant's business failure, followed so quickly by his death from heart disease.

And Kate Raymond was forgotten, too, as she sat by herself in the large house at Kensington, which was to be sold, with her black dress and her pale cheeks, and the unshed tears making her poor eyes heavy.

People had pitied her at first, but they took it for granted she would do "something"; at all events, it was none of their business.

"Well, my dear, have you made up your mind?" said Dr. Smith, as he came creaking into the room, and sat down beside her.

Kate looked up through the gathering tears.

"Doctor, I want your advice. Tell me what I had better do."

"Advice, eh? Well, it isn't easy to advise you. What do you think you are adapted to—hospital nurse or lady's companion? I happen know that Miss Beverley is in want of a companion, and I should advise you to go to old Miss Beverley, my dear, if you can be sure of patience and self-control with the old maid."

"I am not the wild, impetuous girl I once was; I can be patient now, doctor."

"Well, shall I tell Miss Beverley to expect you?"

"Yes; but, doctor—"

"Well?"

"How many members are there in Miss Beverley's family?"

"Only herself and a fussy old bachelor brother—ten times as old-maidish as she is herself. You may bless your stars you are not going as companion to the old man."

Kate smiled a little absently.

"There used to be a nephew—a medical student—who—"

"Yes, I know—Charlie Beverley, but he went to Scotland last year to assist a friend in his practice. At ten to-morrow then, my dear, I will call for you."

Dr. Smith creaked away in those noisy boots of his; and Kate Raymond went upstairs to pack her trunk and think.

So Charles Beverley was in Scotland! She had known that before, but somehow she wanted the doctor's testimony to make assurance doubly sure. She was glad; yes, upon the whole, she was very glad. She knew she had treated the honest, loving young fellow like a selfish, heartless coquette; she knew she had half-broken his fond, faithful heart with her airs, and graces, and false smiles once upon a time.

At ten o'clock precisely the next day Dr. Smith's carriage came to the door for Miss Raymond and her luggage.

"Keep up a good courage, my dear," said the kind-hearted old man. "Miss Beverley is rather trying, they say, but she has a heart, and you'll work your way down to it after awhile."

Kate hoped so, but she could not help feeling a little discouraged when Dr. Smith had left her alone in the darkened room, with a pair of green spectacles glaring at her from one corner and a pair of bluespectacles from the other.

Her first day as "companion" was ineffably wearisome. Patiently she trudged up and down stairs with Miss Beverley's gruel and the old bachelor's foot muffers.

The next day was harder still. Nothing went right. Miss Beverley seemed determined to be suited with nothing that was done for her, and the old bachelor from his corner growled a chorus to all her fault-findings.

Day after day passed by very much in the same style, and Kate Raymond grew paler and quieter with each revolving sun. At first her proud spirit had rebelled.

"I cannot endure it," she had thought.

But then came the bitter remembrance that she must endure it—that she had neither home nor friends to flee to!

And when at the week's end Miss Mary Jane

Beverley paid the astounding sum of five shillings into Miss Raymond's shrinking palm, she felt that it had indeed been hardly earned.

"There's one good thing about you, Miss Raymond," said the spinster, parenthetically, as she counted out the money; "one quality that none of my other companions could ever suit me in; you never get out of temper. You've never once lost your patience the whole time you've been here; and yet I used to hear a year or so ago, when my nephew Charlie was at home, what a changeable, fickle, impatient little thing Mr. Raymond's daughter was."

Kate coloured, and the tears started quickly to her deep brown eyes.

"No," said the old bachelor in the corner; "no, Miss Raymond never gets out of temper now!"

"How old are you now?" asked Miss Beverley, searchingly.

"I was twenty last month."

"Hump! only twenty? Well, I suppose you'll be getting married some day, and I shall lose my companion."

But Kate gently shook her head, without even looking up.

"I shall never marry," she said. "Nobody cares for me now."

"There, James, I told you you'd knock that vase off the window seat if you insisted on leaving it there," lamented Miss Beverley, as a sudden crash of breaking china interrupted Kate's voice. "Run, Miss Raymond, and don't let the water soak into the carpet. I don't see how men can be so careless."

And for once the old bachelor had no words of excuse to plead for himself.

"Miss Raymond," he said, in a low, hurried voice, when his sister's temporary absence had chanced to leave them alone together half an hour or so later, "you said a little while ago that nobody cared for you. That was a mistake."

Kate Raymond looked up in surprise.

"My nephew, Charlie Beverley, cares for you; he has never left off caring for you. If he thought you would never look kindly upon him again—"

But Kate shook her head.

"It is too late now to say these things, and yet—"

"But it isn't too late," interrupted the old bachelor, solemnly, rising out of his chair, taking off the blue spectacles, behind which sparkled a pair of brilliant black eyes, removing the rusty wig from a profusion of chestnut brown curls, and spurning the wadded flannel dressing-gown from him with a contemptuous motion.

Kate rose to her feet with a hysteric scream.

"Charlie!"

"Is it too late, Katie? Tell me! This last week has taught me how good, how gentle, and how patient you have grown, and I love you better than I ever did before. Can you forgive me for the ruse practised to learn whether I might indeed aspire once more to your hand?"

Kate Raymond said "no" at first, but she said "yes" afterward, when Charlie had convinced her of the perfect propriety of his conduct.

"And did your aunt know?"

"It was she who insisted upon it, Kate. She wished to prove the temper she had heard was so fickle and uncertain."

And the old lady's wedding present to Miss Raymond was a diamond brooch that a queen might have worn.

DEVOTION is not the play even of the highest faculties, but their deep earnest. It is, no doubt, the culminating point of reverence; but reverence is impossible without an object, and could never culminate at all, or pass into the Infinite, unless its object did so too. In every case, we find that the faculties and susceptibilities of a being tell true, and are the exact measure of the outer life it has to live; and just as many and as large proportions as it has to just so many and so great objects does it stand related, so that from the axis of its nature you may always draw the curve of its existence. Human worship, therefore, turning to the living God, as the infant's eye to light, is itself a witness to Him whom it feels after and adores; is is "the image and shadow of heavenly things," the parallel chamber in our nature with that Holy of Holies whither its incense ever ascends.—James Martineau.

## THE FAULTS

OF THE

## REPORT OF THE SELECT COMMITTEE

ON

## DEATH CERTIFICATION.

BY AN M.D.

SINCE the article on "Death Certification as an Aid to Crime" appeared in the FAMILY DOCTOR, several of our large daily newspapers have thought fit to comment on the subject, and the matter used has been mainly a hash-up of the substance that I put before my readers.

The Select Committee have now presented their reports to Parliament, and state that they have sat some twenty days, and examined about thirty witnesses. I will first point out that a "Select Committee" of the House of Commons is by no means the same thing as a "Royal Commission," the members of the former being all drawn from the "House" itself, whereas a Royal Commission includes, as a rule, outsiders who take a deep interest in the subject, even if these persons be not members of Parliament. One thing that must strike all readers of Parliamentary reports is that "select" committees are apt to view all matters that come under their notice from the point of view of the permanent official, whose attitude towards the subject under his care is familiarly known as "red-tapeism." This committee is neither better nor worse than its predecessors, the evidence it has taken is *par excellence* the official view, but we must be thankful for small mercies, and tenderly gather up and consider these official crumbs, and if, happily, we can find some sustenance and comfort from their digestion, it may help to allay the pangs of terror that have been aroused by the evidence produced.

The proposals I put forward in my former article have to a great measure been adopted.

## UNCERTIFIED DEATHS.

The committee are of opinion that the medical officer of health for the district should be called upon to inquire into the cause of each uncertified death, and further "recommend" that he should devote the whole of his time to his joint duties. Quite so, but we are afraid that this will not be carried out on the plea that the extra burden that will fall on the ratepayers of the district in having to provide the extra salary that must be paid to get the medical officer to devote his whole time to the joint duties. At present the vast majority of medical officers of health engage in private practice, and if the duties of "medical certifier" are added, the outcry, which is already vehement against these officials practising medicine privately, will become all the more acute; but from where will the salary come that will induce them to relinquish practice? Here is the remedy. Let the Local Government Board divide the country districts up so that the salaries then paid will, say, reach the sum of £300 per annum (net), and then let the intended local boards agree, with the consent of the Local Government Board, on the candidate most suitable for the appointment, and bar him private practice. If the district be too wide and the work not sufficient, then throw in the office of poor-law medical officer as well. You will then get a sound body of officials, free from the trammels of private practice, to carry on all you wish.

The grievance of private practitioners against medical officers of health, who carry on in conjunction with their official duties private practice, cannot be entered into here; suffice to say, put briefly, it is this:—They use their official position for their personal benefit, and from the nature of the work it is impossible that they can do it unbiased or satisfactorily. Some startling evidence could be advanced on this matter, but, as we have said, it is outside our range at present.



PERSONAL INSPECTION.

The Committee further report that each medical man certifying death must first satisfy himself from inspection that death has actually occurred. So far so good. But they go on to state that if, on account of "distance or other sufficient reason," he be not able to inspect, then he must be furnished by a certificate from two persons, one of whom must be householder, that death has actually occurred. In the writer's opinion it would be much better if the certificate were left out of the question, and another method adopted. Suppose you get a death of a very poor person, some twenty miles away from the doctor—and such things frequently occur in England; now the doctor objects, on the score of distance, to go over and see the corpse, because he knows that no one will pay him for his journey, and can you reasonably expect two poor relations to travel twenty miles to certify. Otherwise, supposing the person was "done to death," would it not be the simplest matter in the world for the perpetrators to bring up a forged certificate, and the forgery would hardly be discoverable, the signature not being known to the doctor. The remedy we suggest is this:—Let the fact of the verification of death be left (when from any reasons the certifying doctor cannot inspect) to the village constable. He has sufficient sense to do it, and it would naturally fall amongst his duties. He is the person who at present notifies the coroner—*i.e.*, he is qualified for this new work.

DIRECT TO THE REGISTRAR.

The medical man must forward the certificate direct to the Registrar.

TO BE PAID.

The certificate, in view of the extra work in the "viewing" of the corpse, must be paid for at the rate of 2s. 6d. each certificate. This is only right and proper. The state in no way helps a doctor through his examinations, nor does it protect him against the innumerable army of quacks and unqualified persons, nor does it, as in Germany and France, State-aid the science of medicine in any form, therefore it has no right to call on him to work for nothing. What is compulsory without recompense, even in this world of philanthropy, is seldom done well.

CERTIFICATES.

These must all be on the prescribed official form, and only one certificate must be granted by the medical man, and the certificates must be all numbered.

Certain cases will be made non-certifiable by a medical man, and he must have attended at least twice on the deceased person, one attendance must have been within the last eight days previous to death, before he can certify.

This last item is absurd. Matilda Clover's death would have legally been certifiable, and practically undiscoverable, if Dr. Graham had given the certificate, because, if my memory serves me correctly (it matters not if I am a few days outside the mark) she consulted that gentleman for alcoholic symptoms within a week before her death. Now, supposing Dr. Graham had viewed the body (it would have been the same in the case of any other practitioner), her state a short time after death, when the rigidity had gone off, would not have told any tale of a violent death. Three days ought to be the limit, and many practitioners keep within that time already. But if a medical man cannot certify, then on a certificate from the gentleman being forwarded to the coroner that he has been in attendance—say a week—and three weeks before the date of death for some definite ailment likely to prove fatal, then it shall be at the coroner's discretion to order a post-mortem only, and the objectionable routine of an inquest would be unnecessary, providing it was found that death was due to what was surmised or diagnosed during life.

STILL-BIRTHS.

All still-births after seven months' gestation must be registered.

Pits and common graves must be abolished. After the evidence addressed this is the least that could be done.

Our review is now complete; the writer would be sorry to say that the recommendations pleased him not from any squemish ideas alone,

but for the very good reasons addressed herein, and because I think, with all right-minded people, that that which you cannot give, and is so easily taken away, and is most precious to all sane mortals, ought to be safeguarded by every possible fence. See what an outcry arises from thousands of voices if a person whom twelve of his countrymen have pronounced guilty on the clearest possible circumstantial evidence of murder, is about to be hanged, least say these worthies a life should be taken away innocently, and yet there is no doubt that hundreds of little babies are murdered, and much crime sheltered behind our present system of registration. If you doubt the writer, read circumstantial evidence produced before this Select Committee and judge for yourself."

VEGETARIANISM AND FRANCE.

(By Dr. BONNEJOY in the *Journal de la Santé*.)

AS regards the diatetic aspect of vegetarianism, France, it is said, is behind all her neighbours, even as Europe, which has taken it up only during the last half century, comes far behind both the temporal and lasting vegetarianism of Asia.

Again, with us, even the *savants* of the Academy, who take upon themselves to judge, are no further advanced in its principles than the average necrophagous individual, or, to give him a more euphonious title, let us say, than the average meat-eater. With the former, as with the latter, a "vegetarian" is one whose food consists solely of vegetable; but this is surely not the difficulty of M. Sée's position, who is a man of great medical attainments, for that implies ignorance of the fact that "vegetarianism," a word of English origin, is not derived etymologically from the word "vegetable," but from the English root "veget"—vigorous, lively, active, which is itself derived from the Latin *vegetus*, as in Horace's line, Book II., Satire II.

"Alter, ubi dicto citius curata sopori membra dedit, vegetus prescripta ad munia surgit." [After a short slumber it has arisen to resume its duties.]

It follows from this, without question, that a "vegetarian" is a vigorous person, not one who maintains a vegetable diet. This latter qualification applies only to "vegetarians" or "legunists," with whom it is truly astonishing that they are constantly being confused; and our colleague, M. Paul, has not failed to do this in his studies of vegetarianism, when he publishes on the side of the truths upon which his doctrine is based certain sophisms in support of a flesh diet which have already been refuted a hundred times.

The Bible is essentially vegetarian, even in the first chapter of *Bereshith* or Genesis; this is abundantly proved by the numerous works of our neighbours on the matter, for France is no factor in the discussion. The treatise which I published in 1891 in Baillière's "Contemporary Scientific Library" is not, perhaps, of great importance when compared to all the vegetarian literature of our neighbours, but it is absolutely the first complete work in our language by a member of the medical profession.

Now, M. Sée professes that an exclusive vegetarian cannot live long! A tremendous error, which one is astonished to see clothed in the light of the Academy, and particularly by a Jew, a descendant of those to whom the Bible itself was given in times past. I refer him, among others, to the first chapter of Daniel, with which he ought, however, to be familiar. For the rest, I have pursued the study in my book, which was not long since presented to the Academy by Dujardin-Beaumetz.

Another example of error on the part of the supporters of flesh-eating, is this:—Formerly it was admitted without dispute that cholera, which is at this moment paying another visit to the meat-eating community, always sparing the vegetarians or "robust in health," transmitted itself through the air. This is logic, and is in keeping with what one observes of its progress. Now, our carnivorous *savants* have changed all this, and it is the water that is charged with crime.

At the Academy this is an article of faith;

the truth is this:—It is not only to-day that the water of the Seine, for example, gives diarrhoea to those who drink it, but from that to the cholera is a long step. It only gives a very great predisposition to the bacillus of Koch, which, absorbed in the air, is transmitted in microbous clouds which travel like other matters.

But our *savants*, sufficiently inclined to the practice of flesh-eating do not see that they are arrested by the water, neither do they wish to swerve from the theory. However, they behave as if it were the air, and this is what one reads in a medical journal—a state of things which would be absolutely insane if there were any reason in the water theory. It refers to a visit of the President of the Chamber to a deputy stricken with the epidemic.

"Before entering the chamber set apart for cholera patients, M. Floquet is obliged to conform to the regulations, which forbid any person approaching such patients without first being enveloped in a long linen blouse, fastened at the neck and falling to the feet."

Encased in this anti-microbic armour, the President of the Chamber approaches M. Dumay, with whom he converses for several minutes. On going out, M. Floquet is obliged to allow himself to be disinfected with sublimate.

It is a fallacy, like the Morocco robe, and the parrots' bill at the time of the plagues of the Middle Ages, that my colleagues have got hold of, but to those who have had, like your servant, thirty years of medical experience, and who have attended cholera patients and others, without arraying themselves in this "blouse," which is no safeguard whatever to the lungs, without being otherwise encumbered, and without terrifying their patients with this suggestive and frightful "get up."

M. Paul has refuted the strange anti-vegetarian assertion of our Academician by proving that on this thickly-populated globe are "vegetarians" as well as "vegetarians"; and one is astonished at the ignorance of blind interest with which the supporters of a meat diet inspire their champions; it is by this very circumstance that it is judged!

I have no desire to re-publish my book in these columns, and I refer my readers to it. I only aver that carnivorous living is unhappily the forerunner of alcoholism, and that it is absolutely impossible to uproot one while countenancing the other; the budget is augmented by it, but if alcohol is a good taxpayer, it is also an energetic factor of depopulation, of murder or madness, and other social evils.

Our beautiful France, which is diminishing rapidly, has not, according to statistics, a hundred years before its disappearance, as in the case of Poland, that proverbial "kettle of fish!"

How, then, can one justify the use of meat as food? I am persuaded that Professor Paul, like every good patriot, ought to associate himself with me to advise him on the matter of vegetarianism, which alone can save our country. May all the vendors of alcoholic poisons perish of starvation!

MORAL courage is a rare phenomenon, rare indeed. We resolve upon performing some great, though painful duty, but at the first dissuasive word of friend or relation, our resolution is shaken. What, say they, will you take all that trouble and incur all that risk when you can escape it? Will you risk position or profit for an idea? Nonsense! Sentiment! Romance! Such folly is out of date in the present enlightened age. The true philosophy of life is to look out for No. 1. Let things go as they go, when by interfering you would give offence and expose yourself to getting into trouble. Men, they go on to say, are too matter-of-fact and too wise now even to respect you for your independence, for your defiance of public opinion, when you think that that opinion is blundering and debased, or for your forgetfulness of self when higher interests are involved. They only laugh at you and think you are a thorough fool. And before that fear of being thought foolish our moral courage, which but a few moments before had been wound up to so high a pitch, relaxes and melts away as snow before the sun; we abandon our noble purpose, we go with the stream.



## THE GREATER INTEMPERANCE.

By C. H. S., M. D.

WE talk about temperance as though abstinence from alcohol were the fulfillment of the law, but there is a greater temperance yet to come, more in accordance with the dictate of an enlightened reason. There is more than one kind of intemperance, and a molicum of observation would show that disgraceful outward conduct by no means gives the full measure of danger that menaces society.

The sin of over-eating produces as much or more trouble to the community than that which comes from the use of alcoholic drinks. The use of tobacco is the occasion of harm second only to that of alcohol. The evil wrought by the excessive use of coffee is by no means one of the minor ones. The baneful effects of the coffee habit in Brazil are equal to that of the beer habit among the Germans. The use of opium and other narcotics is another fruitful source of injury to the community.

The evils of overwork and worry do not fall far behind—in fact, we exhaust ourselves every way in our work and in our play, in eating and drinking, and even in those athletic efforts that are supposed to be hygienic and recuperative. They are all made too intense, and therefore we do not live out more than half our days, and that half we do not live either comfortably, or with that fullness and richness of life which we might. Furthermore, these very excesses are the occasion of much of the demand for alcohol to drown the nervous rebellion that would otherwise shield us from the result of our own foolishness. In confirmation of this, look at the immense amount of disease that runs riot throughout our land.

As evolutionists it is permitted us to look forward to the time when an age of temperance, an age of cleanliness and purity, an age of freedom from tobacco, an age of sanitary reform, an age of plain living and high thinking, an age of health, which is holiness, shall have so regenerated man that he will walk the earth one hundred years and more. Then the time will come when he shall seek health by obedience to law, both physical and moral, and we will have entered upon a higher plane of life, and thus will be fulfilled man's true destiny.

## DISEASED FLESH MEATS.

AS we look over the daily papers and medical journals, it becomes notable, indeed, that there is a large amount of diseased meat sold every year in the large cities. In the great wholesale markets, where tons are sold every day, diseased meat can very readily pass the casual inspection, and be turned over to the consumers with little thought of the suffering and distress that may follow its use. There is certainly more diseased meat on the market than customers are aware of. Typhoid fevers, tuberculosis, and other kindred diseases are disseminated without a second thought of the moral responsibility in the matter. Indeed, we cannot expect it otherwise as long as disease reigns and professional vendors are working for the "almighty dollar." After the consumer has suffered, it is very little consolation to know that there are laws prohibiting such criminal transactions, and health officers and inspectors to carry out the law. The latter, however, are derelict in their duties, from carelessness possibly, but more likely from the fact that they do not relish the disturbance caused by rigidly enforcing the law. There is probably no highly civilised country that is so remiss in maintaining health regulations in this respect as is our own.

From the following report we are pleased to note that the matter of selling diseased meat is becoming some attention:—

"Numerous diseased meat cases continue to be reported. At Leeds, on May 26, A. M. Twamley, pork butcher, was fined £10 for having in his possession ten pieces of pork which were unsound and unfit for human food. At Darlington, on May 16, fines of £10 and costs, or two months' imprisonment, were imposed on Thomas Scott and Robert Gladwin, who were joint occupiers of a slaughterhouse, and who had in their possession six pieces of

meat which were diseased. At Brighton, on May 30, a fine of forty shillings was imposed on a provision dealer, upon whose premises some beef infected with tuberculosis had been seized as it was being made into sausages. The butcher who supplied the meat had previously been fined £10. On May 31, at Glasgow, a farmer and cattle dealer was fined £7 for having consigned to the Glasgow Meat Market, for sale as human food, a side of unsound beef. On the same day, and in the same Court, a provision dealer was fined £10 for having exposed diseased pork for sale. The pork was in a shocking state, being simply alive with maggots. Another bad case was tried at Salford, on June 11, when a butcher was sentenced to three months' imprisonment for a second offence. From the frequency with which these prosecutions take place, it may be thought that the sanitary officers prevent any diseased meat actually being sold, but Sir Benjamin Richardson's article in the *New Review*, and the frequency of pork and other meat-pie poisoning cases, will knock this reassuring theory on the head."

## THE PHILOSOPHY OF HATS.

OF all the items of personal appointment, the hat is surely that which most deserves our consideration. Covering and enclosing the brain, the seat of thought and sentiment, as it does, it may, in some measure be looked upon as the guardian of the soul. According to its particular shape, the manner in which it is worn, as to whether it is lowered over the eyebrows, thrown back on the neck with the brim heavenwards, thrust over the ears, tilted towards the right or the left, we may, with more or less certainty and precision, deduce the degree of intellect, the shade of humour, the proclivity of mind, the waves of emotion, of him who wears it. The shape is certainly not enough to open up to us the intimate nature of the Ego, but it furnishes us with valuable indications in that it allows us to make a classification of types into two distinct categories—namely, turned-up brims and flat brims, which are, in fact, the two extreme types, which, by their polar opposition, characterise the permanent struggle which exists in Nature between the *active* and *passive* principles.

The turned-up brim, a virile symbol of omnipotence and of the manifestation of the Ego, indicates a tension of fibre, a concentration and activity of will tending to the external materialisation of thought; it is the certain sign of authority and hierarchy. It suggests the sentiment of order, continuity, method; an aspect of pride and self-sufficiency, denotes the desire to shine, dominate, and command; ambitious, a lover of power, apt in the administration of business, riding over social conventionalities, he does not consent to abolish etiquette; he loves representations, grand shows, receptions, and honorary distinctions. The turned-up brim generally suits accentuated profiles; an aquiline or curved nose, prominent cheek-bones, long, advancing chin, close-set ears, trimmed moustaches, and well-dressed beard; those who wear this kind of hat have a clear, sonorous, commanding voice, a confident walk, a well-knit figure, with a full chest; they show the results of figure-training, and their well-adjusted garments give them a good appearance.

In the hat with a raised brim is suggested at once the majesty of the crown of Olympian Jove and the casket of Mars, together with the eccentric and coxcombical head-dress of the king of the clowns; here there is a mixture of Jupiter and Punchinello.

The flat brim, on the other hand, type of feminine passiveness and reflection, indicates a certain relaxation of fibre; the will, half-active only, falls in concentration, and is dispersed over a thousand things; there is originality, caprice, tending to the contempt of a hierarchy, to everlasting mobility, and all the marks of eccentricity. Without ambition, somewhat Bohemian, and undisciplined, the flat brim despises social conventionalities and Mother Grundy; it loves the unconstrained, the frankly artistic temperament which it bears leads it to make verses. It is very rarely, indeed, that the flat brim does not contain a poet, a writer, a painter, or a musician, but,

then, with a more or less accusing taint of disorder or incoherence. The imagination, lonely and subtle in its shifting versatility, is filled with the greatest sorrow or high jubilation, as in a troubled sky descend alternately dark clouds and blinding flashes. The flat brim, in fact, takes after Phoebe, its patron saint: it is lunatic?"

This kind of brim is generally found with round faces, well-developed at the temples, short nose, sparse soft hair, ears standing out from the head, the chest narrow and receding, shoulders large, fleshy, lightly bent, or low and falling. A shadow of timidity gives to the voice a want of resonance, and the walk is irregular; the clothes have a comfortable amplitude. Here is at one time the effect of Venus and the moon; there is about it a serio-comic aspect which resembles the moving attraction shown by the powdered mask of pantaloons.

Let us now discuss the philosophy of the high hat. Whether it have a flat or a curved brim, it is universally admitted to be the head-dress select for great days in our civilised world; in particular, the unimportant citizen and the artisan wear it in all its architectural magnificence at public rejoicings or private events, whilst the man of the world, under similar circumstances, occupies himself in reducing it to the shape of an accordion portable under the arm. Besides the chimney-pot and the Gibus, is the modest round hat. This is the universal *conceivable* symbol *par excellence*, a type of the bond which unites all things, mind and matter: it is the knot which combines or disjoins; popularly named *melon* (doubtless from the naive simplicity it imparts to the countenance), the round hat is in the same way the common ground on which the two extreme classes of society occasionally unite. Under cover of this neutral element, which keeps a just balance between the two extreme points, the man of the world may be easily taken for his valet, and the valet for his master.

This light, lively-looking little hat bears some resemblance to the winged head-dress of Mercury, the messenger of the gods. It also approaches the hat of harlequin in appearance—it is extremely convenient for business people, for travellers, for servants, and for young men who wish to elude vigilance. Quick, active, sporting, it is the outward manifestation of geniality, of invention, of activity, and under a careless guise it conceals the perspicacity and persuasive tongue of the commercial traveller and the cunning of the clever merchant.

The soft hat, in its protean forms which pass so easily from the conquering dramatic wiles of the *mousquetaire*, and of the *sombrero* to the coquettishness of the *brigand* of comic opera, or the rustic simplicity of light lovers, was the result of strong sentiment of the fortune-hunter, the jolly fellow, the misunderstood artist or patriot. Nowadays, when artists are content to be like other men, when everyone is more or less anarchical, socialistic, or republican, the soft hat has lost its prestige, and only adorns the unkempt heads of ostracised Bohemians!

As to the straw hat, it is to the silken or felt hat what the feather is to down. Fashion has reduced it to proportions so unimportant that it no longer keeps off sun or rain; it is the hat universal at three and six. Covering all heads, from that of the financier and the academician to that of the artisan and labourer, it has no sex, for woman herself has adapted it for use.

Cheerful and unconstrained, with its inviting suburban gaudiness (as is compatible with republicans, democrats, socialists, &c.) the obtrusive boating-hat of the riverside has replaced the solemn Panama which formerly flourished, and to which recent events have given the *coup-de-grâce*!

"But," I hear you object, "if fashion exercises so much influence on the shape, what becomes of your philosophy?" I reply, "The shape, remember, gives us the elements for a general classification; it is only in the manner of covering the head that we shall truly find all the intimate shades of individuality of each type. If fashion changes, what does it matter!

TO TOBACCONISTS (commencing).—Illustr. Guide, 259 pages, "Post Free." How to Commence, £20 to £1000. Tobaccoist's Outfitting Co., 185, Euston Rd., London. Manager, Hy. Myers. Est. 1866. Smoke "Pick-Me-Up Cigarettes."



Fashion is only the resultant of individual feelings, which, by their union, constitute the manners of the time, and for this purpose affords us a valuable indication. If, for example, flat brims predominate, so, verily, fashionable feeling sets to flat brims; very well, it is because the social movement is in the direction of art, imagination, and fancy, and the sentiment of authority and hierarchy grows feeble and wanes.

There would be more pantaloons than clowns, that is all!

## SHOULD COUSINS MARRY?

FROM A MEDICAL POINT OF VIEW.

CONSANGUINITY in marriage is still a much debated topic. A great number of physicians are opposed to unions of this kind. Yet, consanguinity being only a special case of heredity, it is generally held nowadays that if husband and wife as well as their ascendants are of a healthy mind and body, the result will be good: in the opposite case it will be bad. Regnault is of opinion that not only the descent of husband and wife produce a consanguinity, but also their sojourn under the same conditions, while, on the other hand, it may happen that relatives living separated by space should cease to be regarded as consanguineous, being able to intermarry without the character of consanguinity. It has been pointed out that in most nations severe laws have been enacted against marriages between relatives. Regnault, on the strength of his investigations, thinks that the nations have endeavoured with at least equal energy to prevent intermarriage between individuals living in the same place without being relatives, *i.e.*, topographic commingling. As instances the author quotes the Indians of North America and the Australians, who used to get their wives far away from their own tribal district. In France, and probably elsewhere, it has been noticed that the strict observance of the religious prohibition of marriage between relatives decreases in the same proportion as the number of marriages between individuals of the same locality. The latter decrease is connected with the increasing facility of transportation. In the middle ages marriages were prohibited between relatives even in the seventh degree, and kings themselves obeyed this law. In the last century the Church limited her prohibition down to the fourth degree, and in the present century cousin-germans are allowed to contract matrimony, although with special dispensation. The author explains this disappearance of the laws against marriages between consanguineous persons by the fact that by the progressive and unceasing commingling of individuals topographic consanguinity came to an end by itself. In France there are some localities constituting an exception to the rule, such as Pollel, Boury de Batz, Fort Modyk, where marriages are strictly limited to people of the same place. At Orthez, where this rule existed among the Protestants, epilepsy had become endemic and inevitable to such a degree, that each house contained a special room provided for it. After the railways had led to intermarriage with Protestants of other localities, epilepsy has decreased in a surprising manner. Observation, of the same kind have been made in animals long ago, and Cornevin quotes a striking instance of this fact. Darwin points to the habit of agriculturists who, for the purpose of improving the quality of crops, will always employ seeds from other localities. The fact that consanguinity in a marriage between two persons having lived in different localities is of minor importance, should determine a physician consulted about the opportunity of a marriage between relatives not only to consider the blood-relation, but also the topographic circumstances. Provided both parties are strong, healthy, and without taint, any possible objection to their union will be lessened by their not having raised in the same locality and under the same conditions.

The skeleton of a man weighs from twelve to sixteen pounds, and the blood twenty-seven or twenty-eight pounds.

## THE HEALTH HABITS OF DISTINGUISHED MEN.

ONE SECRET OF HENRY WARD BEECHER'S POWERS OF ENDURANCE AS GIVEN BY HIMSELF.

HE says:—"I have been asked, sometimes, how I can perform so large an amount of work with apparently so little diminution of strength. I attribute my power of endurance to a long-formed habit of observing, every day of my life, the simple laws of health—and none more than the laws of eating. It has become a second nature to me. It ceases any longer to be a matter of self-denial. It is almost like an instinct. If I have a severe tax on my brain in the morning, I cannot eat heartily at breakfast. If the whole day is to be one of nervous exertion, I eat very little till the exertion is over. I know that two forces cannot be concentrated in activity at the same time in one body. I know that when the stomach works the brain must rest, and that when the brain works the stomach must rest. If I am to be moving around out of doors a good deal, I can give a fuller swing to my appetite—which is never exceedingly bad; but if I am engaged actively and successfully in mental labour I cannot eat much. I have made eating with regularity, and with reference to what I have to do, a habit so long, that it ceases any longer to be a subject of thought. It almost takes care of itself. I attribute much of my ability to endure work to good habits of eating, and constant attention to the laws of sleep, physical exercise, and general cheerfulness."

## THE NEED OF RESERVE FORCE.

(Specially Written for Women.)

By J. CHANDLER.

I WANT to say something about reserve force in this Paper and its relation to hygiene. Reserve force is the strength left over after one has done her work. If a bridge builder builds a bridge he calculates how heavy a load it will need to carry and then makes it, not only strong enough to carry this load but a great deal more. None of us would feel comfortable in going over a railway bridge if we knew the builder had not made it with a great deal of reserve strength never to be called into use.

It is so with our bodies, they have usually considerable reserve power not called out by the ordinary daily tasks we put on them. We admire a woman who has reserve force for all emergencies; we know she can do her ordinary work, whatever it is, with ease, and hold out well in the race of life. But it is much easier to estimate the amount of strength required in a bridge for a certain place than that in our muscles and nerves. We can calculate the former by mathematical rules, but not the latter. There is no mathematics which will tell a woman just how much she can endure with safety, and how much will break down her constitution and ruin her health for ever, so they often take on themselves care and work beyond what they have any right to do. There is a tendency of our time to push everything to the limit of endurance. My suggestion to women whose reserve force is not great is to husband it well, accumulate it by right food, abundant sleep, and frequent short vacations. Guard it carefully, instead of drawing upon it daily as so many do who become feverishly anxious to accomplish some undertaking. The successful athlete carefully measures his resources, and if his race is to be a long one, nurses his reserve powers. If he engages in a race he does not over-exert himself at the start, but so regulates his expenditure of energy that he shall have an abundance left for the finish. That is precisely what women should do who are engaged in any hard work. Every woman, high or low, who labours daily is engaged in a long race, which is in part a test of endurance. She should so measure her pace as to have always at command some reserve power. She should not undertake to do more than she can without undue fatigue, and she will be able to do more, for a short time at least, when occasion requires the extra exertion. Just as we see the

swift runner exhausted before the race is half over, and beaten by his slower but more enduring competitor, so we see women over-taxing their powers when young, and growing old and feeble while young in years. It is the reserve power that tells in prolonged contests—the reserve power of muscle, of spirit—for she who exhausts herself in any kind of effort is unable to withstand the slightest added burden and succumbs to a force she might easily have resisted if she had kept her resources well in hand.

In these days, when women are entering almost every occupation in competition with men, often driving them from their work because their services cost less, it is important that women guard and protect themselves by a large accumulation of reserve power.

## HISTORY OF THE MANUFACTURE OF SOAP.

IF we inquire into the origin of the manufacture of soap, we find that a detergent corresponding to our soap is not mentioned by any writer before the Christian era. It is frequently asserted that soap was known to the authors of the Old Testament; but the Hebrew words used in the passages (Jeremiah ii. 22, and Malachi iii. 2) are stated by authorities to refer to vegetable and mineral lyes—*i.e.*, potash and soda in some form.

In the time of Homer washing of clothes was effected without the use of soap, as he tells how Nausicaa and her attendants washed clothes by stamping them with their feet in pits filled with water.

In time, however, juices of plants were used as detergents, and also natural soda and wood ashes; Paulus Aegina had discovered that by adding lime to alkalies their strength could be increased.

Fuller's earth was, however, the principal agent used for washing in ancient times, the fuller's art being due, it appears, to one Nicias, the son of Hermias. At one time Fuller's earth, found of a superior quality in Staffordshire, Bedfordshire, and other counties of England, was considered so indispensable for the dressing of cloth that, to prevent foreigners from rivaling English fabrics, it was made a contraband commodity, and its exportation made equally criminal with the heinous and wicked export of wool.

The Gauls made a soap out of goat's suet and beechwood ashes, and used it for dyeing the hair red. It is supposed that this soap was an oily mixture used also as a salve in eruptions of the skin and similar diseases. The Arabs used salve-like product, obtained by mixing olive oil and lye, for affections of the skin, as well as for household purposes. As a detergent, soap is first mentioned by authors of the second century after Christ. The celebrated physician Galenus speaks of it as a detergent, as well as a medicament, and considers the German soap as the best, and the Gallic as the next best. The next we hear of soap was in the ninth century, made in Marseilles.

Till Chevreul's classical researches on fatty bodies (1811 to 1823), it was believed that soap consisted simply of a binary compound of fat and alkali. Claude J. Geoffroy, in 1741, pointed out that the fat or oil recovered from soap solution by neutralisation with a mineral acid differs from the original fatty substance by dissolving readily in alcohol, which is not the case with ordinary fats and oils. The significance of this observation was overlooked; and equally unheeded was a no less important discovery by Scheele in 1783. In preparing lead plaster by boiling olive oil with oxide of lead, and a little water—a process palpably analogous to that of the soap boiler—he obtained a sweet substance which, called by himself "Oelsuss" (*Principium dulce oleorum*), is now known as glycerine. The discoveries of Geoffroy and Scheele formed the basis of Chevreul's researches, by which he laid bare the constitution of oils and fats, and the true nature of soap.

From the first part of this century up to the present time soap-making has been advancing, but it is not to its highest point yet, and we must try to make as good a showing in the next twenty-five years as has been done in the past.



## A VISIT TO A CONSUMPTIVE HOSPITAL.

I HAD an opportunity a few days back to visit one of the most homely and comfortable hospitals I was ever in. It occurred like this. I was touring around the coast, and became very friendly with a well-known medical man. "Have you ever seen my family at home?" he said. I confessed I had not, and expressed a desire to be introduced. "Well, come along," he added, laughingly, "but the ceremony will be rather lengthy, for there are over forty of them!" "What! children," I exclaimed. "Yes," he said, "children," and I then perceived that the doctor, to use a common phrase, was "getting at me." Hailing a cab we drove up to what appeared a private house, very pleasantly situated in its own grounds. "This is my home," he said, "and forty little children are my charges. It is not a hospital," he continued, "but a home in a true sense, for there are but three children in each room—we have no wards. It is arranged upon the Continental system, and it is a pity this system cannot be more generally adopted although this is rendered practically impossible by the price of land." "Do you give these children medicine?" I inquired. "Well, no! only when they practically require it, for I can scarcely call the daily administration of Oppenheimer's Cream of Malt with Cod-liver Oil and Hypophosphites medicine. It is a highly-concentrated food. I find the children like this preparation—even when they reject all other forms of cod-liver oil!" "And how do you know when the medicine, or food as you call it, is doing good?" I asked. "Easily enough," was the reply, "for we find increase of weight, which is a result both of the flesh-forming and bone-producing properties of the preparation." "A splendid home, and a splendid work, doctor," I added; and I left the benevolent old medical with a feeling that in health I had something to be thankful for after all.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### A VICTIM OF FIGURE TRAINING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I came across a case of a boy being kept very tightly laced, which may interest your readers. A lady here had twins. When they reached eleven years of age the girl died, so she determined to bring up the boy with all the care she had lavished on the girl. He is a pretty child, with fair curls, a delicate pale complexion, a neat shape—though inclined to stoutness, which in spite of careful dieting, a fair amount of walking exercise, and the constant restraint of tight stays, is gradually getting a pronounced embonpoint below the waist. This is a constant annoyance to his mother, who tries by every means of supporting belt and semi-starvation to reduce the size of his figure at this point. He has a remarkably feminine appearance, which was much remarked on by the people who had tea with his mother a few days ago. She quite dotes on this, her only child, and hopes he will one day be a great artist, for which art he has great aptitude, though he is never to be allowed to go to school, his mother being afraid of the contact of rough schoolboys. He came down to tea, dressed in black velvet knickerbockers and jacket with broad soft collar. The jacket was cut tight to his figure, and confined at the waist by a metal belt, which showed off his wonderfully slender waist and well-laced figure in a perfect fitting corset. The three fashionable young ladies present were surprised, and far from pleased, to find on measurement their waists were all nearly two inches bigger than that of the plump, picturesque boy with long silky curls, pale fair complexion, and small girlish hands. He is always dressed in the morning in an exquisitely moulded corset, that preserves his tiny wasp waist to its usual size, in spite of the plump proportions of his

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shoulders, arms, and neck. His hands will never lose their pretty shape and colour, night gloves being part of his dress, besides well-fitting long dogskin, worn a large part of the day, partly to keep his hands small and delicate, and also to preserve their whiteness. Unless I am much mistaken, his delicate clear skin is not only indebted to his pinched figure and the pain inflicted by his stays, but also to the use of cosmetics by his mother when she sees him to bed. It is extraordinary that his mother does not see what a bad effect on his health her extreme system of lacing is producing.

Grand Hotel, Glasgow.

CORSET.

### FIGURE TRAINING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I hope you will allow me space to express in the strongest terms my agreement with "Marielle" on the subject of tightness and pointed shape as elements of prettiness in a lady's promenade boot, and also as to their excellent training effect. Looking over your back numbers, I find there are a number of other readers who have expressed the same views. For instance, in November, 1890, a lady who confesses to wearing the most pointed boots that she can coax her toes into, says at the end of her letter, "One word more in favour of the pointed toe and high French heel. They compel the wearer to assume a pretty, dainty mode of walking which is most becoming, and also an erect and stylish carriage of the whole figure." "Eperon," a little later, declares that, "There is a piquant charm about a very tight and pointed little high-heeled boot which nothing can excel," and a little further on a lady mentions the excellent effect such boots have had with her daughters. Numbers of others could be quoted to the same effect, both from those who have observed the effect on others and from those who have experienced it in *pro pria persona*.

By the way, I noticed in my searching that in a letter in the number of March 9, 1893, "Moderation" mentions that she does not wear tight boots, though she would like to as they are pretty.

I wonder whether when "Marielle" lightly remarks on the excellence of "the discipline régime" for "driving the awkwardness out of hobbledehoes," she has any idea of the bad quarters of an hour (or good deal more) sometimes spent by the "hobbledehoes" in the process. To take a lad without the slightest warning from his rough freedom, and lace him up in a tight, long-waisted corset, boned and steeled to the stiffer, strap back his shoulders, case his hands and wrists in long, tight white kid gloves, which he is required to keep perfectly fresh and unsoiled (a requirement entailing wondrous care), fix up his chin so that he cannot see his toes, and, without any previous training, put him on boots of extreme pointed shape and tightness, perched upon heels of tip-toe height and the most tapering form. To do this, and then straightway punish him for every fault as though he had had the advantage of long training, and stimulate his efforts with the sharpest application of a stinging whip at the slightest falter, is a proceeding which, however beneficial, is hardly the plan which the subject of it would voluntarily select for himself.

CURB.

If trouble comes on him, which prudence could not foresee, nor strength overcome, nor wisdom escape from, he bears it with a heart serene and full of peace. Over every gloomy cavern and den of despair Hope arches her rainbow, and ambrosial light descends. Religion shows him that out of desert rocks, black and savage, where the vulture has her home, where the storm and avalanche are born, and whence they descend, to crush and to kill—out of these hopeless cliffs falls the river of life, which flows for all, and makes glad the people of God. When the storm and the avalanche sweep from him all that is dearest to mortal hope, is he comfortless? Out of the hard marble of life, the deposition of a few joys and many sorrows, of birth and death, and smiles and grief, he hews him the beautiful statue of religion, tranquillity. It stands ever beside him, with the smile of heavenly satisfaction on its lip, and its trusting finger pointing to the sky.—*Theodore Parker*.

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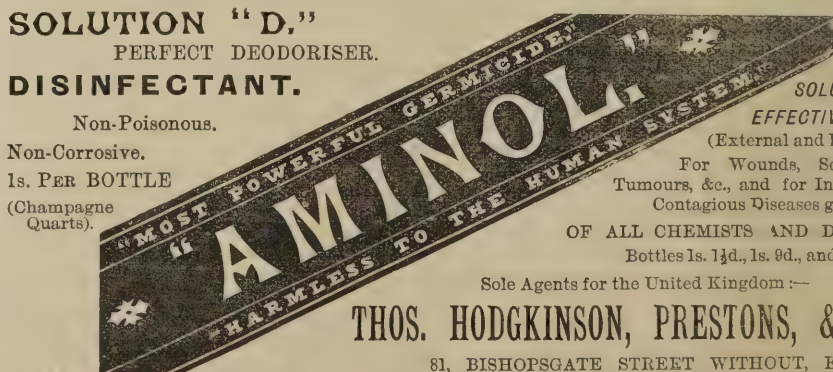
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## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

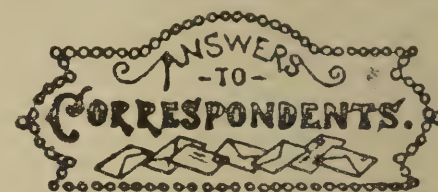
WEEDS.—Will anyone give a cheap and effective recipe to destroy weeds that grow in garden paths?—*Hawthorne*.

LICENCES.—I am informed that it was a Liberal Government which gave the Excise power to issue "beerhouse" licences. When was this, and under what circumstances, and also when and by whom was the authority confined to magistrates only?—*G. A. S.*

ASTRONOMY.—What planets can be seen with the naked eye at, say, ten o'clock p.m.? What planet is it that rises some time about nine o'clock in the north-east?—*H. O.*

### ANSWERS.

CONTRACT.—You can compel the landlord to do nothing unless he has contracted to do it. You have engaged to keep the house in good and tenable condition, and to deliver it up in good repair, fair wear and tear and damage by fire excepted. You suggest that the landlord on these words can hold you liable for wilful damage. This is absurd. You are clearly bound to do all such repairs as will make and keep and leave the house in good repair fit for a reasonable tenant to occupy, who has to make reasonable allowance for fair wear and tear of your previous occupancy.



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

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### ADVICE GRATIS.

By A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:—



King's College Hospital.  
University College Hospital.  
London Temperance Hospital.  
West London Hospital.  
City of London Hospital for Diseases of the Chest.  
Evelina Hospital for Sick Children.  
Hospital for Sick Children.  
St. Peter's Hospital.

Nazareth House, Ham-mersmith.  
British Home for Incurables, Clapham-rise.  
Ophthalmic Hospital, King William-street, W.C.  
Poor Box—Five Police Courts.  
St. Thomas's Hospital.  
City Orthopaedic Hospital.  
London Hospital.  
Charing Cross Hospital.

H. J. C.—You must tell us your symptoms. "Incontinence" is too broad a term, and conveys no definite meaning. Give us exact symptoms.

CANDIDEN.—There is no application which will make the hair curl permanently. The actual formation of the hair is different in people who have naturally straight and those who have naturally curly hair. No application made externally will cause this fundamental change in structure.

E. S. G.—It is practically impossible for you to entertain matrimonial prospects just yet, without some definite form of treatment. For the present, we should advise you to take a cold bath every morning, having a good rub down afterwards with a rough towel, keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Get plenty of active outdoor exercise, such as running, jumping, and if possible, football, &c. Your meals should be quite light, nutritious, and easily assimilable, and taken at regular hours. Medicinally, we should advise you to take a teaspoonful of Parry's Food three times a day immediately after meals. If you get no better you had better send a stamped addressed envelope.

SALLY.—These pains and discomforts are probably due to your years and consequent want of exercise and strength. If the back of the neck feels cold, we should advise you to use a warm shawl round the neck, and keep yourself out of draughts. The bowels should be duly attended to, and we recommend plenty of good food.

CALADOC.—Of course this sort of things is not natural, and it can only be cured by electrical methods; but do not therefore rush to advertising electricians who are not surgeons nor physicians. With regard to your second query, we do not approve of the method at all, and consider that when young people of that age require whipping, it is due to parental negligence when they were young. It seems hard to visit the sins of the parents past selfishness upon the children, thus completely brutalising the latter.

MATHEW LENNOX.—The only thing you can do is to endeavour to soothe your condition by taking thirty grains of bromide of potassium twice a day, and a pill of two grains of camphor and one of hyoseyamus every night. The medicine may cause a rash, but we see no other way out of the difficulty.

APLIGIDA (Glasgow).—We are unable to tell you the exact cause of this suppression. It may, of course, be due to poorness of blood or anaemia, but there are many other causes. Whenever the general health is affected and the body is below par, this sort of thing is apt to occur. We should advise you to take some warm sitz baths, get the bowels freely open, and take the following medicine: Bromide of potassium two drachms, ammonium citrate of iron one drachm, spirit of chloroform one drachm, water to six ounces. One-sixth part three times a day immediately after meals.

SAM BOTTLE.—No, zinc ointment will not be of any service in this case. It is due to the fact of your suffering from indigestion. You must be careful not to substitute beer for food, as this is a most irregular thing to do. Have your food regularly, and let your meals consist of plain, nourishing, assimilable materials, such as boiled fish or trout, bread and milk, eggs lightly boiled or raw, &c. See that you get a fair amount of active outdoor exercise, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One sixth part three times a day immediately after meals.

COMER.—We know what you mean, but it is a very difficult matter to alleviate. We very much fear that sooner or later you will have to make up your mind to go in for a course of treatment. You had better take a cold bath every morning, and keep the bowels freely open. You must be very moderate in your habits, and avoid intemperance or excess in all possible ways. Take a teaspoonful of Fehle's syrup of hyposulphite three times a day immediately after meals.

NOLL HILARY.—No. These appliances are not likely to attract electricity from the atmosphere, nor are they likely to be of the slightest service to the person wearing them.

ANXIOUS.—This man is an unqualified practitioner, pure and simple. He has no right to practice at all, and his methods are entirely disreputable. Keep your bowels acting regularly by a teaspoonful of compound liquorice powder each night will be sufficient. Stick to your truss, and leave the future to take care of itself. Meanwhile take care of your eight pence, and utilise the sum for your own benefit.

OXFORD.—You had better place yourself under the care of a specialist. To play with such a condition is a mistake, and the treatment which you are undergoing is never likely to give you anything like complete relief. You had better come to London and have the parts properly examined with a view to curative treatment. Meanwhile take a teaspoonful of Epsom salts each morning in a wineglassful of water.

H.M.—We do not quite understand what you mean. If the disease was cured, it would certainly not return after four months, unless you had been exposed to fresh infection. Will you please describe the present symptoms, giving us as many details as possible, in order that we may be able to form a diagnosis. On hearing from you again we shall be happy to prescribe.

RANDOLPH.—Your condition is a very common one, and you are suffering more or less from the effects of former practices. Take a morning cold or tepid bath, walk at least five miles a day, do not sleep on your back, rise to empty the bladder whenever you wake, eat your food slowly, take the following medicine three times a day: Bromide of potassium one scruple, bicarbonate of soda twenty grains, tincture of gentian half a drachm, water to half an ounce. Write to us again, reporting your condition in four weeks.

T. K. H.—You smoke too much, and this habit is probably responsible for the defects described. Cut the tobacco down to an ounce a week, and take the following mixture three times a day: Carbonate of ammonia four grains, bromide of potassium twenty grains, glycerine twenty minims, tincture of bark half a drachm; water to half an ounce.

PAT.—Undercooked mutton daily, fresh fish, green vegetable, it is a mistake to live exclusively on farinaceous food, and to eat mutton as a creed is a mistake. Eat your food slowly, and drink only after each meal is finished.

ARTILIZ.—1. Yes, the morning sponge bath will do you good. Be careful about your diet. 2. The pimples are some of the results of indigestion due to dietary indiscretion. You must pierce the spot with a lance-headed needle (to be obtained of any good chemist), bathe the part with hot water twice a day, and take the following medicine: Sulphate of magnesia twenty grains, bicarbonate of soda fifteen grains, spirit of chloroform five minims, infusion of gentian to half an ounce. We are sorry we cannot be certain that there will be no mark. Use hot water with good soap, terebene or vinolia, for washing the face.

R. WHISKER.—A bottle was sent to us the other day, but it has somehow lapsed from our possession. You might try Burge Yne, Cyreax, Burdighes, & Co. in Coleman-street, E.C. PHILLIPA.—1. No; if you take tea as it is usually drunk by the better classes, not a word wrong, with plenty of milk. Use hot water with a lance-headed needle (to be obtained of the opposite sex for special reasons. It would not affect you in any way unless after a hearty supper. 3. We do not believe in vegetarianism; there is plenty of paper and ink wasted on the subject, if you take the trouble to find it out. We cannot recommend you to take only vegetables, as the habit is almost sure to induce constipation. 4. Fruit-eating is good in moderation on account of the salts contained in fruit, they are not nourishing, and are not absolutely necessary as an article of diet, true cholera cannot be produced by eating fruit, though eating fruit, especially if unripe, in excess is likely to cause irritation of the bowels. 5. No.

D. W. D.—You cannot prevent the evaporation of the camphor, but it does not affect the chalk very much if well pulverised. 2. This preparation is a fair stimulant, and prevents the combustion of certain substances in the body, but it has no nutritive power whatever as such. It does not add any force or tissue-substance, and is, therefore, no substitute for meat. 3. Not much; not nearly so much as there is in milk.

HOPEFUL.—If you had mentioned your former habit before, we should have been able to advise you. This is, of course, the sole cause of your trouble, and unless you discontinue the habit you will never be better. You must take cold baths, and the advice and medicine we have given you before. It is of no use asking advice unless you follow it.

VERAX.—Yes. It is possible to meet with the contagion at public or other conveniences—it may sometimes be caught even in one's own household when visitors who are affected may unwittingly be the source. It is a common trouble, and does not indicate necessarily anything like immoral connection.

VANITY.—You do not say who performed the operation of electrolysis for you. It was evidently very carelessly done, and certainly not by a qualified medical practitioner. We shall be very glad to learn the name of the operator. You will notice that in recommending electrolysis in these columns we especially warn our readers against those incompetent persons who advertise. That an expert never does so. We regret that time must be the only healer in your case, but you will be careful to advise your friends to avoid the perpetrator of the disfigurement.

PERPLEXED.—We are very much afraid you will be unable to entirely cure this so as to be able to lock upon yourself as quite free. Palliative measures may be used, such as dusting the parts with well-powdered boracic acid and oxide of zinc. You may also use a solution of carbolic acid to wash the parts of the strength of one in sixty. Look especially after your general health, take morning cold baths, keep the bowels freely open, and take plenty of active out-door exercise; also be careful to eat plenty of good plain food, and take a teaspoonful of Parry's Food three times a day, immediately after meals.

J. H. F. STENNING.—You must avoid all beer, wines, and spirits, and your diet must be of the very lightest possible kind, and taken quite regularly. Have a warm bath as often as you can in the week, and take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part to be taken three times a day between meals.

CHAS. W. J.—The cause is constipation, and the probability is you are not very particular about your diet, not at the hours of taking it. You should take a cold bath every morning, and use the following medicine regularly: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, chloroform water to six ounces. One-sixth part twice daily between meals.

T. K.—The history given is sad, but we are inclined to think the condition may be amenable to treatment. There is evidence of nervous prostration, but there is more evidence of liver disturbance, and the latter condition will require first attention. We advise you to take the following pill daily with dinner: Blue pill one grain, eucalyptum one grain, pill of oolong and henbane three grains; and the following mixture before each meal: Dilute hydrochloric acid ten minims, bromide of potassium fifteen grains; chloride of ammonium ten grains, tincture of gentian half a drachm, water to half an ounce. We shall be glad to hear again from you in a month's time.

T. SMITH.—We strongly disapprove of anything in the shape of supposed panaceas. The powders named might do no harm in certain cases, but in others they might induce salivation, and so damage the patient for life. To pretend that your idea of selling these things is philanthropic is absurd. Your idea is to make money out of the gullibility of the British public, and we strongly disapprove of it, not only because the powders will in most cases be useless, but because in many instances they will do irreparable damage.

JAS. REID.—Medicines are usually unsatisfactory in these cases. As you have tried medicines for several months, it is probable that your case will not yield to local treatment, and for that purpose you will need to consult a London specialist. Meanwhile persevere with the medicine already prescribed for you.

SHUT.—You certainly describe the ordinary symptoms of stricture. The only certain test is examination by a specialist, and probably the treatment of the stricture will at the same time cure the gleet—the two conditions being closely allied. You will probably need local treatment, and we should, under the circumstances, advise you to waste no time in obtaining the same at the hands of a competent physician.

VIOLIN.—1. We are glad to hear that you are feeling better. The pains may or may not lead to the condition mentioned. 2. This is not unusual in persons suffering as you are. 3. Unless you are restored to health you would be foolish to marry. 4. This consists of prostatic fluid, and is not of any serious importance. 5. Pain, or the absence of it, is no proof that the conditions do not require treatment. We, therefore, adhere to what we formerly advised you.

HOMOEOPATHY.—This is ex-ophthalmic goitre. The complaint is a very obstinate and untractable one, and very little good is done by the use of drugs. We can hardly believe that your friend has not already been under medical men, who have probably tried the chief medicines (not homoeopathically though) employed in the treatment of this affection—viz., belladonna, tincture of iron, digitalis, and bromide of potassium. We fear we can add nothing valuable to the list.

W. OSBORNE.—In your case, if the heart be really affected, walking is the best exercise; but you must not imagine that by doing this or doing that you will be able to increase your height. "No man can be by taking thought, add one cubit unto his stature"—this is an approved scientific truth. Exercise, gymnastics, &c., may open the chest, expand the lungs, and develop the muscles, but it will not give height. However, you will not have finished growing until you attain the age of twenty-five.

AMERICAN READER.—We cannot tell you what this is without a personal examination. The best thing you can do is to consult a specialist on the matter. We shall be very happy to recommend you one if you like.

AMERICAN TRAVELLER.—As you have told us your sex we can now advise you more fully. The head and hair must be first well oiled with white petroleum, and then a cold like ordinary pomade, perhaps an ounce would be sufficient. The hair must then be placed in a rubber cap to protect linen, and the ointment washed off next morning with hot water and soap. Your maid servant must then comb out the hair in small strands with a tooth-comb, and remove every visible (grey) scale. This must be done diligently for three or four days until nothing further is seen. Treat the eyebrows in the same manner. The white precipitate ointment will also stimulate the eyebrows to grow.

DUBLIN MAN.—These circles may be, and are general produced by the body being fatigued or exhausted in some way. Rest, good feeding, sufficient exercise in the open air, and attention to the bodily health generally, avoiding late hours, excessive smoking or drinking, will recuperate you.

J. E. F.—Yes. Drink only after the meal is finished. Continue your abstinence in the matter of smoking, and keep on with the medicine for at least another month. You must have both patience and perseverance in the treatment of these conditions, and it will not do to expect too early a result.

LEX. Take the following mixture after each meal: Pure carbolic acid two minims, tincture of cardamoms twenty minims, tincture of capsicum five minims, tincture of gentian half a drachm; water to one ounce. If you find this mixture hot to take, add an equal part of water to each dose.

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## THE CURE OF CONSUMPTION

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**A TROUBLED ONE.**—You are suffering from hyperaesthesia of the parts, which only local treatment will remove. You might take all the medicines known to the pharmacist without deriving any benefit. We therefore advise you to consult a specialist physician on the subject. You need have no hesitation in the matter, as cases such as yours are not at all uncommon. You will, as you say, do wisely to avoid the "gentlemen," who advertise, and if you wish us to give you the name of a reliable man, we shall be happy to do so.

**F. W. ELDON.**—Probably due to indigestion and politics. Eat less, drink less, and give up politics as a very bad job. Eat your food slowly, drink only after meals, and take a dose of the following medicine each morning, before rising: Sulphate of magnesia one drachm, nitrate of potash five grains, peppermint water to half an ounce. Take a fair amount of out-door exercise, and let us hear how you are progressing in a few weeks' time.

**LILIRA.**—You need say nothing about the matter at all, there being no necessity. Under any circumstances we should hope you would be able to enter into any explanation.

**MARIETTA.**—You should endeavour to get plenty of outdoor exercise so as to cause greater activity of the bowels, and thus prevent all these unpleasant feelings that you get in the stomach. Avoid drinking too much tea or eating too much meat. Eat lean meat and boiled fish and fowl, and see that you take your meals quite regularly. Take also the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part three times a day between meals.

**GRATEFUL.**—1. I am indeed glad that you have taken what I felt bound to write in the spirit in which it was intended. You will see by other replies in these columns that the case is not solitary, though the circumstances are very various. I do not need to go through my former reply in detail, but I would remind you that corporal punishment of a lad over twelve or fourteen, even by a man, is calculated to transform him from a lad of spirit into an obedient coward. This is evidenced by the difficulty you had in getting the lad's subordination, and the subsequent cowardice displayed by him. Under the circumstances described in your former note, his spirit was broken, and he will unfortunately suffer throughout his life from the irreparable injury inflicted upon his morale by punishment at the hands of a girl. "Boxing the ears" at all is dangerous, however, and by whomsoever administered. The gloves and the small, soft hands aggravate the flogging. As for the discipline—let me tell you briefly, it is offence. That is not discipline—it is moral cruelty, as far as the lad is concerned. The case is aggravated by the permission accorded to your niece to participate in the tyranny practised at the expense of the victim. 2. You ask me for a remedy for this sad perversion of the sexual instinct on the part of your daughter and niece. Will institute on the part of your daughter and niece. Change of scene would be useless where the moral sense is unhinged, where the insidious beginnings of sexual vice have already held sway to such an extent that "they are in great distress" because you have forbidden them to punish the boys," and "when a young girl of beautiful beauty" is almost "excited herself" through not being permitted to be executed against a fellow inmate. This further evidence of perversion is unnecessary, but it is all the more conclusive. The remedy must be a full explanation by yourself to your daughter and niece of the harm both to the boys and themselves that must inevitably follow in the train of indulgence in unrestrained passion of that particular type. This lesson must be daily cold bath, and to dissipate, by fatiguing exercise, all tendencies in the wrong direction.

**LAND AGENT.**—We are glad to have so much evidence from various quarters that our quiet exposure of nefarious practices in schools is producing its effect in opening the eyes of parents and friends to the immense damage to body and soul that may be inflicted by them. We agree with you that cosmetics are entirely unnecessary for a child of fourteen, and "stays" are equally unnecessary and even harmful for a boy of the same age. But the suggestiveness of these habits is emphasised by the statement which follows, and the combination makes it clear that the daughter of the master is deliberately teaching these poor innocents' views from which, at least at school they should be protected. These practices will do serious harm, mental and bodily, to both the twins and to the others named, and you will fail in your duty to your nephew if you do not take immediate and unhesitating steps to put an end to them. We advise you with all the speed you may to acquaint the twins' guardian with the state of things, as well as at the same time to make known to the master of the school the horribly emasculating practices of which his daughter is the initiator.

**P. DOUGLAS.**—Shave the upper lip every evening. Immediately afterwards rub into the part with a sponge some of the following lotion: Blistering fluid four drachms, glycerine four drachms, rose water to six ounces.

**HOPFUL.**—1. We are sorry that at twenty-one and a half years of age there is not much chance of your growing another four inches, if at all. There is no method known to us, that you could be advised to employ with any prospect of success in that direction. By all means be careful of your diet, take a daily cold bath, and as much open air exercise as convenient, about of fatigue. 2. Clean the piano keys with sponge dipped in methylated spirit.

**BROTHERS.**—We sincerely sympathise with your difficulties and troubles, which are very difficult to relieve effectually. Soak the feet well at night and morning with hot water, in which a handful of borax has been dissolved. Each night after drying, paint with tincture of belladonna, and each morning use some boracic ointment instead of the tincture. Keep the bowels acting freely, and report to us in three weeks' time.

**MARY MACK.**—You will need external electrical treatment, properly applied under the direction of a qualified medical man. The case is not exactly an ordinary one, but it is not rare, and with care you should recover.

**LUX.**—The eruption has probably no connection with the risk run, unless you have some other symptoms which you have not described. In that case you had better see some specialist in the matter. Meanwhile the following mixture will be of service to you: Solution of potash (medicinal liq. potash) ten drops, sulphate of soda half a drachm, tincture of gentian half a drachm, chloroform water to half an ounce; to be taken three times a day between meals.

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DRAPER, ORGANETTE WORKS, BLACKBURN.

**TANTON.**—This condition of the liver is unknown to pathology. It is supposed to indicate in either male or female diseased sexual instinct, termed respectively satyriasis and nymphomania. The diagnosis is dependent upon observation of the conduct and actions of the person concerned in relation to the opposite sex. The fact of a man having five wives does not prove him to be a satyriac. Accident or disease may be accountable for the deaths of some of the defunct partners.

**POOR READER.**—You had better take a cold bath every morning, having a good rub down afterwards. Get plenty of active outdoor exercise, and be careful to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed time, and followed the next morning by a mild dose of aperient fruit salts. This will prevent all the indigestion symptoms, especially if you have plain things to eat. With regard to the other matter, you must be very careful to avoid going to sleep on your back, as this is the main cause of your trouble. Take a teaspoonful of Parrish's Food three times a day, immediately after meals.

**HEADACHE.**—Yes. The vapour is very likely to cause headache in people of a certain constitution. Perhaps you do not get much out-door exercise. Take the following medicine each morning before rising: Sulphate of magnesia one drachm, nitrate of potash five grains, peppermint water to half an ounce. Drink no beer, and if you are a smoker, give up using the weed for the present.

**DROOPING ONE.**—The chances are that you require a change of air and environment. No man can have his nose always at the grindstone without recess. Unwanted and persistent depression is a common consequence of all work and no play. At present we should recommend you to take a teaspoonful of the ammoniated tincture of quinine three times a day in a wineglassful of water. Have your meals regularly, and keep the bowels freely open. Go on with the medicine for a time, and do not expect to feel any results under three or four days.

**CAREFUL.**—The description you give of your symptoms sounds very much as if you were suffering from varicose veins, though of that we cannot make sure until we have practically seen the thing for ourselves. A varicose vein is a bundle of enlarged veins, feeling like worms running into the scrotum; it is often very painful, and is quite likely to give rise to the feelings you describe, being also relieved by stool. You had better see some good doctor to make sure of it, and follow his advice on the matter.

**ANXIETY.**—1. This is a natural secretion; wash the part with soap and hot water every day, and dry thoroughly with a soft towel. 2. Do not sleep upon your back; rise to empty the bladder each time you wake. Keep the bowels acting freely; take a sufficiency of exercise, and no less sleepers. 3. Take the following mixture: Bicarbonate of soda twenty grains, bromide of potassium twenty grains, tincture of henbane half a drachm, water to half an ounce. To be taken night and morning for a month.

**ST. ANN'S.**—The pill may be taken on alternate nights for a fortnight. Miss a fortnight, and take the pill again as before. Do not take more than forty-eight in any single year. The saline may be taken as before, and provided the dose is not too strong, may be persisted in even when you are not taking the pills.

**A. B. C.**—Your history is not very clear. Treatment for two months, if the disease was really what you say, would not be sufficient. Two years' continuous treatment would be very much nearer the mark. However, you can do no harm by taking the following mixture three times daily before meals: Iodide of potassium five grains, spirits of chloroform five minims, decoction of sarsaparilla to half an ounce.

**POOR BLOOD.**—You had better take two of the bipalatinoids of carbonate of iron three times a day, with or immediately after meals. They may be obtained at any good chemist or of the manufacturers, Messrs. Oppenheimer, Son, & Co., 14, Worship Street, London, E.C.

**X. Y. Z.**—You have done wisely not to throw your money away on the worthless plan described in the paper. Your only treatment is that by operation. If you wish us to give you the name of a reliable surgeon, we will do so with pleasure.

**BANGOR, CO. DOWN.**—The gentleman you refer to has been struck off the register for advertising himself, so we should not recommend you to have anything to do with him, especially when there are so many good physicians whom you can go to see.

**Y. QUACKERY.**—We cannot answer the question involved in your pseudonym without knowing your general history and physical condition. You have failed to mention your age, occupation, habits, &c. It is possible that a course of electrical treatment would be beneficial to you, but that would be rather expensive, as the course would require to be protracted.

**A. FEMALE M.M.S.**—You do not say how you are affected. At any rate, we see no harm why you should continue to use the syringe as you have been accustomed to. We are very pleased to hear that the perusal of the pages of the FAMILY DOCTOR has been attended by such happy consequences to you. You have not mentioned your age nor habits, if potatoes are well-cooked and eaten in moderation they will not cause any constipation.

**BENDIGO.**—Your reply will have appeared in the issue preceding this. Read the heading to "Answers to Correspondents."

**LOND ON.**—You should endeavour to get a cold bath every morning, and to get plenty of active out-door exercise, as well as your proper mechanical work. Avoid beer, wine, or spirits for the present, and let your meals be of the lightest, and most assimilable character; they must also be taken at regular intervals. Avoid smoking for a day or two altogether, and take the following medicine three times a day: Sulphate of magnesia two drachms, carbonate of magnesia three drachms, spirit of peppermint one drachm, chloroform water to six ounces; one-sixth part three times a day between meals.

**A. M. C.**—This is a very common symptom of indigestion and is likely to be aggravated by your taking porridge. We should advise you to be very careful about the regularity of your bowels and about your diet. There is no reason why you should not eat fish, bacon, or eggs for breakfast, roast or boiled meats for dinner, and something the last thing at night, but you ought to take plenty of active outdoor exercise, and not sit at a machine or table all day long. Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one and a half drachms, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals.

**MARIAN GREY.**—We should advise you to go to one of the Orthopaedic Hospitals. There is one—The Royal Orthopaedic Hospital at 297, Oxford-street, W., and there is another in Portland-street. You should certainly not leave a stone unturned to get as much good as you can for yourself.

**A. R.**—You must have something other than "chapped hands" at this time of the year. However, you may see what the result of using the following ointment twice a day will be: Red oxide of mercury three grains, oxide of zinc one drachm, vaseline one ounce, pure carbolic acid ten grains. Wear white linen gloves at night, having well soaked the hands in the ointment.

**SNAPS.**—Wash your face and chest only in hot water, using good soap—sorbene or triaolia. Rub the parts thoroughly with a towel after drying, press the pimples out; at night after bathing with water as hot as can be borne. Take the following medicine before each meal: Dilute phosphoric acid ten minims, chloride of ammonium ten grains, tincture of gentian half a drachm, water to half an ounce.

**A. F. B.**—You are correct in your surmise as to the cause of the conditions both in yourself and the children, but you may be comforted by yourself with the knowledge that, particularly in the case of the children, the disease is quite amenable to control by proper specific treatment. Personally, you may take the following mixture: Iodide of potassium six grains, chlorate of potash six grains, glycerine twenty minims, tincture of bark half a drachm, water to half an ounce. Three times daily after meals. The children should be seen by a specialist, with yourself if possible. He will probably put them on the path to recovery without much difficulty, provided, of course, the disease has not been allowed to cause organic disintegration of any of the parts affected.

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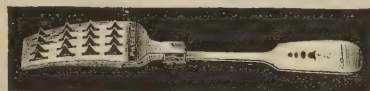
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No. 449.—XVIII.

SATURDAY, OCTOBER 7, 1893.

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**THE HUMAN HAND.**  
By "H., M.D."

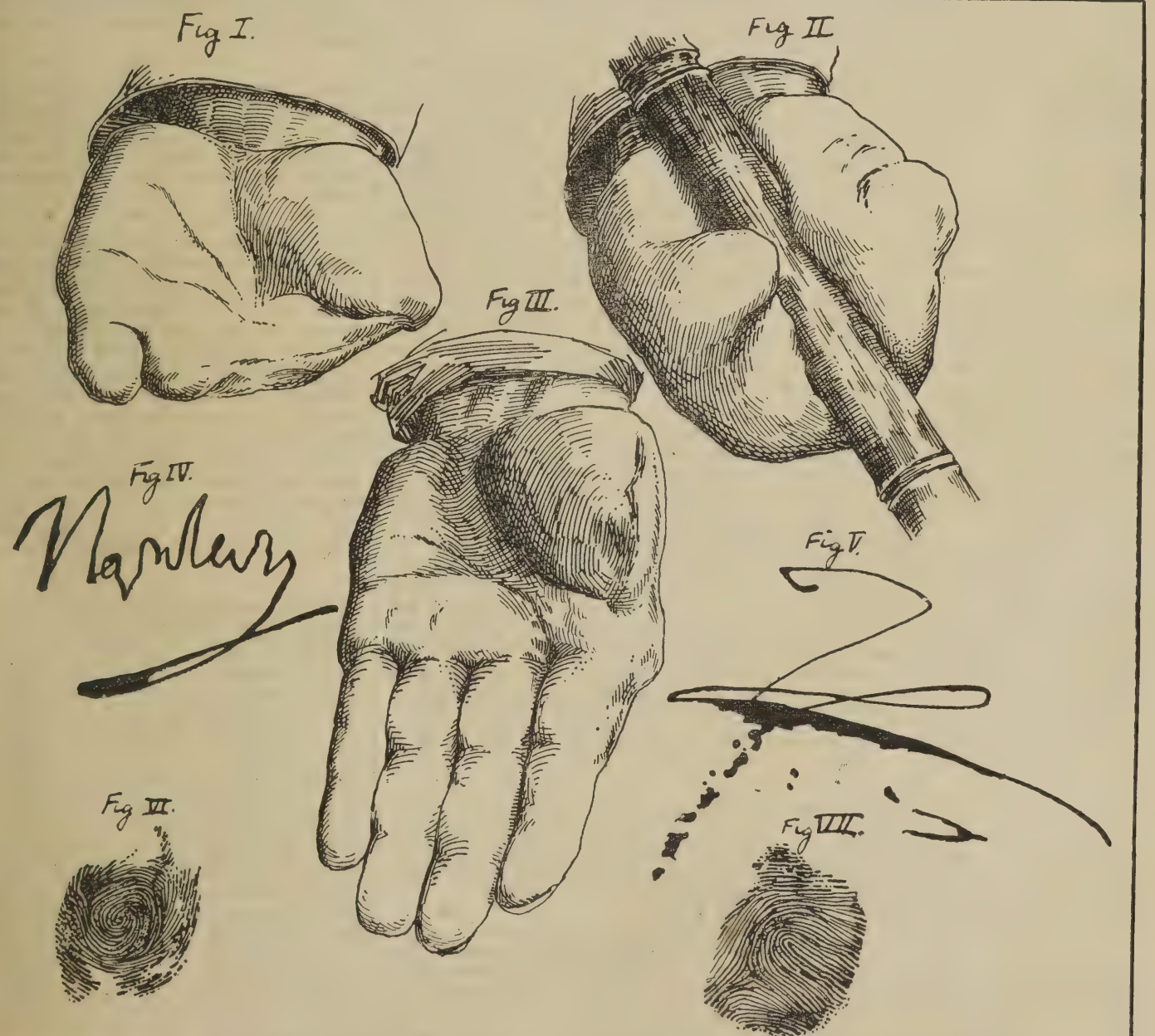


FIG. I.—Circular Saw Amputation. FIG. II.—Same Hand in Use. FIG. III.—Amputation of Thumb.  
FIG. IV.—Napoleon Bonaparte's *fac simile* Signature to a Proclamation after the Battle of Australitz. FIG. V.—His Signature after Erfurt, 1813.  
FIGS. VI. and VII.—Right and Left Thumb Impressions.

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## CONTENTS.

PAGE.	PAGE
The Human Hand (Illustrated) .. 81	Shall we Eat or Drink .. 89
Editorials .. 92	The Prevention of Phthisis .. 89
The Human Hand .. 83	Physical Culture .. 90
Power of the Imagination .. 83	What it Feels Like to Take Chloroform .. 90
Undue Corpulency .. 83	Water as a Remedy .. 91
The Plumber .. 84	Constipation .. 91
A Glimpse at a Local Prison .. 84	Promotion of Kindness to Animals .. 91
Recent Patents .. 85	Exercise and Perspiration .. 91
Recipes for the Table .. 86	The Skin .. 92
Household Hints .. 86	Gleanings .. 92
The Mother's Page .. 87	Our Open Column .. 92
Spoon Lore .. 87	Notes & Queries .. 92
Look to the First Teeth .. 88	Answers to Correspondents .. 93
Laws versus Fever .. 88	&c., &c., &c.
Cholera .. 89	

## EDITORIALS.

**HURRIED DINNERS.**—It is a mistake to eat quickly. Mastication performed in haste must be imperfect even with the best of teeth, and due admixture of the salivary secretion with the food cannot take place. When a crude mass of inadequately-crushed muscular fibre, or undivided solid material of any description, is thrown into the stomach, it acts as a mechanical irritant, and sets up a condition in the mucous membrane lining, that organ which greatly impedes, if it does not altogether prevent, the process of digestion. When the practice of eating quickly and filling the stomach with unprepared food is habitual, the digestive organ is rendered incapable of performing its proper functions. Either a much larger quantity of food than would be necessary under natural conditions is required or the system suffers from lack of nourishment. The matter may seem a small one, but it is not so. Just as a man may go on for years with defective teeth, imperfectly masticating his food, and wondering why he suffers from indigestion, so a man may habitually live under an infliction of hurried dinners, and endure the consequent loss of health, without knowing why he is not well, or how easily the cause of his illness might be remedied.

**NATURE'S CURES THE BEST.**—The best house-keeper to take entire charge of our tenement of clay is Mother Nature, and, like all other housekeepers, she is very partial to the virtue of cleanliness. Dr. Willard says, "Women make themselves portable machines for effete matter. Their nerves cry out when fed by dirty blood, and their cry is called neuralgia."

**BREATHE** clear air from morning to night and from night to morning again, and you will be rewarded with a lightness of spirit that the chemist is powerless to bestow. Eat clean food, food that is not greasy, nor spicy, nor hard of digestion, and you will be nourished and made strong by the only genuine blood purifier in the market. Bathe in clean water every day, and note the elevating and tranquillising effect

it has on the mind. Think clean thoughts, and the body as well as the soul will seem to be mate-fellow with the angels.

A PERSON suffering from quinsy sore throat will find relief by gargling with a strong solution of common soda dissolved in warm water.

**ON READING.**—Too much reading affects the intellectual nature very much as gorging or gormandising does the physical—overcharges it with food it cannot assimilate. We have known a man who, with respect to technical knowledge and the incidents of history, was a "walking cyclopaedia," but who, probably, never gave expression to a distinct idea of his own, or could have written an original dissertation on the simplest subject. The information he possessed had been packed into his cranium in very much the same manner that a dentist packs the gold foil into the cavities of his patients' teeth. Digest your knowledge as you acquire it, and you will have a good intellectual appetite and power of assimilation as long as you live. Sometime in your life, too, you may be accounted wise.

**CAUSE OF FOUL BREATH.**—Foul breath comes from several causes—viz., digestive disturbances, bad teeth, or certain forms of catarrh. If foul digestion, it comes from the stomach, and in that case the stomach should be washed out or otherwise sweetened, and a mild diet adopted until the stomach clears itself. If from the teeth, it usually comes from a cavity in which food lodges and decomposes. This is deleterious to health, aside from being very disagreeable, and should be remedied by consulting a good dentist. If from catarrh, it is usually the atropic kind, in which there is usually a good deal of dryness to the throat, the secretions become morbid and cling to the mucous membrane, decomposing and forming a crust, usually in the posterior nares, or vault of the pharynx. This is a very troublesome form of catarrh, and should lead to a consultation with a specialist. A spray of peroxide of hydrogen mixed with water, equal portions, will destroy all odours. We have also found an application of carbolised vaseline to be of great service.

**DILATED STOMACH.**—A dilated stomach is usually the result of a relaxation of the stomach and the system in general, and is usually brought on by over-eating. When we remember that the stomach is simply a hollow muscle, and that when muscles from lack of tone relax, it gives rise to a considerable lassitude, we can very readily see that, the stomach being a hollow muscle, such relaxation of the whole circumference of the stomach would admit of considerable dilation; and when thus dilated, its action is impaired, the secretions impaired, and a slow digestion must be expected. As to its cure, in few words, avoid taking large quantities of fluids, make the diet as nutritive and concentrated as possible, massage and rub the stomach, take electrical treatment, and exercise good care. With care, dilated stomachs will in great measure recover.

**LONG LIFE IN BUTTERMILK AND ONIONS.**—"Drink plenty of buttermilk and eat lots of onions—raw, stewed, or boiled, not fried," says a noted medical authority, "and you may live to such an age that you may be glad to commit the suicide act, just for a change."

**EATING BEFORE SLEEPING.**—The idea that eating just before retiring is conducive to good sleep is a great mistake. One cannot digest food and sleep well at the same time. He should go to bed with an empty stomach. If your stomach "gnaws so that you cannot sleep," it is because your stomach is in such a weakened state that the grinding of the walls together produces irritation. You should give it a chance to rest, and not keep loading it up every time it tells you it is tired out. The practice

of eating just before retiring is almost a certain means of producing bad dreams, and sometimes nightmare in adults, or "terrors" in children.

At some of the inebriate asylums oranges have proved an efficient substitute for alcohol, patients sucking the juice of them abundantly every time the thirst for liquor comes upon them.

**HOT WATER DRINKING.**—There are four classes of persons who should not drink large quantities of hot water. These are as follows:—1. People who have irritability of the heart. Hot water will cause palpitation of the heart in such cases. 2. Persons with dilated stomachs. 3. Persons afflicted with "sour stomach." 4. Persons who have soreness of the stomach, or pain induced by light pressure. These rules are not for those who take hot water simply to relieve thirst, but as a means of washing out the stomach. Hot water will relieve thirst better than cold water, and for that purpose is not to be condemned. But hot water is an excitant, and, in cases in which irritation of the stomach exists, should be avoided.

**THE ORIGIN OF PETROLEUM.**—Petroleum, which is popularly supposed to be derived from coal, is, according to advanced science, more probably the result of the action of water on metal.

**DR. GALIPPE** reports to the French Academy of Sciences, after eight years' investigation, that all stones, such as gravel, found in the human body are produced by microbes. Microbes are the authors of that chemical decomposition which results in calcareous deposits.

**TOAST.**—We toast bread not merely to brown it, but to take out all the moisture possible, that it may be more perfectly moistened with the saliva and thus easily digested; then we brown it to give it a better flavour. If the slice be thick and carelessly exposed to a blazing fire, the outside is blackened and made into charcoal before the heat can reach the inside. The moisture is only heated, not evaporated, and makes the inside doughy or clammy; and butter when spread upon the bread cannot penetrate it, but floats on the surface in the form of oil, and the result is one of the most indigestible compounds. The correct way is to have the bread stale and cut into thin, uniform slices and dry it thoroughly before browning it. Such toast, moistened with water or milk, may be easily and thoroughly acted upon by the digestive fluids.

The primeval enjoyment of man is the most healthful of all occupations; healthful for the body and the soul. The husbandman walks forth under the open sky, his broad acres spreading beneath his feet; the blue concave, sunlit or starlit, or shrouded in clouds, is still above him. Health claims him as her favourite child, and the glorious sun loves to kiss a cheek that is not ashamed to wear the ruddy imprint of such affection. Nature's own inimitable babbling brooks, birds, breeze, or rustling foliage enter his ear on their glad mission to his heart. He listens to instructive voices continually speaking from the universe around him. His eyes gather truth from pages of wisdom, everywhere open before him. Each day, each month, season after season, year after year, these teachings are given to him, infinite in variety and endless in extent. When, towards the close of a sultry day, the summer's blessing comes pouring down, as says the beautiful poetry of the sacred volume, the trees of the field clap their hands, and the valleys, covered with corn, shout for joy; the husbandman retiring from his labours to the friendly shelter of his cottage roof, improves his leisure hours with measures of wisdom.

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[SPECIAL ARTICLE.]

## THE HUMAN HAND.

By "H., M.D."

(See Frontispiece.)

THIS instrument of the mind is fashioned in a marvellous manner; its internal anatomy reveals a network of nerves and blood-vessels, a branch of both to each of the fingers back and front, and two supporting arches of the bloodvessels—one superficial crossing the palm about the level of the cleft between the thumb and forefinger, the other situated deeply about an inch nearer the wrist. The arches of the palmar vessels are sometimes cut, and bleeding from them is very difficult to stop, but firm pressure generally suffices; in the case of the deep arch the services of a surgeon may be requisite. The muscles are of two kinds—those running down from the forearm, which are chiefly concerned in opening and closing the hand, and the muscles of the hand proper, which do the more delicate work, such as opposing the thumb, separating the fingers, and in the flexor movements of writing. The fingers are encased in, first, the skin; next, the superficial fascia; and then the deep fascia, with the tendons or leaders running beneath each layer of fascia. In the very painful affection called whitlow, matter or pus is formed beneath one of these layers of fascia, and, in consequence of being so tightly bound down, the pain is very great; the sooner the pus is let out by a surgeon the better. Poulticing means that by hot applications you are simply hastening the softening process which goes on in the inflamed tissues, and that you are practically waiting until the pus rots its way through fascia and skin, consequently the healing process is longer, and the mischief done is greater, and many fingers have to be amputated when by means of nitrous oxide gas (the same that dentists use) the necessary incision could have been done in thirty seconds, and quite painlessly. These layers of fascia explain also how it is that inflammation of the hand so quickly spreads up the forearm, along the sheaths of the tendons.

Why the fingers differ in length it would be difficult to explain satisfactorily, but no doubt it is the outcome of the all-important law of evolution. In the horse the middle finger only persists; in the monkey, whose hand is very similar in structure to that of man, the only difference is the power of opposing the thumb, so that the animal grasps a stick by means of all five fingers on one side. But enough for the present of the anatomy, comparative or human, we are most concerned with the uses of this member of our bodies.

The hand from the nature of its occupations is very liable to accidents of all kinds from a simple crushed finger to the frightful machinery accidents that constantly occur in all our great works. Fig. 3, gives the result of one of the commonest, in which the writer had to fashion a stump, the patient having chopped off with an axe the thumb a little below the second joint. It is very necessary to leave a proper stump in these operations, one that will be useful, not as is frequently seen, a member that gets in the way at every movement. The position of the tendons and their insertions and the muscles must be carefully considered. In fig. 3 the thumb stump can be opposed, and it enables the man still to follow the laborious occupation of a striker in a foundry—he is able to grasp the handle of his hammer. Figs. 1 and 2 are from the same hand, and illustrate a useful member. This injury was the result of a circular saw accident, and nothing was done beyond the insertion of a few stitches and dressing. Fig. 2 shows the manner in which the man is able to grasp the handle of a brush or a stick; but, as the patient is a painter, and the hand is the left, he does not require to use it much. Still it is given as an illustration of the possibilities of conservative surgery.

From the use of some tools the hands become affected. One of these is caused by constant pressure on the palm, as in shoemakers using an awl, and results in a permanent contraction of some of the fingers, the digits being drawn and contracted into the palm and immovable—this affection, which goes by the name of

"Dupuytren's" contraction, is cured by dividing the underlying fascia.

The hand is the instrument of the mind, but it is not an organ of mind.

"Palmistry" is a below-stairs delusion. Like many such things it has a very small basis of truth; for instance, we are told it is *unlucky to spill salt*. So it is, in the sense that it is waste, and waste must, or rather frequently does, bring misfortune, which in many persons minds is confounded with luck. Salt in many countries is a very precious and expensive necessity, and the application of the proverb is more evident than in ours. But, to revert to "Palmistry," the lines of the hand are those that mark the folds, and are undoubtedly made more prominent in different positions by different occupations, but there the truth ends. The most constant lines are three—one commencing at the junction of the fore and middle digits, and running in a concave sweep inwards to the inner border about an inch below the base of the little finger; the next commences at the metacarpal-phalangeal joint of the index finger, and runs with a convex sweep towards the middle of the inner eminence of the palm; and the last commences between the centre of the palm next to the wrist, and runs upwards and outwards to join the second. These three are fairly constant in all persons, but even these depend on such a variety of circumstances that there are only general deductions to be drawn from them, and not, as certain interested persons would have their dupes believe them to be, an index of the mind.

The most differentiated common use of the hand is as a medium to express the thoughts, as in writing, painting, &c. In the first of these—writing—the muscles of the shoulders do the side to side movement across the page, and the lumbricales, small muscles of the palm, makes the actual strokes of the pen. Writing varies to a great extent, and to a large extent in habitual writers is mechanical automatic action in so far as the actual formation of the letters is concerned; but, in beginners and persons whose associations do not necessitate their writing so often as to keep in practice, they have to think over the formation of the letters, and studiously form them—hence the writing is usually cramped and large.

Handwriting, it must be admitted, is thus apt to reveal, being automatic and so far under the influence of the mind, an idea of the mind's state; but this is only a general truth, because the mind can exercise, even in the most violent torrent of passion, an indefinite amount of control over the movements of the pen.

Two *fac-simile* illustrations are given of the handwriting of Napoleon Bonaparte, the greatest general France ever had. Both are almost unreadable, and both, perhaps, show the impetuosity of the mind. If you wish to learn what truth there is in deductions from handwriting of the person's character, examine for yourself the splendid series of specimens of writing now lodged at the British Museum in the Prints Department, and then consult the biography of the writer of the specimens you choose, and most of them you will find belie the character of the individual as recorded.

These short notes on the human hand, then, have mostly been directed to the object the FAMILY DOCTOR ever has in view—to make its readers think, and help them to a just conclusion and estimate of the cobwebs spun by ignorant persons, or, perhaps, not so much ignorant as knavish, whose endeavours are mostly directed to lighten the pockets of their victims, when attracted by the alluring names of "Palmistry," "Chirography," &c. Again, the writer would insist that a few minutes thought will convince any person that the hand is no part of the human mind, only a humble, though important, instrument, and its movements are in writing two fold—voluntary and involuntary; and the lines on the palm are dependant on so many things—the thickness and moisture of the skin, &c., that no conclusions can be drawn that are of the slightest use in studying character.

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## POWER OF THE IMAGINATION.

AN unfortunate asthmatic, compelled to make a hurried journey from home, arrived very late at night at a country inn; where he had never put up before. Completely worn out, he partook of supper and was then shown into a huge, old-fashioned bedroom, the further portion of which was only dimly illuminated by a miserable candle. He was not long in throwing off his clothes, extinguishing the candle and slipping into bed. The feeling of being in a strange place and the rapid mental review of many incidents of his day's journey, with the closeness of the heat, combined with the late supper, brought on a wakeful, nervous condition which induced an attack of asthma. Gasping for breath, he scarcely knew what to do; to get up and grope about such a large room in quest of a door or window by which he could admit more air seemed beyond his powers. All at once he remembered that somewhere at the far end of the room he had noticed, while undressing, a reflection as from glass. This he promptly concluded must have been the window, and, seizing a stick which he had placed on a chair by the bedside, he hurled it through the gloom. His conjectures were confirmed to his satisfaction, for the clattering on the floor of the pieces of broken glass showed him that he had not only guessed as to the position of the window, but had also succeeded in smashing one of the panes. In his imagination the air of the room became cooler and fresher, and the paroxysm of difficult breathing soon ceased, the result being that he fell into a refreshing slumber which lasted till morning. Upon his awaking he was surprised to find the daylight streaming into the room from a direction exactly opposite to that in which, overnight, he imagined the window to be situated. Turning to glance down the room, he discovered he had smashed a quantity of glass, surely enough, but it had formed no part of the window, as he supposed, but the front of a glazed bookcase.

## UNDUE CORPULENCY.

HOW IT CAN BE REDUCED BY PROPER DIET AND EXERCISE.

THERE are two kinds of women in this world who are morbidly unhappy from what they choose to regard as Nature's injustice to them. These two specimens are those who are either extremely thin, or who are burdened with an excess of flesh. The former, however, though it may be treason to expose their little frauds, may help Nature out by sundry pads and a fluffy style of dressing, but the stout woman, despite all her efforts to hide her undue corpulence, is conscious always that her flesh is unwieldy. But to such as these there is only one method of actual reduction, and that is by a combination of diet and exercise. There is danger in an abnormal increase of size, as it brings other troubles in its train, the more serious of which are accumulations of fat around the heart and lungs. Mild aperients should be taken frequently, also stewed fruits. All alkalines are valuable, and lemon juice is desirable in every form. Green salads, watercress, and asparagus may be taken freely, but potatoes and all farinaceous food should be strictly avoided. The mistake should not be made of taking vinegar, save in moderation, and with other articles of food, for in large doses it will produce inflammation of the inner coats of the stomach.

To produce a gradual and lasting reduction in size, diet is of the greatest importance, and with this and mild aperients an unhealthy increase of adipose tissue may be prevented. To the stout woman exercise is generally a burden, but begun in small doses and increased gradually it will soon grow to be a pleasure and a benefit as well, if she is really determined to reduce her size.

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## THE PLUMBER.

THE Lord Mayor of London has been making a kind of royal progress throughout the north of Scotland, which is the home of his maternal forefathers. The immediate occasion of the journey seems to have been his desire to be present, in his capacity as Master of the Worshipful Company of Plumbers, at the National Congress, appointed to be held this year at Aberdeen. At a banquet given to him in that city by the Corporation on August 30th the chairman, the Lord Provost, said that he supposed there had been no progress like that which his lordship had been making over Aberdeen and the Highlands since the Duke of Cumberland invaded the northern part of the kingdom; and there can be no doubt that the presence of the Lord Mayor has given great *éclat* to the Congress of Plumbers in Aberdeen. This is not the first time that Sir Stuart Knill has shown the lively interest he takes in the Guild of which he is Master during the present year. At the banquet referred to the Lord Provost of Dundee spoke warmly of the help they had received in that city from the presence of the Lord Mayor at the Plumbers' Congress last year, of the admirable address which he gave on that occasion, and of the influence which he exercised, as giving special importance and value to the proceedings; and Aberdeen will doubtless profit as much as Dundee did a year ago.

Sandringham has been, in a sense, the making of the plumber. The saying is attributed to Sydney Smith that the railway people would never be got to make reasonable arrangements for the safety of their passengers until they had a director or two killed in an accident. And very likely we should have gone on grumbling occasionally at the obstructions caused, or permitted, by our friends, the plumbers, but doing nothing, if it had not been that the nation was at last aroused when it was realised, some twenty years ago, that we had nearly lost the heir to the crown through defective plumbing arrangements. It is an ill wind that blows nobody good. Last autumn's cholera epidemic at Hamburg will no doubt prove to have been a blessing in disguise—just as the Plague and the Fire combined inaugurated a new hygienic era for our own metropolis. And there can be little doubt that the threatened calamity at Sandringham gave an immense impetus of the most valuable kind to a movement in the direction of making improvements in the art of plumbing. The public interest in the craft may safely be dated from the time when the Prince of Wales just escaped with his life from an attack of typhoid fever; and since then that interest has been growing from year to year, and it culminates in the Aberdeen meeting of the present autumn.

It is not at all needful for us to attempt to justify this interest, or even to explain it. It must be sufficiently obvious that the health of the public is, to a very large extent, entrusted to the care of the plumber, and that we are compelled, therefore, to concern ourselves about his efficiency and his honesty. There are few professions or trades in which more reliance must be placed on the honour of those who are engaged in them; for, from the very nature of the case, the plumber's work is for the most part entirely unseen, and it might easily be scamped without anybody being a bit the wiser—at least, for an indefinite time. A very grave responsibility rests, therefore, upon those who have made this profession the work of their life, because the public must rely so implicitly on their doing their duty in a conscientious way. Conscience cannot, of course, be imparted to those who do not possess it, and it is not a matter with which any legislation can meddle. But public opinion and the *esprit de corps* and feeling of honour that grow into a tradition among the members of a particular craft have the effect of creating a conscience which sufficiently serves as a practical instrument in matters of business. And the more that the plumbers feel that the public are relying upon their honour, the more honestly, and, therefore, the more effectively, will they do their work.

But it is not enough that your plumber shall

be an honest man; you desiderate also that he shall be a skilled and efficient workman. Dean Ramsey tells a story of a lady of the old school who was in need of a cook. Some friend recommended a person who it was hoped might prove suitable, and who, at all events, the friend, was a pious woman “——her piety!” said the profane, old Scottish gentlewoman; “can she cook a beefsteak?” And the plumber's honesty, however superlative it may be, will not make up for the want of professional skill. That the means for his obtaining this might be put within his reach has been the main object of those Congresses, held in recent years, intended to promote the interests of the craft. Their more immediate aim has been to secure legislative sanction for the official registration of plumbers, and so to elevate the entire status of the trade. That has been the constant effort of the various District Councils in recent years, and if the co-operation of the municipal authorities throughout the country can be obtained, there can be little doubt that the object aim at will be speedily realised. When lord mayors, not to speak of lord provosts, begin to take interest in a movement, and in a manner to identify themselves with it, even the least sanguine may cherish the hope that the desired result cannot be very far off.

Registration is, of course, only a means to an end—the end being a guarantee to the public that the important work which plumbers undertake shall be efficiently done. The object of a Bill which is again to be brought into the House of Commons is to secure, therefore, that power shall be obtained to exercise discipline over those who may be registered, and to remove, if need be, from the registered list the name of any man who might be found doing defective work. In the interests of the trade it would be desirable that the Act that is sought to be obtained should be sufficiently stringent; for the man who scamps his work is not only deceiving and injuring the public, but he is also doing a serious injury to his fellow-craftsmen. The effect of registration would be that only thoroughly competent and qualified men would be permitted to carry on the business of a plumber, and while provision would be made for testing, by examination, both on the theory and on the practice, the qualifications of those who might seek to be placed on the registered list, it could easily be arranged that men who had been a sufficient number of years at the trade should obtain registration without examination on giving satisfactory evidence of their qualifications. It does not admit of question that a measure of the kind indicated would exercise a decided and immediate influence in the elevation of the plumber trade to the position which it deserves to occupy.

But as registration contemplates examination, so this, again, implies education. The plumber ought to be a thoroughly trained and fully-equipped tradesman. To secure this end it is needful that he should have the opportunity of learning his trade, not only by rule of thumb, but in accordance with the scientific knowledge of it that has been acquired in recent years. And this means that the student should be able to attend classes in which he could receive a systematic course of instruction in the principles that underlie plumbing, as well as in the technology and practice of his trade. The provision of such scientific and technical education is, however, an exceptionally costly affair; and one of the objects of such a congress as that which has just been held in Aberdeen is to urge upon municipalities and county councils the necessity of supporting a movement which is certain, if efficiently carried out, to render essential service in the direction of contributing to and preserving the public health. It is a vast army that is now engaged in the battle against dirt, disease, and death—an army that includes men of science in their laboratories, practising physicians in families, medical officers of health in their district, sanitary officers, architects, builders, engineers; and not the least valuable department of the service is that which is occupied by the plumber.—*Sanitary Record*.

TO TOBACCONISTS (commencing).—Illustr. Guide, 259 pages. Post Free. How to Commence, £20 to £1000. Tobacconist's Outfitting Co., 186, Euston Rd., London. Manager, Hy Myers. Est. 1868. Smoke “Pick-Me-Up Cigarettes.”

## A GLIMPSE AT A LOCAL PRISON.

FURNISHED with our credentials, says a writer in a recent number of the *Pall Mall Gazette*, we found ourselves for the first time in our lives shut off from freedom by the massive iron-bound gateway of one of Her Majesty's “local prisons.” The head warder, a most courteous and business-like functionary, received us graciously in the lofty central hall of the building, from which there radiated long corridors flanked on either side by a row of cells.

“This is my vantage ground,” explained our conductor with a smile, as he pointed to a raised desk in the centre of the great hall. “From this place I get a view of everything which is going on within the prison outside of the cells.”

We were much struck by the extreme cleanliness and abundance of air and light within the building. The former were easily accounted for, several men in prison garb being at the time engaged with soap and water washing down the tiled corridors, and a faint refreshing odour of disinfectants made itself noticeable.

“We put the long-timers on this kind of work,” remarked our warder. “They are generally men who have been well-behaved in prison, and who have performed their ordinary ‘labour’ satisfactorily.”

“What do the ordinary prisoners get in the way of hard labour?”

“Well, it differs somewhat in different prisons. Here, at W——, they have a month on the treadmill. We devote the second to oakum-picking in their cells. Afterwards they go into the wood-cutting sheds. But you shall see them at work for yourselves.”

We had strolled down one of the corridors and were standing before a large iron grating. This being withdrawn, we were admitted into the apartment where the treadmill found its devotees. “Would you care to try it, sir?” inquired the warder in charge. Accepting his invitation, I mounted a vacant “stand” and applied myself assiduously to a few minutes’ “hard.” The work was not difficult, but when it is remembered that six hours is the allotted daily task, and that the prisoners work with only ten minutes’ rest in each hour, it must be considered sufficiently tedious. At all events a brief five minutes satisfied my own curiosity and I dismounted, when to my astonishment the whole machinery stopped. Noticing my look of surprise our conductor graciously offered an explanation.

“You see, sir, every man is bound to lift his own weight by our system. Once the men are at the stands the machine is regulated to their united weights, and if a man steps off even for a moment the whole machinery is stopped, and we detect him at once.”

“Do they often give you trouble?” I inquired.

“Very rarely indeed. Occasionally, of course, we get an awkward customer, especially among the women, but as a rule the men are well-behaved. We had a man last year who persisted in breaking the ‘silence’ rule, and after warning him the governor ordered him to be birched for the next offence; that dose quite cured him, and although he has been here two or three times since he has never given us any trouble.”

“Then the birch is useful as a corrective?” I suggested.

“Undoubtedly, sir. They don't like it; and I quite agree with the governor that it has a very good effect,” he added, with a touch of the importance of a dignitary.

“Do you use any other method of punishment? For instance, do you still use the dark cell?”

“We never use the dark cell now. Nor do we use anklets, or any such of the punishments in vogue in former days. We limit ourselves to dietary, solitary confinement, and corporal punishment. We are allowed to use the “cat” if absolutely necessary.”

On leaving the treadmill and its victims, we returned along the corridor and entered a vacant cell, the inmate of which was engaged elsewhere. This, as everything else in the prison, was scrupulously clean, well-lighted, and ventilated.

“We make the prisoners earn their luxuries

“The FAMILY DOCTOR is Carefully Edited and meets a want that has been long felt.”—*News of the World*.



by good conduct," our guide remarked. "When a man comes in he has no bedding except a pillow and this plank to sleep upon. After a month, if he has earned the requisite number of marks, he is allowed bedding and an improved scale of dietary, in addition to the use of books from the prison library."

"What exercise do you allow them?"

"Well, in the first month they get sufficient on the treadmill," replied our conductor with a smile. "After that, when they are engaged on oakum-picking, they are allowed an hour a day in the prison-yard—of course under supervision. You will notice," he continued, "our arrangements in the cells. This gas bracket is lit in the winter at dusk and turned out at eight p.m. This is an old cell, and you notice the brackets are inside—although sufficiently near the ground to prevent suicide. In the more modern cells they are enclosed in a cage in the hollow of the walls."

"Then I suppose eight p.m. is the hour for retiring for the night?"

"Yes, at that hour all the year round a warder inspects every cell through the spy-hole in the door, and thus makes sure that every prisoner is in bed. To further ensure good order he goes his rounds in list slippers."

"And in case of illness or other emergencies?"

"We provide them with a communication bell. You will see our ingenious contrivance," he added as he conducted us outside the cell. "When the bell is rung within, this disc is shown on the wall; and thus we see at once who has roused the warder on duty, for the prisoner cannot replace the indicator in position from within."

Having examined the rules and regulations of the prison, which were set forth at length upon a card suspended from the wall for the prisoner's edification, we then visited the reception-room into which each prisoner is ushered on first entering the prison. We found great presses filled with clothing and boots, and similar presses duly labelled which contained the everyday garb of the prisoners when in a state of freedom.

"Every man on entering is supplied with the prison clothing, which he is bound to wear. His own is sent to the laundry, which is worked by the female prisoners, and when clean is returned here and placed on yonder shelves to await his departure."

"You take great care of their personal cleanliness, I perceive?"

"Certainly we do. I can assure you that their personal condition very often improves considerably. They are bathed in the disinfecting baths you see before you when they first enter, and subsequently receive a bath every week, whether they like it or not—and some of them take to it in a by no means kindly spirit."

"Do you find they increase in weight?" I asked, remembering some recent newspaper remarks upon the subject.

"Sometimes. You see we weigh them directly they come out of their bath, and subsequently every month during their time. We find that tramps and such-like poorly-nourished people increase several pounds in weight as a rule, while those who are used to more luxurious living generally show a slight falling off."

"And what is the kind of food supplied to the prisoners?"

"That, too, you shall see for yourself," said our guide, as he conducted us down a flight of steps into the kitchens, which, for cleanliness and good order would have done credit to any large hotel.

The prison cook hastened to receive us and do the honours of his department, first showing us specimens of the food which had that day been supplied for the mid-day meal. We tasted the excellent meat soup and the wholemeal bread, which had been supplied, together with a liberal allowance of the most floury of potatoes, and "mentally made a note" of the fact that if one were "hard up" there would be many a worse dinner than that procurable within prison walls. Having been shown the various culinary arrangements, including a large steaming-oven for potatoes, which was evidently a source of pride to the cook, we were then conducted to the wood-cutting sheds. There we found some twenty men at work under the supervision of a warder. A circular

saw was being worked by hand; and while some were engaged in cutting, others were collecting or binding the wood into bundles ready for domestic use. We were much struck by the personal appearance of the prisoners, and with one especially—a handsome youth of some twenty summers. We made a remark upon the subject to our guide.

"That lad, sir," he said, "is one of the most hardened fellows we have got. He has been committed ten times already, and is quite callous as to anything done for his reformation!"

"He certainly has not a criminal appearance," I observed.

"No, sir, and you will find that the majority of those within the prison are not those you would have selected as types of the criminal class, if you met them outside." A remark which was perfectly correct, for on leaving the prison we were quite involuntarily struck by the marked superiority which many within showed to a large proportion of those whom we casually encountered on our way to the railway station.

"Do you make a profit on the results of prisoners' work?" was my next question.—"The wood-cutting pays its way; so, too, did oakum-picking until just lately, but at present the market is over-stocked, and we cannot get rid of our surplus." And he indicated several large bundles of fibre which were stacked in a shed close by.

"To what use do you put the treadmill?"—

"That, sir, is the only unsatisfactory part of our system. We make use of the labour for pumping the water required for the prison; but as that is accomplished in about two hours, or even less, the subsequent labour is waste, and we have to apply the lever system I showed you just now to ensure a standard amount of work being done. No doubt before long some new plan will be hit upon for utilising all labour."

"And do the prisoners earn anything by their work?"—"It is possible for them to get some eight shillings by the time they leave. In urgent and deserving cases the Governor is empowered by the Prisoners' Aid Society to spend five shillings more in buying second-hand clothes for them, or even in supplying them with funds or tools wherewith to start afresh."

As we left the yard we noticed a lad engaged in window-cleaning.

"One of the better-behaved prisoners, I suppose?"—"Yes, he is one of the most trustworthy." And then observing a prisoner standing close to him, our friend remarked with amusing candour: "Not that any of them are trustworthy yet, but we must hope for the future." Which remark we hope was duly taken to heart.

Our next visit was to the library, which was small, but stocked with carefully-selected volumes of various kinds—travels, standard fiction, and educational works predominating. Then we were conducted to the chapel, a neat, cheery little building where divine service is conducted daily by an enthusiastic young chaplain.

"A great favourite with the prisoners, sir," remarked our guide. "He seems to have hopes for everybody, even the most hardened. But you see, sir, he is a young man," he added in an apologetic undertone. And truly any but those with the enthusiasm of youth might well despair of some cases which come under a prison chaplain's supervision.

"Are they compelled to attend these services?"—"By no means, sir. Nor are they compelled to see the chaplain, though, as a rule, they prefer it, if only as a relaxation. They are asked their 'religious belief' when they enter, and it is noted on the description card affixed to the cell door, and unless they belong to the Church of England, the chaplain does not intrude without their express wish—which, by the way, is nearly always made."

"Is it your opinion from observation that crime is decreasing?"—"Most undoubtedly, especially in the rural districts. The manufacturing towns and the eastern counties are the most unsatisfactory in the way of improvement, the former possibly because the dregs of the country are continually drifting towards them. Our prison will hold one hundred and twenty men, and at one time, some ten years

ago, we were generally full, but for the last year or so our average has never been more than eighty."

"What are your numbers at the present time?"—"Just now they are rather below our average," he remarked, turning to his books of reference. "There is work to be had, and consequently less temptation to crime. We have seventy men in at the present time, I notice, and two women."

"Two women! Thirty-five to one—is that the usual proportion?"—"Not exactly, sir," he observed, laughing. "A more correct proportion would be one in six, but just lately the women of this district seem to be particularly well-behaved."

"I suppose some queer characters even prefer the life in prison?"—"Yes, strange though it may seem, they do. There is one old man who comes here regular every winter. He says the temperature of the cells is just suited to him, and the fare better than he can get outside, so he does his best to winter in this place, and generally succeeds pretty well."

We were then ushered into the prison yard, and having noted the grim instrument of the law's vengeance, which was taken to pieces and placed in a shed near at hand, we were conducted once more into the waiting-room. Thence, having signed our names in the visitors' book and inspected the photographs of prisoners, and a neat contrivance of mirrors by which a full face and profile are secured at one sitting, we took our departure, with many thanks to our guide for his courtesy and information.

**NATIONAL LIFE SAVING COMPETITION.**—In order to make known more fully the aims and objects of the Society, and to encourage the teaching of practical rescue work in schools swimming clubs, and similar institutions, the Society last year organised a National Life-Saving Competition, open to teams (of four persons in each team) in England, Scotland, and Ireland, and the Channel Islands. The teams entering are divided into districts and subdivided into divisions, not fewer than four teams forming a division. The names of each team in each division are then placed in one lot, and drawn in couples at the time. The two teams thus drawn compete against each other, the first drawn has choice of venue. As soon as the divisional competitions are finished the winners are drawn in lots in their respective districts, and the district winners compete against each other until two teams are left in for the final struggle, which this year took place on the 30th September, at the Excelsior Baths, Mansford-street, Bethnal Green-road. The prizes in this important event consisted of a Challenge Shield, value fifty guineas, presented to the Society by Messrs. Lever Bros., Limited, as a perpetual trophy, and in addition they provided four gold, four silver, and eight bronze medals for the winning teams in the penultimate and final ties. The total value of prizes given for this event amounted to £80. Last year twenty-four teams from various parts of the country entered, and, as each team numbered four persons, ninety-six individuals competed, which was a best on record in team competitions; but this year the result has been still more satisfactory, as thirty-two teams have been competing in the divisional and district rounds, which have been held in England and Scotland with great success.

## RECENT PATENTS.

*This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.*

17,316. Improvements in or relating to "Clover's" inhaler. E. C. RYALL, London. September 14th, 1893.  
17,376. An improvement in surgical wound books or retractors. A. W. DOWN and H. N. DOWN, London. September 15th, 1893.

17,383. Improvements in garments for invalids. E. E. L. LAKIN, London. September 15th, 1893.

## SPECIFICATIONS PUBLISHED.

15,578. DONISTHORPE, R.S., & E.N.B. Surgical dresses, bandages, &c. 1892. 10d.

BIRDS of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.

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# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**TAPIOCA PUDDING WITH MILK.**—To two quarts of new milk add a teacupful of tapioca; soak over night, or put on back of stove in the morning, and simmer as when water is used. When soft, add a teacupful of sugar; bake an hour. Lemon or other flavouring can be added if desired. Made in this way it is much more delicate than when eggs are used, also more healthful, and much nicer.

**DELICIOUS MACAROONS.**—Beat the white of one egg very stiff. Add to it three scant ounces of pulverised sugar. Take three ounces of any kind of nut kernels. Mash them very fine, and add to the mixture. Drop from a teaspoon upon buttered tins. Bake a delicate brown.

**SAVORY BREAKFAST SANDWICH.**—Pound together to a smooth paste one part of fresh butter and two parts of grated Parmesan or thinly-sliced Cheshire cheese, and made mustard to taste; butter thin slices of bread with this mixture, and lay on half of their number a thin slice of ham, smoked beef, ox tongue, or any other cured meat. Press the rest of the cheese, spread bread on the above. Cut them into neat little sandwiches, and serve on a bed of mustard and cress.

**LYONNAISE POTATOES.**—Cut cold boiled potato into little dice-shaped pieces, add minced onion, fry in butter, season with salt and pepper, sprinkle with chopped parsley, and you will have Lyonnaise potatoes.

**BACON AND SWEET POTATOES.**—Fry as many thin rashers of breakfast bacon as are required, lay on a hot dish, and fry thick slices of cold boiled sweet potatoes in the fat; brown on both sides, heap in the middle of a dish, and lay the bacon around.

**GINGERBREAD.**—Half-cup of granulated sugar, mixed to a cream, one egg, half a cup molasses, half a cup of sour cream, in which dissolve a teaspoonful of soda, one teaspoonful of ginger, and one and threequarter cups of flour. Bake in a moderate oven to begin with. This makes one loaf, or can be baked in round patty pans. To make this successfully, use tin measuring cup.

**JELLIED CHICKEN.**—Boil the fowl until it will slip easily from the bones. Let the water be reduced to about one pint in boiling. Pick the meat from the bones in good-sized pieces, taking out all the gristle, fat, and bones; place in a wet mould; skim the fat from the liquor, add a little butter, pepper and salt to taste, and half an ounce of gelatine. When this dissolves, pour it hot over the chicken. The liquor must be seasoned pretty high, for the chicken absorbs.

**SAVOURY VEAL PIE.**—Cut veal small; stew till nearly done. Boil down gravy, season veal, put layer in dish, then layer of minced boiled ham. Make forcemeat balls of minced veal, of sausage and bread-crumbs, seasoning to taste, mixing to paste with butter; add yolk of one egg, make in balls, and dot ham with them. Cover meat with gravy made into brown sauce. Cover with gashed puff paste, and bake. Use mushrooms or sweetbreads for ham, if preferred.

**PEACH SHORTCAKE.**—Into a quart of flour put two teaspoonfuls of baking powder and one teaspoonful of salt, then sift. Into the flour rub with the hands two rounded tablespoonfuls of butter, then with sweet milk form a soft dough. Divide the dough into equal parts, roll one half lightly, to cover the bottom of a baking tin, rub the top over with melted butter, roll the other half and place it over this. While these layers are baking, peel and cut into small pieces ripe peaches to fill a quart measure, sprinkle over them half a teacupful of white sugar, and stir often. Bake the cake slowly; when done, the layers will separate readily, and the cake will be much lighter than if divided with a knife. Butter each layer, freely cover one with the peaches, and sprinkle on half a teacupful of white sugar, and replace the top; serve with thin cream.

**ROAST SWEETBREADS.**—Dip partly boiled sweetbreads in egg, then in bread-crumbs; pour over them melted butter, and bake, basting with brown sauce.

**BAKED SALMON TROUT.**—Brown in oven in pan with very little water. Pour over it one cupful of heated cream, pepper, salt, and chopped parsley, and serve.

**CHICKEN CURRY.**—Fry two sliced onions in two tablespoonfuls of butter. Drain and fry jointed chickens in butter—the same butter. Put in pan one and a half tablespoonfuls of curry powder and two tablespoonfuls of butter. Fry three minutes, and add four raw sliced onions. Fry three minutes, add one pint of stock, one small chopped clove of garlic, two green chillies, and salt. Stir, cook down to one third, add chicken, boil up, and simmer twenty minutes. Add one half lemon and two fried onions, and serve.

**ROAST RABBITS.**—Wash, dry, and lay in pan with rosemary, basil, and thyme over and inside. Leave twenty-four hours in cold place. Cover with buttered paper and roast, basting well. Add a little tarragon vinegar to brown sauce, and serve with meat.

**FRIED EELS.**—Cut up and parboil. Dry, roll in salted meal, dip in egg, in meal again, and fry.

## HINTS FOR THE HOUSEHOLD.

**BREAKFAST.**—One needs a great variety of resources for the morning meal, for the appetite is most likely at this meal to be dainty and capricious. The prescriptions in the books are limited in usefulness, and during the changes of seasons the appetite and general health should be especially studied to the end that the breakfast be both relishable and nourishing. Never try to eat at breakfast anything that does not relish well. The appetite and vigour for the whole day may depend on the breakfast, and whatever is served at that meal should be the best of its kind that it is possible to obtain.

A FEW drops of salad oil on tar stains will remove them.

HOT water applied to the back of the neck will relieve nervous fatigue.

TINWARE badly tarnished should be boiled in soda and water before scouring.

OILCLOTH may be brightened by skim milk, using it after the dirt has been thoroughly removed.

CHILDREN'S clothing may be rendered fire-proof, it is said, by adding an ounce of alum to the last rinsing water when they are washed.

THE masculine mind labours under the delusion that picking up something for dinner is a very light matter. If one thing fails, why try something else, and do not let such a trifle worry you; think more of a feast of reason and flow of soul, &c. Do not, however, for one moment suppose that the philosopher will eat cold corned beef and potatoes with cheerful alacrity while his wife tells him of a new spot on the sun, or the latest theory concerning the afterglow.

**APPEARANCES AT HOME.**—Do not say that it does not matter how you look about the house, for it does matter a great deal. It matters for the general credit of the establishment, of which the feminine head is the creditable or questionable representative; it matters in its example to the children and to the help; it matters to the husband and father, who usually, if he is half a man, feels a sense of pride in the appearance of his family. It is poor encouragement to him to find confusion and carelessness in dress, and waste and destruction running riot about his dwelling. It is one of the important duties of every woman to keep herself and her house in a condition as presentable as possible, considering her circumstances.

**GOWNS OF GLASS.**—The idea of wearing dresses made of glass may, at first sight, appear in the light of an impossibility, and yet the great novelty of this season is a material made of spun glass, and which is as bright and supple as silk, with a peculiar sheen reminding one of

the sparkle of diamond dust. This material is to be had in white, green, lilac, pink, and yellow, and bids fair to become very fashionable for evening dresses. It is an Austrian who is the inventor of this material, which is rather costly. Tablecloths, napkins, even window curtains are also manufactured thereof.

**HOW TO CLEAN WINDOWS.**—Simple as the operation may seem, there is a way to clean windows and a way not to clean them. The following suggestions may be of use to some, as they save both time and labour:—Choose a time when the sun does not shine on the window, else it will be dry-streaked, and no amount of rubbing can prevent it. Brush off all the dust inside and out, clean the woodwork around glass first. Use for this warm water and ammonia. Do not use soap. Wipe dry with cotton-cloth. Do not use linen, as leaves lint on the glass when dry. Polish with tissue or old newspaper.

**HARD-WOOD FLOORS.**—It is an easy matter to stain or to oil any hard-wood floor, but it is a much more difficult matter to successfully treat a floor of ordinary make without considerable expense. Such a floor can be covered with a second parquet floor, which is a satisfactory but an expensive way of treating it; or it may be covered with a thinner, less expensive layer of "wood-carpeting." A simple and cheap method of treating such a cottage floor is to have it smoothed down by a carpenter, painted, and the cracks filled in with putty, and finally painted over with several others coats and varnished. The paint for such a floor should be chosen in some dark wood shade, which harmonises with the decorations of the room, never in a conspicuous, staring colour that refuses to lie in place. Probably a covering of matting is as useful as any way of treating such a floor, which is to be carpeted, with rugs. It is not advisable to buy anything but the best quality of Chinese matting. Avoid all the large patterns, which are woven more lightly and do not wear as well as the tiny, closely-woven checks. The Japanese and other mattings in market are excellent for decoration, but do not wear so well as Chinese mattings.

**HARD AND SOFT WATER IN COOKING.**—All cooks do not understand the different effects produced by hard and soft water in cooking meat and vegetables. Peas and beans cooked in hard water, containing lime or gypsum, will not boil tender, because these substances harden vegetable caseine. Many vegetables, as onions, boil nearly tasteless in soft water, because all the flavour is boiled out. The addition of salt often checks this, as in the case of onions causing the vegetables to retain the peculiar flavouring principles, besides such nutritious matter as might be lost in soft water. For extracting the juice of meat to make a broth or soup, soft water, unsalted and cold at first, is best, for it much more readily penetrates the tissue; but for boiling where the juices should be retained, hard water or soft water salted is preferable, and the meat should be put in while the water is boiling, so as to seal up the pores at once.

**TO RESTORE THE FRESHNESS OF WORN CLOTHING.**—Take, for instance, a shiny old coat, vest, or pair of trousers, of broadcloth, or diagonal. The scourer makes a strong, warm soap-suds, and plunges the garment into it, soaks it up and down, rubs the dirty places, if necessary puts it through the second suds, then rinses it through several waters, and hangs it to dry on the line. When nearly dry, he takes it in, rolls it up for an hour or two, and then presses it. An old cotton cloth is laid on the outside of the coat, and the iron passed over that until the wrinkles are out; but the iron is removed before the steam ceases to rise from the goods, else they would be shiny. Wrinkles that are obstinate are removed by laying a wet cloth over them, and passing the iron over that. If any shiny places are seen, they are treated as the wrinkles are; the iron is lifted, while the full cloud of steam rises, and brings the nap up with it. Cloth should always have a suds made especially for it, since in that which has been used for white cotton or woollen clothes lint will be left and cling to the cloth.



## THE MOTHER'S PAGE.

### INDIGESTION IN CHILDREN.

**T**HIS trouble presents different symptoms according as it occurs in children prior or subsequent to the cutting of the teeth. It may occur as an acute form, due to some temporary cause, and then presents symptoms very different from those which appear when the trouble becomes habitual.

The causes of indigestion in children are varied. Most often, however, it is due to an unhealthy condition of the milk of the mother, or where artificially fed, to some error in diet. It may be due to an inherited weakness of the digestive organs, which disqualifies the stomach for digesting even healthful food. When due to unhealthy condition of the milk of the breast, the trouble is due to some constitutional disease of the mother, or results from taking some food which affects the digestion of the child unfavourably. This not infrequently follows the use of green vegetables and fruits. Too hearty a meal of rich food of any character taken by the mother or nurse may precipitate a fit of indigestion in the child.

The state of mind of the nurse also has an influence upon the digestion of the infant. A violent fit of anger or grief has been known to bring on a fit of convulsions, or even to cause death in the child. However, nursing children for the most part escape much trouble from this source. Those which are "brought up on the bottle" seldom complete the first months of life without frequent attacks of indigestion. A diet consisting of farinaceous food is most sure to disagree with the digestion of the infant, while one that is brought up on cow's or goat's milk, properly prepared, although inferior to the natural food from the human breast, are in much less danger from troubles of this kind. The causes which produce indigestion after the completion of dentition are congenital feebleness of the digestive organs, or weakness resulting from frequent attacks of indigestion during the earlier months of life, or from the habitual use of improper diet.

#### THE SYMPTOMS

vary with the conditions above named. When occurring in the nursing child, it is manifest by a paleness of the face, restlessness, peevishness, in some cases crying, nausea, and sometimes simply diarrhoea. When the trouble becomes habitual, the train of symptoms is somewhat different and more severe, and appears in frequent attacks of nausea and vomiting, sometimes with some fever and restlessness, severe colic, with or without diarrhoea; usually, however, the stools are abnormal in character, either presenting particles of undigested food, or appearing greenish in colour. The child is never properly developed. In such cases the appetite is usually fitful sometimes ravenous, at other times almost entirely lacking.

After the period of cutting the teeth is past, the symptoms are quite different. When the attack is acute, it is usually attended by a rise of temperature, which is sometimes very decided. The child may complain of pain, although this is not constant. When the stomach rejects the offending material at once, the attack is passed over in an hour or two, perhaps; but when this does not occur, the fever may become very violent and the pulse may run high, in consequence of which many nervous symptoms may appear, as rolling of the eyes, twitching of the muscles, &c. These symptoms are often premonitory of convulsions, and should always be regarded as foreboding evil. Sometimes convulsions may appear without this warning.

Habitual indigestion in a child of this age is not at all uncommon, and is an affection which demands strict attention, inasmuch as there is often laid at this time the foundation of lifelong suffering from dyspepsia. The symptoms which present themselves are similar to those which would appear in an older person. The

child is not properly developed, the muscles are flabby, the abdomen is usually somewhat distended from the accumulation of gases, as a result of fermentation in the stomach and intestines. There may be frequent attacks of vomiting. Pain in the stomach is usual, although not constant; but the appetite is fickle, and the child tires easily. Picking at the nose is a frequent symptom, and is often mistaken for the presence of worms in the alimentary canal.

The state of the bowels is uncertain; they may be constipated, and they may be too loose, or they may alternate one way or the other. Often if there is diarrhoea, there will be undigested food in the stools. The child is usually very nervous and restless, particularly at night. The tongue may not present any unnatural appearance, but is more often simply furred, and occasionally there is a bad odour to the breath.

Symptoms of this kind should arouse the apprehensions of the parents, and strict attention should be given to the diet of the child, to avoid the consequences of months and years of suffering which are likely to follow. Indigestion is not likely to be mistaken for any other trouble, except in its acute stages in children of one and a half or more years. Then the symptoms are very much like the first symptoms of scarlet fever or diphtheria, and many other acute diseases. Indeed, children have been treated for indigestion when they have been suffering simply from sore throat.

#### EFFECT OF COFFEE ON MILK SECRETION.

DR. ALICE MACLEAN has been studying nursing mothers and the effects of coffee on the secretion of milk. She says:—"In an institution of which I had charge, recently, in which there were some thirty or so nursing women, coffee was served twice a week. Regularly upon these days the nurses in charge reported a scarcity of breast-milk, and there was frequently a necessity for resorting to artificial feeding to eke it out." To this she added that the flow of milk may be increased by farinaceous food, especially the use of the oatmeal and barley-flour gruel. This is far preferable to ale or beer used by so many unthinking persons. If mothers will study how to make these gruels delicious they will enjoy them.

Nursing mothers whose supply of milk is small should not work very hard nor worry, but take life as easy as possible, exercising, of course, enough to promote health, and sleeping enough. If all of the energies of the body are used up in work and worry, of course, according to the laws of the conservation of forces, there will be less energy for this particular function.

Where there is torpidity of the mammary gland, it may be stimulated to action to some extent by the application of electricity. It is not painful, but agreeable to those who are not nervous over the whirr of an electrical machine.

#### IMPURE MILK.

WHEN milk is not known to be perfectly pure it should be sterilised or boiled. A patent steriliser affords the easiest means of doing this, but it may be done in an ordinary steamer. Prepare enough food to last for twenty-four hours. Have ready as many bottles as there are to be feedings (ten bottles is enough for the youngest infant, and by the time it is three months old, seven bottles containing a larger supply will feed it every three hours during the day and twice during the night). Put enough for one feeding in each and plug the mouth tightly with cotton, and do not remove the plug until ready to feed the contents. Place them in the steamer over a kettle of cold water, and bring it gradually to the boiling point, after which boil for half an hour. Let the bottles partially cool before removing the cover to prevent breakage. Keep in cool place, and re-heat as needed by placing the bottle in warm water. Do not remove the plug until ready to slip on the rubber sucking-top. There should be several of these. These should invariably be pure, black rubber, and with two holes as

far apart as possible; where there is but one the milk issues in such a stream as to nearly strangle the little feeder and completely exhaust it. Where the milk is cascaded into the stomach in this manner it is too often immediately thrown up. The child should work for its food, thus causing a flow of saliva. The rubber tops should each time be turned inside out, washed in several cold waters, scalded, and laid in borax water,

#### A CHILD'S FANCY.

"Hush, hush! speak softly, mother dear,  
So that the daisies may not hear:  
For when the stars begin to peep  
The pretty daisies go to sleep.

"See, mother, round us on the lawn,  
With soft white lashes closely drawn  
They've shut their eyes so golden-gay  
That looked up through the long, long day.

"But now they're tired of all the fun—  
Of bees and birds, of wind and sun,  
Playing their game at hide-and-seek—  
Then very softly let us speak."

A myriad of stars above the child  
Looked down from heaven and sweetly smiled;  
But not a star in all the skies  
Beamed on him with his mother's eyes.

She stroked his curly, chestnut head,  
And, whispering very softly, said:  
"I'd quite forgotten they might hear;  
Thank you, for that reminder, dear."

MATHILDE BLIND.

#### SPOON LORE.

**S**POONS have been in use for many centuries. In early times it was the fashion for ladies and gentlemen to have their own spoons and spoon cases, which they carried with them wherever they went. Two hundred years ago we find frequent mention in the newspapers of a "lost case containing a knife, fork, and silver spoon." The spoon was usually described as bearing the crest of the owner upon its handle; or a picture of the Blessed Virgin. The "apostle spoons" were a dozen of these silver implements, each containing an image of one of the apostles in relief upon its handle; sometimes with and sometimes without his name. If the name was omitted, there was usually some emblem of the worthy supposed to be represented on the spoon. In case emblems were used instead of names, St. James would be attired as a pilgrim; St. Jude was usually pictured with a club, the emblem of his martyrdom, or with a boat, to show his occupation; St. Simon, with a saw, because he was sawn asunder, and generally with an added oar, to show his earlier tastes. The use of these spoons as gifts from god-parents to god-children dates back nearly 500 years. When the giver was too poor to present the whole twelve, he gave one spoon with the image of the patron saint after whom the child was named, or to whom he was dedicated, or who was the patron saint of the donor, not always in such cases an apostle. The images of the four Evangelists were often thus used, the spoons being called "apostle spoons," although all were not apostles in the usual meaning of the word. Shakespeare, in "Henry VIII.," when Cranmer declares himself unworthy of being sponsor to the young princess, makes the king reply, "Come, come, my lord, you'd spare your spoons," in plain allusion to the gift expected on such occasions. The earliest notice we find in print of this form of spoon is an entry on the book of the Stationers' Company, made in the year 1500. It is this entry: "A spoyne of the gyfte of Master Riginold Wolfe, all gylte, with the pycure of St. John," showing that "apostle spoons" were well known at that early day.

HE who walks daily over his estate finds a coin each time.

**STEADMAN'S** Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, &c., and preserve healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere. Please observe the **EE** in Steadman.

"The FAMILY DOCTOR is stored with useful Hints for the Preservation of Health."—*Daily Chronicle*.



[SPECIAL ARTICLE.]

## LOOK TO THE FIRST TEETH.

By RUSSELL ARGYLL.

WHILE listening to an interesting conversation between two dentists, eminent in their profession, it seemed to the writer that much suffering among children might be prevented if some of their observations and suggestions were given to those as yet ignorant of the matter. In order that we may realise the necessity for earnest consideration of the subject, let us recall two out of the many incidents related from their long and varied experiences. A note was one day brought to Dr. W., requesting him to come as soon as possible and remove an aching tooth. The little patient of seven years was soon relieved of the offending tooth, but was in wretched physical condition—thin, as to flesh, sallow, fretful, complaining of headache most of the time, and with exceedingly variable appetite; restless at night, often unable to sleep.

"I'm doctoring her for worms, but she is no better than when I began," said her grandmother.

"If you will bring her to my house, and let me fill her teeth, she will be well in forty-eight hours," was Dr. W.'s reply.

"What! fill a child's first teeth? You must be crazy, doctor!"

"No, madame; a child's first teeth should always be filled upon the slightest appearance of decay; then they will fall from the gums without pain, and you will never need to fill the second set, so, you see, you lose nothing, but gain a great deal."

"Well, it seems very foolish to me to waste filling on first teeth."

"I fear you will regret not following my advice, but of course I cannot insist."

Weeks passed away, and one day, upon entering his house, Dr. W. found the old grandmother awaiting his return with intense anxiety. Her grandchild was too ill to leave her bed, and the family physician had given up her case in despair, so as a last resort she had come to ask Dr. W. to try what filling of the defective teeth would accomplish for her. The busy dentist could not resist the tearful appeal, and in a few moments was on his way to the suffering child. He filled a mouthful of defective teeth, removed some decayed roots, left a wash for the fever-tainted gums, and then returned to his house.

In less than a month the child was as healthy and happy as could be desired. One by one her teeth dropped out without giving her any trouble, and a beautiful new set took their place. The grandmother could not say enough, could not do enough to show her gratitude for the salvation of her grand-daughter.

"There are many substitutes for gold which can be used in such a case," said Dr. W., "as the teeth are but temporary, so the expense need not prevent parents from affording the child relief."

"Was this a solitary case, Dr. W.?"

"By no means. I have seen the most violent convulsions caused by decaying teeth in a child's mouth; in fact, I do not exaggerate in the least when I say that two-thirds of all the diseases which prey upon children from five to twelve years, and often longer, are the direct result of defective teeth, and could be entirely avoided by filling the teeth as rapidly as decay appeared. Nor does the evil cease when the first set has crumbled away. By contact with these decaying teeth the gums are rendered unhealthy, and the new set comes in predisposed to decay. Often the gums are so badly diseased as to remain so until the second teeth are removed, and even then a long time may elapse before a plate can be worn. I have known some cases in which they never healed, but developed a painful affection of the jaw-bone, thus causing intense suffering throughout the whole life."

The second case mentioned was that of a young girl for whom a not too careful dentist had filled teeth. The peculiarity of this trouble, most noticeable at first, was that the teeth themselves did not ache. Several days

after the filling Jennie complained of headache. Nothing remarkable in that; so little attention was paid to her complaint beyond the application of the usual remedies. Later she became insane, with lucid periods in which she would press her hands upon the back of her head and say, "It feels so full, so queer." When she became quite unmanageable her friends carried her to a private asylum. The treatment, however, failed to cure her. One day she complained of toothache and was taken to Dr. W.'s consulting rooms. He examined her mouth carefully, and gave it as his opinion that if the front teeth were removed Jennie's mind would probably recover its wonted tone. Oh, no! Neither parents nor child would believe so strange a thing. Well, she grew worse and worse, the paroxysms increasing in violence until at last, rather than see her a confirmed lunatic, her parents consented to the removal of the teeth. So the dentist won his way in the end, and the offending ivories were removed. When the profuse bleeding ceased, Jennie pressed her hand over her mouth, saying, "Oh, my pretty teeth are all gone!"

"Never mind," replied Dr. W., "I will make you some new ones that will look just as pretty, and that won't hurt you."

Presently the girl exclaimed, "Why, the heavy feeling is all gone from my head! It doesn't hurt any more!"

And it never did hurt any more; reason resumed her sway, and a few years later she became a happy young wife. "What was the trouble?" Why, the filling pressed upon the sensitive vessels leading from the teeth to others which communicated with the brain. Intense inflammation was produced, which increased until that most delicate of organs gave way completely and lunacy was the painful result.

"Ah," said Dr. W., "people have no idea how many of their fellow-creatures might be relieved of prolonged suffering if the cause, that is the teeth, were but removed. I may be called a fanatic, but I am willing to abide by what I say. If parents would see to it that the first teeth were cleaned, and filled upon the first appearance of decay, the second set would remain sound until extreme old age, and in nine out of ten cases would never decay. You would cease hearing of facial neuralgia, of disorders of the stomach, coated tongues, foul breaths, and many other troubles attributed to the presence of worms and what-not by mistaken mothers."

A case, which shows the old doctor to be right, came to the writer's knowledge, and seems of sufficient importance to relate in this connection. A large family had died, one after another, of "tubercular consumption;" two small children were left, but they, also, were showing the same symptoms, and would follow in the same way. The distracted mother spent many sad hours in meditation upon the subject. "Could she not save these, the last of her flock?" The father had been taken before the youngest child's birth. While thus meditating, this subject—the care of the teeth in little ones—came to her observation. Eagerly she seized upon it as her only hope; the children were taken to an excellent and conscientious dentist, loose and broken teeth were extracted, decayed ones cleansed and carefully filled, a simple mouth-wash to be used twice a day provided, and the work was done. To the mother's joy, the children began to improve in health, the sickly hue left their complexions, their appetites became natural, and now you would have to search long and far to find a healthier pair than they.

Passing all these incidents and remarks in mental review, it seemed eminently proper and right that they should be placed before those readers who had not yet given the subject careful consideration. Many a sickly child is being nauseated with drugs, suffering untold pain, who could be relieved in a few hours of present suffering, and spared unnumbered pangs in the future. Surely we ought to give earnest heed to any sermon which has for its text the alleviation of suffering, especially when the subject is a child, too young and simple to listen and apply for itself.

HE is great whose faults can be numbered.

LAWNS *versus* FEVER.

"That danger is most to be feared that lurks unseen, unrecognised."

IT hadly seems possible to one gazing on a beautiful, well-kept lawn, that it can be anything but "a thing of beauty, a joy for ever." As it spreads out before us, its green, velvety coat rivaling costly plush in softness and hue, interspersed with here and there a gay and fragrant flower-bed, or more rare plant or bush, it invites admiration, and challenges us to defend it against so base a calumny as its concealing aught of danger to anyone or anything. "What would the city be without lawns?" What, indeed, save a dreary expanse of dusty, dingy brick, and pavement! "Take away the lawn, and you rob many of all knowledge of the wonderful works of God, since the lawn is all they ever see of Nature's work, city prisoners that they are!" says some philanthropic soul—and he has the approval of a large host.

No, we cannot spare the lawn. But we must not overlook the possibility of their not being "unmitigated blessings" because of their desirability, no matter how they are treated. It is right here, the treating, or rather mistreating of them, that the danger arises. One of the necessary elements of a thrifty lawn, be it large or small, elaborate or otherwise, is water; it also seems to be an unwritten law that the more water the better, since lawns, like fish, cannot drown. It does not seem to make any difference to the lawn when or in what quantities it receives its daily ablutions, hence its owner chooses the time most convenient to himself or herself, which time is usually the worst possible one for the community in general and the owner in particular, namely, from sundown to midnight, and if water be plentiful, all night. People who would be horrified at living near a rapidly running stream, placidly lay themselves down to repose with open windows, surrounded by a water-soaked lawn, and are not at all afraid of dampness. Strange, isn't it? Fair pedestrians, in thin shoes, are also made happy by receiving gratuitous shower-baths at not rare intervals from dripping trees, shrubbery, and hose placed conveniently near the walk, while the embryo streams that meander over the thirsty (?) sidewalk insure thorough dampening of the feet. That the owner of a new carriage does not always appreciate the public spirit that has watered, not only the lawn and sidewalk, but has, in zeal to lay the dust and allay the temperature, extended operations to the street, making it decidedly muddy, is not serious; it is the fate of the philanthropist to have his motives questioned.

Beside unremitting watering, the lawn also needs the almost daily services of the lawnmower. Many authorities maintain that much of the *débris* thus gathered should be left on the ground. Be that as it may, with the greatest of care, much will be left—that is, much when one considers how little Nature needs to accomplish wonderful results, working, as she does, with quantities beyond the ken of microscope or chemist always to measure.

Little as we really know about fever, its origin and exact physical properties, we are abundantly informed as to the results when a person is poisoned with it, and we know somewhat concerning the laws that govern its formation and distribution, to wit: given a certain amount of moisture, a certain amount of decaying vegetable matter, and a certain average temperature of 60 degrees, or thereabouts, and we have all the elements necessary for the successful raising of a crop of fever. Now is there not good reason for suspecting that a lawn, treated as the majority of them are during the so-called "dog-days," may add its quota to the atmosphere, and while the single lawn would be insignificant and harmless, the sum aggregate be worth considering?

The remedy is simple and easily applied, while it will not in the slightest degree endanger the beauty of the lawn: Use the hose (if the rules governing the use of water permit) either in the morning, or so early in the afternoon that all superfluous water will be eagerly taken up by the heated air, to be given

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back again as dew when Old Sol shall have disappeared. This plan would save many an evil that arises from wet feet; would cause the disappearance of that sore throat every morning, which troubles some during the hot weather, when, if ever, one should be free from such trouble; while as a breeder of fever germs the lawn would be *non est*, and would be a joy without alloy.

## CHOLERA.

AT the meeting of the Balloon Society, held at St. James' Hall, Piccadilly, on Friday, September 22nd, 1893, a paper was read by Dr. Gutteridge on the above subject.

The lecturer justified the bringing of medical subjects before a popular audience, and in a popular form, by referring to the necessity for diffusing a knowledge respecting a matter of vast importance, which was undoubtedly occupying a large amount of public attention. Cholera had become one of the sensations of the day, it was consequently given a prominent position, and took up some considerable space in every newspaper, whilst questions concerning it were almost daily in the House of Commons. It could scarcely, therefore, be a matter of surprise that a scare had been created, which might soon have become a panic, than which scarcely anything more prejudicial to the general health could well have occurred. It was somewhat difficult to conjecture how this could have been brought about, seeing that the real facts of the case in no way justified such a feeling, for, except in a very few imported instances, no true Asiatic cholera had been met with. Cholera, being a disease quite by itself, is easily distinguishable by its symptoms, course, and too usual termination from choleraic diarrhoea, or any other ordinary summer or autumn affection. Next, the history of cholera was briefly traced, and the periods and undeviating method at and by which, through the various ports since 1830, when it first appeared in Europe, it had in 1847, 1853, and 1865 been introduced into England.

It had proved it was admitted a terrible scourge, when and wherever it had prevailed, alike in temperate climates like our own, and more especially so within the torrid zone. But its ravages had been most terrible where sanitary matters were most neglected. Cholera had been warded off us by the strict observance, to the credit of the authorities, be it said, of well-planned regulations at all our ports, and at the present time there was more than a warrantable expectation, if our vigilance were not relaxed, that we should again escape, comparatively, if not entirely, unharmed.

Cholera is by no means an unmixed evil. It sternly bids us to keep ourselves, our houses, and surroundings, clean and wholesome; to be cheerful, hopeful, and trustful in our dispositions, regular in our habits, strictly temperate in eating and drinking, and sensible in our clothing. We are much better than we were, but there is yet room for improvement.

The London of to-day is far better in most respects than the London of 1847 and 1865, but still the slums are not extinct. The infamous housefarmer still fattens on the necessities of his poverty-stricken victims. The sweater is still to be met with; vice stalks too prominently and freely in our midst; and rags and destitution, too frequently the result of intemperance, sloth, reckless hardihood, and downright viciousness. The victim has become abandoned himself before he is abandoned by society, so that there is still room for improvement socially and individually, and this must be far more thorough, more constant, and universal before we can either expect or deserve to be free from threatened cholera invasions.

As prevention against the spread of either cholera or choleraic diarrhoea, every case of illness should be properly attended to. If cholera of the true Asiatic type should really come, and it is far off coming, yet, if it ever does, there must be no experimenting, scientifically or otherwise, and such remedies alone resorted to as reliable experience and governmental records have proved to be efficacious in effecting a predominant number of cures. No

great outlay in the erection or providing of hospitals need be demanded, but willing hands animated by brave hearts to wait on those who can fortunately be treated with the greatest hopes for success in the homes in which they may be stricken. Under such circumstances they have had the simple but effectual application of the wet sheet rubbed vigorously around the patient whom it envelopes.

The one medicine on which such reliance was placed, and such triumphs rewarded its use, in the great outbreak in unsavoury Naples was a strong solution in spirits of wine of ordinary camphor, a few drops on sugar, both in the premonitory stages and throughout the whole course of the attack, until its abatement. The patient, when stricken, and confined strictly to the horizontal position, not being allowed to raise the head in the least, nor to have anything between his lips, except the medicine and crushed ice. It may be remarked in conclusion, that bacteriologists are not agreed amongst themselves as to the part the bacilli occupy in causing cholera; Pettinkoffer, demonstrating their harmlessness by swallowing a considerable quantity, no effects following. Purity of the water-supply is absolutely essential, and sewage soakage, in however minute a quantity, to be avoided, or remedied thoroughly at any cost. The following resolution was adopted:—Proposed by Surgeon-General Sir William Moore, seconded by Dr. Goodsall, "That the Government be urged to continue their unremitting attention in enforcing the regulations at all our ports with reference to the detention, when necessary, of all suspected persons and goods."

## WHAT MAY WE EAT OR RINK?

A CORRESPONDENT writes to us in the following strain:—If an alleged man of science always tells the truth the state of man is indeed most pitiable. His most innocent appetites are a curse. He craves food and drink, and he has never succeeded in living very long on this planet without either. But whatever he takes into his stomach is his mortal foe.

Scientific physiologists tell him that alcohol is a deadly poison, and attempt to protect the human stomach against all alcoholic drinks by law. What, then, shall man drink? Water! No, indeed. For here comes a man of science, armed with a microscope, and tells us that water taken internally kills more people than any other known substance. It is the principal vehicle by which all manner of disease germs are swiftly borne from city to city and from continent to continent. Even such water as contains no living monsters to destroy life is saturated with poisonous minerals and gases. Let no man drink water if he would not die of cholera, or typhoid fever, or some other mortal malady. Boiling the water may kill the animated germs, but it does not destroy the mineral poisons, and if you add tea, coffee, or any other substance to boiling water, you only make an infusion more destructive than water itself.

Shall we then drink milk? That appears to be Nature's own provision for the gratification of an appetite which seems to have been one of Nature's mistakes. But we must shun milk. Cows are subject to pulmonary and other diseases, for they, too, are cursed with an appetite for food and drink, and they, poor creatures, have no scientists to tell them that the only way to prolong life is to abstain entirely from eating and drinking. And so it happens, that if we drink milk and swallow consumption, scrofula, and science alone knows what else, that is sure to send us to our long homes.

There is nothing that we can drink with safety. Shall we then eat? By no means. We must abstain, not because the pure food associations, with their scientific chemists and microscopists, assure us that animal food is diseased, and nearly every other kind is abominably adulterated, not excepting sugar or flour, but because every article of food contains more or less of our remorseless enemy, water. No, there is nothing in all this world that we can either eat or drink. There is death in every pot.

## THE PREVENTION OF PHTHISIS.

ARGUMENTS followed to their logical conclusion lead us at times into awkward places, and seldom does a practitioner find himself so torn by the conflicting claims of the theoretically right and the practically possible as in deciding on a course of treatment, and of home *régime* for a patient suffering from phthisis. Facts, microscopes, and pathologists tell us that tuberculosis is a parasitic disease. Theory, and it may be added a certain amount of practical experience, asserts equally strongly that it is infectious, and that consumption always arises directly or indirectly from some preceding case. Logic then steps in, and urges the isolation of our consumptives, if we would save our healthy ones from catching the disease.

And yet humanity says just the opposite. Few sights appeal with greater force to popular sentiment and kindly sympathy than that of the tender care and unwearied nursing lavished by strong brothers and loving sisters on the fading flower of the family; and yet few can be more horrible to the physician who believes in the infectiousness of phthisis, and in whose mind the picture is interwoven with glimpses of the dark future when one by one these kindly nurses shall droop in turn.

Where, then, is the truth, and what shall the physician say when he has to arrange the mode of life, and the relationship to others in the family, which shall be adopted by the one who is first affected? Have we yet got all the facts? Does the rough assertion that consumption is infectious, or even the finer inference that dust is the vehicle of infection, cover the old ground? And may there not be other conditions necessary to its propagation of which as yet we know but little?

That this is no mere academic question is made evident enough by the fact that at the present time a movement is on foot which aims at the compulsory notification of phthisis, and the erection of great State hospitals for its reception and isolation. The example of our forefathers in regard to leprosy is being held up as worthy of imitation in our dealings with tuberculosis, and we are told that the true way of preventing phthisis is to isolate the phthisical.

In the *Medical Magazine* for last May Dr. Chaplin advocated—(1) the prohibition of marriage among those with a strong hereditary predisposition to the disease; (2) that when once a patient has been notified as having phthisis he should be prohibited from frequenting theatres, churches, tramcars, railways, and all public places; (3) the establishment of hospitals for the compulsory segregation of persons dying of consumption; and although he admits that in the present state of society such a scheme is at best wild, he holds that when phthisis is clearly seen to be dangerous, it will not appear so far-fetched. At a meeting of the Society of Medical Officers of Health, held some time ago in London, it was moved by Dr. Niven that "tuberculosis should be made a notifiable disease, notifiable under the same Acts and under similar conditions to such diseases as scarlet fever," and "that isolation hospitals should be provided by sanitary authorities, jointly or separately, at the expense of the rates, for the isolation of cases of tuberculosis likely to cause infection;" and although when the matter came up again for discussion at their meeting at Newcastle a much less stringent resolution was adopted, the proposition was at the same time fully accepted "that phthisis is an infective disease, in the prevention of which active hygienic measures should be taken." These things show what is in the air, and make us ask how far such views are justifiable.

No one accustomed to watch the varying career of consumptive patients during the long and often curiously interrupted course of their disease can fail to see how serious an interference with ordinarily accepted ideas of liberty would be involved in such a complete isolation as would be in any degree effective for its purpose, or how small would be the usefulness of mere voluntary segregation, which would certainly only be accepted in the later stages of the disease.



During the greater part of the progress of his malady a sufferer from chronic phthisis may be neither a helpless invalid, nor dependent on his friends, nor a burden to the rates. He may carry on his daily work, and be as full of hopes and of ambitions, and almost of usefulness as any of his neighbours. Many a business has been built up and fortune made, many a reputation has been gained and life's work done, during those intervals of semi-health which figure so largely in the diary of a consumptive's life.

We do not say it is impossible to segregate the phthisical, but, in view of present ideas concerning the liberty of the subject, of the long distance we are yet from the complete isolation even of the more definite infectious fevers, of the difficulties we find in overcoming private rights in regard to nuisances and adulterations, and of the tenderness we exhibit in curtailing the liberty even of habitual drunkards, we may well question whether the proposal to shut up the great army of consumptives, by a mere *lettre de cachet* comes within the range of practical politics; nor is it easy to suppress the thought that nothing short of a danger which could not be escaped or mitigated in any other way would justify a community in inflicting on any of its members so ghastly a punishment as taking them from their homes, their hopes, and their ambitions, and setting them to live out their lives in lonely isolation, separated from their friends and relatives, amid the dull monotony of workhouse or of hospital.

All evidence goes to show that, putting on one side infection by food, which comes under a different branch of sanitary work, the great and constantly acting cause of phthisis is the respiration of phthisically infected dust, and that the source from which the dust becomes infected is the sputum of consumptive patients. Whether we look on the large incidence of phthisis on those who pass their time in dusty workshops, and who dwell in dirty ill-kept homes as proof of the direct infectiousness of the disease, or whether we accept the view, held by some, of the saprophytic existence of the bacillus tuberculosis—that is, of its power to develop apart from the living body, to live and grow on damp walls in dark dwellings, as distinct from its merely resting there as a spore, and thus to make the disease become endemic in "tuberculous infective areas"—in either case we must look to dust as the means of communicating the infection, and to want of cleanliness as the cause of its continuance. We wish we could feel sure that the medical profession at large recognised, as fully as the facts warrant them in doing, the infectiousness of tuberculous sputum, and the danger of letting it dry into dust.

The main fact is, that the dust constitutes the danger. May we not, then, hope that if this recognised mode of infection can but be controlled, at the same time that war is being made against the known predisposing causes—want, dirt, and overcrowding—we may escape the necessity of shutting up our consumptives?

As a charity to a most suffering class, we admit the desirability of hospitals for the reception and the comfort of patients in the later stages of consumption, whose work in the world is done, and who are a source of danger to those with whom they are cooped up in the crowded dwellings of the poor; we would gladly also see the State take a large part in their support and in the relief of those who, after all, are but the victims of its own complex civilisation; but that is a very different thing from shutting up all cases of the disease which may be thought capable of causing infection.

Nor need we feel that at the present time we are standing still, or that nothing is being done to limit the spread of tuberculosis. As a matter of fact, a great deal is being done in an indirect, but none the less efficient, way; and already the result has been that, without any attempt at isolation or attention to the sputum, the general phthisis rate of the country has

sunk from 2·6 per 1000 in 1867, to 1·54 in 1889, a diminution greater than can be seen in most diseases. This as taken place as the result of general sanitary measures, better food, drier houses, more light, more air, and it is difficult to say how much greater the improvement might not have been, and may not still be, if, in addition to all such measures, a consistent and methodical warfare be waged against infectious dust, for which purpose we must insist on the use of the spittoon, the substitution of pieces of paper or of calico, which can be burned, for that horrible thing the consumptive's handkerchief, the abolition of ornaments and knick-knacks in the sick man's room, and the replacement of the duster by the damp cloth. Great things can be done by attention to small details, and if we can entrap the vehicle of infection, isolation may become as unnecessary as it now appears impracticable.—*British Medical Journal*.

## PHYSICAL CULTURE.

### A PRACTICAL SYSTEM FOR WOMEN IN SEARCH OF BEAUTY.

AS physical training is engaging the attention and consuming the time of young women everywhere, Mrs. Bridget Maguire and Miss Mary Hann have organised a school and prepared a course of lectures for the purpose of introducing their system of physical culture. They are also about to publish a book, "The International System of Physical Culture Explained," the advance sheets of which are already out. Below we give the principal exercises peculiar to this system:—

1. Take a scopæ (the high Latin name for broom) in the hands, which should be held at half reach reversed grasped, allowing the bushy portion of the scopæ to rest upon the floor and holding firmly to the upper end of the handle. Bend the body slightly forward, give the arms a horizontal movement, lift the scopæ slightly, and move one foot before the other. Repeat these movements until the scopæ has been brought in contact with every portion of the floor.

2. Holding vertically in the hands a long pole to which a bundle of feathers has been attached, bend the body backward from the waist, throw the head well back, and elevate the arms until the feathers rest lightly against ceiling or walls. Move the arms back and forth, carefully holding the pole in position. In a similar exercise, more frequently practised, a shorter pole is used and the feathers are allowed to pass over the different objects in the room. But this, while excellent for the arms and shoulders, does not call into play the muscles of the spine, neck, and chest.

3. Kneeling upon the floor and grasping a wet cloth in the hands, bend the back till the cloth touches the floor. Press the hands down firmly, throw the weight upon the arms, bending them at the elbows as the motion of the hand requires, and pass the cloth briskly over the surface of the floor.

4. Fill a large basin with water, and place obliquely in it, so that the lower edge shall rest in the bottom of the basin, and the upper one lean against the opposite side, a corrugated piece of wood covered with zinc. Then take some sort of cloth, souse in the water and rub briskly on the board. A little soap will lessen the friction and render the exercise somewhat more gentle.

5. Take a cloth, treated as above, dip into a paste composed of amydon and aqua pura—that is to say, pure water—and allow it to become almost dry. Spread on a smooth surface and pass quickly over it a well-heated ferrum planum, or smoothing-iron, bending the back and swaying the body lightly to and fro, in unison with the motion of the implement in the hand.

As the majority of young women are probably unacquainted with the implements used in these exercises, either of the ladies whose names are mentioned above will cheerfully supply all

necessary information. Object lessons are also given, gratis, each day at the Opus Domus Institute.

One great advantage which the international system possesses is that while other systems can, at best, benefit only the individual who practices them, the international, when carefully and regularly carried out, will bring the best results to an entire household.

## WHAT IT FEELS LIKE TO TAKE CHLOROFORM.

*Notes from an Actual Case.*

THE writer has frequently been asked what it feels like to take chloroform, or like gases, so the actual are recorded of a case.

SCENE: A whitewashed room in a country hospital, a surgical couch in the centre, a nurse standing ready with a basin and a sponge, two relatives of the patient, who enters room clothed in a dressing-gown. The operator, who is about to remove the breast for cancer, is busy threading some needles with catgut, and the administrator of chloroform turns to the patient and says: "Now, Mrs.—, don't be afraid, you are quite safe," assists patient on to the table.

Patient's lips seem moving in prayer, and whilst the administrator is listening, to be sure that the heart is sound, he catches the words, "Lord Jesus," and "Children."

Administrator to Patient: "Breathe this gently, and deeply." Proceeds to gradually bring the inhaler over face.

Patient coughs, and complains that the "stuff chokes her."

Patient, aside (narrated afterwards), I thought of my children, and then my ears began to buzz, and my head felt as if it would split, and then I began to feel sick.

Administrator to Nurse: "Pass me the tongue forceps." proceeds to pull the tongue forward.

Patient retches, and so is turned over on her side for a few seconds, until the spasm has passed off.

Patient presently commences to throw herself about and sing; saying, "Yes, I will. Ta-ra-ra—Yes, he told me that—Boom-de-ay—Wait till the clouds roll by." Struggles to get up, and fights to the consternation of friends, to whom the doctor quietly remarks, "It is always so, this is the noisy stage, she will soon be under."

Presently patient quiets down, and begins to breathe deeply, slowly, and with a noisy expiration sound, and the administrator, after satisfying himself by the flaccidity of the limbs and the insensibility of the conjunctiva, remarks to the operator, "She is under," and the operation is proceeded with and finished in about twenty minutes. When the dressings are being put on the administration of chloroform ceases, and the doctor gently slaps the face of patient, and says, "Now, Mrs.—, don't you know its time to get up?"

No response, but a slight raising of the eyelids.

In a few minutes there are signs of recovering animation, and the patient feebly asks, "Where am I?" Later, "Is it over?" and two or three minutes afterwards says, "Thank God."

On inquiring afterwards patient declares she remembers nothing, nor did she feel anything after the choking sensation.

NOTES:—There are only one or two deaths from a kind of tonic poisoning during the administration of chloroform in 10,000 cases. Persons do not let out their secrets when under gas, because the cerebration is disjointed, and the sentences are such that usually neither head or tail can be made of them. When the number is considered of half-dead diseased bodies, together with the frightfully mangled persons, who are put under gas in order to save their lives, is it not marvellous that there is not more accidental extinguishing of the feeble flicking life's flame than there is?

"THERE IS UNQUESTIONABLY" no better remedy in the whole world for all cough and throat troubles than KEATING'S LOZENGES—any medical man will assure you of this fact. Relief is speedy; they contain no strong acting, but only simple drugs; the most delicate can take them. Sold everywhere in 134d. tins.—[ADVT.]

"PURE CEYLON TEA."—The increasing demand for a pure Ceylon Tea has induced HORNIMAN & CO. to specially import a selection of the choicest teas grown in that country. HORNIMAN'S "pure Ceylon Tea" is of wonderful value and of refined and delicate flavour. Sold by Agents in packets only, 5d. per 4 lb.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.

"The FAMILY DOCTOR. The contents are varied and useful, with an entire absence of Quackery."—*Observer*.



## WATER AS A REMEDY.

**W**ATER is too little valued by the generality of people as a remedy, yet is one of the most valuable. It is not only a food—three-quarters of the body, by weight, are composed of it—but a medicine, which is not properly replaced by the use of tea, coffee, or milk. If more water were consumed and less beverages, there would be fewer dyspeptics, rheumatics, and bilious sufferers. A glass of water taken at night before retiring and the first thing in the morning will often obviate a tendency to constipation, and with dyspeptics a glass taken hot or cold before meals will be found efficacious, washing out the stomach and putting it in better condition to digest the food. With a little lemon juice added and drunk freely it is useful in rheumatism.

As a means of applying heat and cold it is invaluable. In the first stages of a sprain, if hot water is applied, hot as can be borne, and the application renewed constantly, the following day will see the part comparatively free from soreness and capable of being used. If it is an ankle, the foot may be placed in a foot-tub of warm water, the heat being raised by addition of hot water, and the temperature being kept up to the limit of endurance for an hour or so. Similarly in rheumatism, hot baths and applications are useful.

With children the warm bath is a sleep producer in nervous irritability, allaying convulsions, and a rapidly acting stimulant in cases of emergency. Its efficacy may be increased by the addition, in some cases, of a tablespoonful of mustard flour to the gallon of water. The child should be stripped and placed in a bath, and held there not over five minutes, or till the mother's arms tingle. In cases of cold or congestion of some internal organ, as the lungs in pneumonia, it is again the remedy *par excellence*, acting by bringing the blood to the surface.

## CONSTIPATION.

**I**T is a difficult matter to lay down a hard and fast rule as to how often a person in full health should obtain a movement of the bowels. The requirements of Nature would seem to be properly fulfilled in some individuals by one motion in two or three days, while in others, if an action does not occur daily, disagreeable symptoms soon intervene. We may conclude pretty safely that matters are proceeding satisfactorily if there be no nasty taste in the mouth, no pain or discomfort at the time of evacuation, no lethargy, and no sense of fullness across the abdomen or pain over the forehead. But if any of the symptoms be present, attention should at once be paid to regulating the torpid bowels. Delay is dangerous, for many complications are plainly traceable to neglect in this particular. No! you need not undergo the discomfort of purging, for if you do, as is the case when you take castor oil, patent pills, and similar out of date preparations, be sure this violent measure will only result in temporary relief. Take a mild laxative remedy, such as one or two Laxative Palatinoids at bedtime. These will not cause any discomfort whatever, nor will they hinder the ordinary daily pursuits, but will rather establish regularity. At the same time, if you suffer from liver inaction, it may be this member that is at fault. You may possibly have forgotten your morning dose of Oppenheimer's Euonymin Cocoa. Well, the only advice we can give you is, don't forget it. It is just as delicious in flavour and taste as the finest Caracas cocoa, so there is no excuse for you. When the constipation is due to the inassimilation of starchy foods, which you may easily tell by a sense of fullness and pain being felt across the abdomen about an hour or so after a meal, take a tablespoonful of plain Cream of Malt with your meals. The reason of this is obvious, for the malt has a peculiar solvent action upon all starchy substances. Make an effort at evacuation daily, whether the desire be felt or not, for after all we are but "creatures of habit."

The soldiers fight, and the kings are heroes.

## PROMOTION OF KINDNESS TO ANIMALS.

**S**IR WILLIAM H. FLOWER, President of the Zoological Society, presiding on September 23, at York, at a meeting of the Church of England Society for Promotion of Kindness to Animals, said that cruelty was best prevented by promoting kindness. Much of the cruelty to animals arose from that part of man's nature which was inherited from his savage ancestors, who for generations had depended for their existence entirely upon their power of capturing and killing living animals, either in their own defence or for food. For a vastly long period of human life, man's only idea of an animal was something to be killed, if not to be eaten, and still even now among civilised nations something akin this feeling was born in every boy. There were few pleasures more universal and more intense, than those derived from the chase. This natural propensity must be recognised in order to be judiciously dealt with. The justification of field sports consisted in their being carried on in such conditions that the advantages to man in promoting his health, strength, endurance, and other valuable qualities, to say nothing of the food supply from this source, were so great as to counterbalance whatever evil was inflicted upon the objects of the chase. It was necessary to avoid exaggeration in any particular aspect of the question, but to take a comprehensive view of the whole conditions of the natural world, where it was the rule rather than the exception that living animals come to a sudden, violent, and often painful death. It was part of the universal order of providence that beasts, birds, fishes, insects, and the rest of the living world should be all preying one upon another, and the additional destruction by man, if attended by due limitations, was, comparatively speaking, most trifling. There could be no doubt that a higher sense of man's responsibilities to animals was one of the signs of general progress in the civilisation of the world. The claims of animals to friendly treatment were now generally accepted. Boys should be taught that there was no merit in showing their power over animals by trying to destroy or injure them. They would find in time greater pleasure in cherishing life than in destroying it.

The Rev. F. Lawrence, vicar of Westow, York, Hon. Sec., said that the Royal Society for the Prevention of Cruelty had done, and continued to do, a great work. Bands of Mercy had exercised a beneficent influence in many parts of England. Yet there was still wanting, especially in remote districts, a local agency in every parish. The organisation of the Church, with officers in every parish possessed of unique authority and influence, afforded a means by which persons of all ranks, and of all schools of religious thought, could be banded together for any good purpose; while the very fact of the Church making an active concern for animals part of its official work, would remind everyone of the duty man owes to animals. Thus it had come about that a Church of England Society for the Promotion of Kindness to Animals had been established at a meeting held at the Church House, Westminster, under the presidency of Sir F. G. Milner, Bart., M.P., with a view, not of superseding existing institutions, but of aiding them. The authorities of the Church could suggest a day on which in every pulpit mention might be made of the claims of animals. The education department could make study of animal life part of the curriculum in every State-aided school, cognisance being taken thereof at the annual inspection.

ALL IS NOT GOLD THAT GLITTERS may be said about many brilliant prospectuses that are frequently issued to financiers; they often herald the formation of companies which go up like the proverbial rocket and come down like a stick. Holloway's Pills and Ointment, unlike such shaky ventures, are the soundest investments in which people suffering from disease can entrust their money. They have the reputation of over half a century, and every day they return substantial dividends in the form of good health. No disease has yet disputed their influence when a fair trial has been given. They cure dysentery, diarrhoea, weakness, and liver and kidney diseases, whilst for skin diseases they have no equal. Sold by all chemists, &c.

tion. Encouragement could be given to technical instruction by means of popular illustrated lectures, with a view of all animals being treated on scientific and therefore humane principles. A literary league might be formed with the object of making greater use of the Press everywhere, so that a newspaper would seldom appear which had not in some corner a few words about animals. The gain of such concerted action would be enormous. Every living thing would be regarded from a higher standpoint, and the practice of cruelty grow less and less. Kindness to the lower orders of creatures would beget greater kindness from man to man. Soon the law for the protection of animals would be improved. A reproach would be removed from the Church, and her influence enhanced. England's example would gradually affect the Continent and the far East. Reverence for every living thing would give life a fresh charm, and make life in rural districts more attractive.

## EXERCISE AND PERSPIRATION.

**W**ITHIN the last few years a new way of reducing weight has become popular.

This does not so much reduce a man's total weight as it prevents the increase of weight in the stomach, which is what most men want. A man who is growing stout would not care if the increased figure which appears every time he steps on the scales were to show that he had larger arm and leg muscles, that his chest had increased in size, and that he had a bigger frame; but when he sees the evidence before him that the more pounds do not mean these things, but an increased waist measure, he thinks of methods to reduce his weight. The thing is to take off the fat about the waist. A simple way is to sweat. Sweating a man reduces his weight. If the total sweating could be taken from the stomach and the loins, the weight of the stomach and the loins would be decreased, while the plump shoulders and round arms and legs would be retained. The simplest way of sweating the stomach and the loins is to wrap enough flannel around them and then take some exercise. It is not necessary to take violent exercise, though violent exercise will do it. With enough flannel around his stomach a man can sweat his stomach without sweating the rest of his body.

A man can wear a flannel stomach bandage without any one knowing it. Perhaps the best is the kind that a man has especially made for him, though it costs a little more than the others. He can buy eight or ten yards of the best and most porous flannel, and the person who makes his shirts will make the bandage for him. He is measured for it, and when it is done it is shaped like an hour glass, though the top circumference is smaller than the hip circumference. It should cover a man from his hips to the lower part of his breast bone. Buttonholes are made in one end of the bandages, and buttons set back a few inches from the other end. The bandage should not be tight, but easy fitting.

The bandage should be worn next the skin and over it a flannel shirt. No undershirt is needed. A man can wear this bandage on a walk through the streets to his business, or he can walk around with it on in the park. It works quicker if he rides horseback with it on and bounces around in the saddle; or he can put it on and go to a gymnasium and bounce on a springboard. The object is to take some form of exercise which will move the whole body and make the stomach sweat. The flannel bandage absorbs the sweat. After the exercise it should be removed, and a cold bath should be taken. After the bath it is a good thing to rub the stomach and loins with alcohol to prevent the possibility of taking cold. The flannel bandage works well. It decreases the circumference of the waist. It takes off the fat from the places where a fat man wants the fat to be taken off most. To mention only one case, it reduced a man's waist one and a half inches in a three-days' ride.

SPRINGS of fresh water underlie most seas. About thirty have been discovered under the sea on the south of the Persian Gulf.



## THE SKIN.

THERE'S a skin without and 2 skin within,  
A covering skin and a lining skin;  
But the skin within is the skin without,  
Doubled inward and carried completely through-  
out.

The palate, the nostrils, the windpipe, and  
throat,  
Are all of them lined with the inner coat;  
Which through every part is made to extend,  
Lungs, liver, and bowels, from end to end.

The outside skin is a marvellous plan  
For excreting the dregs of men,  
While the inner extracts from the food and the  
air,  
What is needed the waste of the flesh to repair.

Too much brandy, whiskey, or gin  
Is apt to disorder the skin within;  
While if dirty and dry the skin without  
Refuses to let the sweat come out.

Good people all, have a care of your skin,  
Both that without and that within;  
To the first give plenty of water and soap;  
To the last little else but water, we hope.

But always be very particular where  
You get your water, your food, and your air,  
For if these be tainted, or rendered impure,  
It will have its effect on the blood, be sure.

The food which will ever for you be the best  
Is that you like most and soonest digest;  
All unripe fruit and decaying flesh  
Beware of, and fish that is not very fresh.

Your water, transparent and pure, as you think  
it,  
Had better be filtered and boiled ere you drink  
it,  
Unless you know surely that nothing unsound  
Can have got to it over or under the ground.

But of all things, the most I would have you  
beware,  
Is breathing the poison of *once-breathed* air;  
When in bed, whether at home, or out you may  
be,  
Always open the windows and let it go free.

All you who thus kindly take care of your skin,  
And attend to its wants both without and  
within,  
Need never of cholera feel any fears,  
And your skin may last you a hundred years.

—JOSEPH POWER.

## GLEANINGS.

[FROM VICTOR HUGO.]

ART for art's sake may be very fine, but art  
for progress is finer still. Ah! you must  
think? Then think of making man better.  
Let us devote ourselves to the good, to the true,  
to the just. Some pure lovers of art, moved  
by a solicitude which is not without its dignity,  
discard the formula, "Art for progress," the  
Beautiful-Useful, fearing lest the useful should  
deform the beautiful. They tremble to see the  
drudge's hand attached to the muse's arm.  
According to them, the ideal may become per-  
verted by too much contact with humanity.

They are in error. The useful, far from cir-  
cumscribing the sublime, enlarges it. The  
critics protest. To undertake the cure of social  
evils; to amend the codes; to impeach law in  
the court of right; to utter those hideous words,  
"penitentiary," "convict-keeper," "galley-  
slave," "girl of the town"; to inspect the  
police registers; to contract the business of  
dispensaries; to study the questions of wages  
and want of work; to taste the black bread of  
the poor; to seek labour for the working  
woman; to confront fashionable idleness with  
ragged sloth; to throw down the partition of  
ignorance; to open schools; to teach little  
children how to read; to attack shame, infamy,  
error, vice, crime, want of conscience; to  
preach the multiplication of spelling-books; to  
improve the food of intellects and hearts; to  
give meat and drink; to demand solutions for  
problems and shoes for naked feet—these things  
they declare are not the business of the azure.  
Art is the azure. Yes, art is the azure; but the  
azure from above, whence falls the ray which  
swells the wheat, yellows the maize, rounds the  
apple, gilds the orange, sweetens the grape.  
Again, I say, a further service is an added  
beauty.

## OUR OPEN COLUMN.

## CORRESPONDENTS' OPINIONS.

A REMARKABLE STORY OF TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.  
SIR,—I never was quite able to credit "White Cat's"  
story of how she compelled a boy of fifteen to wear  
stays and obey her in the most slavish manner, but I  
lately came across a case of somewhat the same  
nature.

I was in a country village for a holiday, where I  
made the acquaintance of an elderly maiden lady  
and her nephew. After the acquaintance had ripened,  
and we knew more of each other, the lady told me  
that she adopted the boy when he was about seven,  
that she found him a docile, quiet little fellow, and  
she, having a great objection to men through early  
disappointment, determined to bring him up at home,  
never to allow him to go to school, and to make more  
of a girl of him than a boy.

She dressed him in stays—but with a blouse and  
knickerbockers, not petticoats—and when he was a  
little over twelve she began to tighten his stays  
gradually. She had always laced rather tightly, and  
now, to encourage him to obtain a small waist, she  
used to make him lace her stays very tightly every  
day as she did his. In this way he began to take  
an interest in it, for he was devoted to his aunt, and  
to please her he used to tighten his stays even more  
than she ordered. By the time he was fifteen he had  
a figure like a girl, and, as he never went to school or  
associated with other boys, he was not afraid of  
ridicule, but was quite proud of his waist. He  
generally wore a loose blouse with a belt, but for  
evening wear he had a velvet jacket, open in front to  
show shirt and waistcoat, but shaped to the back  
quite tightly so as to show off the figure, of which  
the aunt was as proud as the boy—the white or black  
velvet waistcoat fitted accurately. Black velvet  
breeches, with black silk stockings and high-heeled  
patent leather shoes and lavender-coloured kid gloves  
completed his evening costume. When I first saw  
him in this attire, and with his light brown hair  
curled over his head and forehead, I thought he was  
a girl. His aunt had taught him to do needlework  
and wait upon her like a lady's maid. She had him  
taught to dress lady's hair by a coiffeur, and I  
noticed that her hair was most fashionably dressed  
and curled; she told me he was the best maid she  
ever had.

This eccentric lady is very rich and can amply  
provide for the boy, otherwise it would have been a  
very wicked thing to do, for, of course, the boy is  
utterly ruined for any manly occupation. He is  
musical, and plays fairly well on the piano and  
guitar. He is too tightly laced to play lawn tennis or  
take any exercise beyond a gentle walk, nor can he  
sing, and I have never seen a good singer who was  
tightly laced. He goes to bed every night with his hair  
in curl-papers, but does not sleep in stays. His aunt  
considers that quite unnecessary, and certainly aunt  
and nephew have very small waists without resorting  
to that plan. She told me she has his stays made  
for him by her London *corsetière*, who comes down on  
purpose to measure and fit him and her every six  
months. The stays are always of satin and trimmed  
with lace. She told him to bring me a pair to look at,  
and he fetched a beautiful little corset 17 in. in the  
waist, of very delicate, pale pink satin. He has them  
of all light colours—the aunt considers black satin to

be bourgeois, and will not let him wear them, but  
always white or quite light colour. They are made  
exactly the same as ladies stays, only without the  
fullness of the bust, well steeled and boned, with a  
straight busk and silk lace.

It is really a very curious case, and, I think, may  
interest some of your readers. He is in fair health,  
but looks delicate.—Yours faithfully,  
Kensington, Sept. 23, 1893. ALICE.

## Notes &amp; Queries

This column is specially devoted to subscribers who are  
desirous of obtaining information on any practical  
subject, whether Domestic, Medical, Sanitary, or  
otherwise. The Editor suggests that Correspondents  
should express their wishes in as brief a manner as  
possible.

All letters should have the words "NOTES AND  
QUERIES" on the envelope.

## QUESTIONS.

QUOTATION.—"Death is better than life." The other day I  
came across this sentence as a quotation. Will some reader  
kindly inform me where it is to be found? I felt sure that it  
was in the Bible, but, with the assistance of a concordance, I  
cannot find it there.—ROB.

TIGHT-LACING.—Having seen a great deal of correspondence  
in your valuable paper on tight-lacing by men, and being a  
believer of the same, I should be glad if you would insert this  
in order that I may get in correspondence with some of your  
readers, as I wish to have practical advice on the same. I have  
been a corset wearer for some time past, and am also as I see  
some of your correspondents a believer in female attire. I  
should be glad to answer any letters addressed to "Gerald,"  
Southampton. To be left at the post office till called for.

TURKISH BATHS.—Having been advised to take these baths  
occasionally, would some kind reader who has personal experi-  
ence of them describe the best way of taking them in order to  
obtain the greatest benefit? What I want to know is, in what  
order should the different rooms be taken, and hints as to  
drinking water, pouring water over head and body before  
shampooing, &c. I notice some bathers take the coolest rooms  
first, others the hottest; and some drink if you would insert this  
in order that I may get in correspondence with some of your  
readers, as I wish to have practical advice on the same. I have  
been a corset wearer for some time past, and am also as I see  
some of your correspondents a believer in female attire. I  
should be glad to answer any letters addressed to "Gerald,"  
Southampton. To be left at the post office till called for.

leaving the cooling room, he would much oblige.—NOVICE.

## ANSWERS.

HAVING seen "Phelps'" request in your paper of last week  
for a description of three or four nice, healthy, old-fashioned  
villages, where rents of furnished rooms and living are cheap,  
I beg to say that I have been staying down here for some little  
time, find the air dry, bracing, and healthy. The rooms  
cheap and everything most comfortable, family consists of  
husband, wife, son, and daughter, all of whom I have found  
most kind and attentive. Gallywood is three miles from  
Chelmsford, but a pony and trap is kept to convey anyone from  
the station. I can safely recommend this place, and think it  
would meet "Phelps'" requirements, and that he would be  
very comfortable here. For terms and all particulars, apply  
here to Mrs. Burrell, Gallywood Common, Chelmsford, Essex.

ANSWERS  
-TO-  
CORRESPONDENTS.

Correspondents will in every case be answered as early  
as space and time will permit.

It is particularly requested that all communications  
may be distinctly written and concisely expressed, and  
marked "ADVICE GRATIS" over the address on the  
envelope.

All communications should be addressed to the EDITOR  
of the FAMILY DOCTOR, 13, Catherine-street Strand,  
London, W.C.

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ing upwards of 250 Recipes for the prevention, treat-  
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CONSUMPTION

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By E. W. ALABONE, M.D. Phil., U.S.A., F.R.M.S.,  
Late M.R.C.S. Eng., late Consulting Surgeon to the  
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CURABLE by this treatment. MANY THOUSANDS of  
cases, abandoned as hopeless, have been SUCCESS-  
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I had no less than 60 cases of cure last year."

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## RECOMMENDED

For the preservation of lawns, laces, beautiful washing  
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HUDSON'S EXTRACT OF SOAP and HUDSON'S  
DRY SOAP are recommended. Instead of the offensive  
soapy smell common in many Soaps, HUDSON'S  
leaves the linen actually sweeter and fresher than  
when new.

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Persons suffering from Defective Vision (particularly those  
who have been unable to get suitable glasses elsewhere), should  
consult Mr. Bluet, who has had thirty years' practical  
experience in making and adapting Spectacles for every form  
of Defective Eyesight, and for which he has received numerous  
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### ADVICE GRATIS.

By a PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS are REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on

**SELLERS' CLEANSING AMMONIA** is a perfect boon to every household. A little added to the Bath softens the water, cleanses the skin, promotes health and vigour, and secures all the benefits of a Turkish Bath without any risk or inconvenience. It is most refreshing for Toilet use, and makes a splendid wash for the Hair. For Laundry use it saves Soap, Soda, and Labour, prevents flannels shrinking, and makes Linen as white as snow. In bottles, 6d. & 1s. each, with directions for use. Sold by Chemists, Grocers, &c., or from J. SELLERS, 57, Farringdon Road, London. E.C.

### ECZEMA.

SIR,—After TEN YEARS suffering and irritation your "VELVET" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS POVANT.

"VELVET," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 1/- stamps from E. J. ORCHARD, Chemist, Salisbury. Please mention this paper.

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sent you entirely free. Cash or Easy Payments. Everyone delighted. M.D. APER. Organette Works, Blackburn.

Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

VERY UNHAPPY.—You have been wise to give up such a depressing habit before the consequences have become too serious. Make up your mind never to give way to it again. We have frequently advised our correspondents as to the methods of preventing the losses, but we repeat once more: Do not drink after eight p.m. Take no late supper. Sleep always on one side or the other—never on the back. Rise to empty the bladder directly you wake, whether once or oftener during the night; do not read exciting or unhealthy literature. Take as much outdoor exercise as possible. The following medicine night and morning will help you: Tincture of perchloride of iron fifteen drops, bromide of potassium twenty grains, sulphate of magnesia half a drachm, spirit of chloroform five minims, water to half an ounce.

ANXIOUS.—Why don't you tell us whether you are a man or woman? How old you are? What your occupation, habits, diet &c? If a woman are you regularly unwell? Are you married? When you have answered these queries as well as any information you can give us about the bowels, exercise &c., we shall be happy to tell you both the cause, and the treatment of the trouble which is causing you so much anxiety.

COPERNICUS.—1. It is not at all unusual to find in the elder children in a family, where the parents have married early (i.e. before twenty-five or twenty-six), that the teeth begin to fall soon. To that extent your first supposition is correct, inasmuch as full osseous development is not attained until the age named, and it is possible the father may, to a corresponding extent, be deficient in the calcareous matter needed for the development of sound teeth. 2. Connection with such a family would not be favoured by the circumstances, but on the other hand we do not think that poorly developed teeth should be any bar to matrimony. 3. Children resulting from such unions need not necessarily be weak of limb or otherwise unsound, granted that the other parent were sound.

OLGA (London).—You have not stated what English surgeons you have consulted—with the exception of one, who is good, but not in the first rank. Our advice to you would be to see some really first-rate man, endeavour to ascertain the exact nature of the growth, and be guided by him, though we should not advocate a cutting operation for removal. Another thing you wish to know is whether the discharge has any relation to the tumour or is quite independent of it. You had better let us know what surgeons in England you have seen, and send a stamped addressed envelope, that we may recommend one we may think suitable.

CHLORIC.—There is no harm in your smoking and drinking in moderation. The powder we generally recommend is: Borax, chloride of sodium, and bicarbonate of soda, of each, seven grains, powdered white sugar fifteen grains. Dissolve this in a half tumblerful of warm water, and inject into the nostrils, bringing it out of the mouth. If there is any hypertrophy of the mucous membrane, this may require cauterisation. We should think that it would therefore be better for you to consult a specialist about this matter, because it may be the sole cause of your catarrh, and, if left untouched, the catarrh will, of course, go uncurd.

GRANULATED.—She had better go to some hospital where she can get them properly treated. The treatment of this condition requires superintendence, hence we do not care to take the responsibility. As we do not know where you live, we cannot advise you to whom to go. Nor are we permitted to mention names in these columns.

SENSITIVE.—In treating a malady of this sort, it is necessary to find out what physical disturbance, if any, is at the bottom of it. There surely must be something to see or feel if you have such discomfort. You say you have seen a doctor, did he not tell you what it was? We should advise also to use plenty of soap and water to it, and to rub it hard with a rough towel. You do not state what your age is, nor what your occupation; you had better keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take a teaspoonful of Parrieh's Food three times a day immediately after meals.

A TROUBLED ONE.—You are suffering from hyperaesthesia of the parts, which only local treatment will remove. You might take all the medicines known to the pharmacist without deriving any benefit.

**WANTED.**  
5,000,000

MOTHERS, to insist on having their Babies' Toys and Feeding Bottles fitted with INGRAM'S NEW PATENT COLLAR or RIM TEAT. They do not in the slightest degree irritate the most sensitive Gums, but, on the contrary, they have been proved to be the Best Soothing Teat ever invented. No

### BROKEN

Rest for Mothers or Nurses, and Father can now have the luxury of his evening paper in peace—without being constantly disturbed by the cries from the cradle; in fact, the whole home is changed to a haven of bliss through the introduction of INGRAM'S PATENT COLLAR or RIM TEAT, No 22,458 on every Teat, and if the

### FEEDING BOTTLES

now in use are not fitted with this wonderful invention, a loose Teat can always be bought for a few coppers at your nearest Chemist.

A YOUNG WIFE.—You do not describe any signs of pregnancy with the exception of cessation of the menses. As you have previously gone several months without any sign, we do not think we can give you a definite opinion on the matter. What is it you really want to know? If there were any other symptoms, such as morning sickness, &c., we shall be happy to give you an opinion.

XXX.—Sea salt will be useless in such a case. Try the following lotion instead: Sulphate of zinc twenty-four grains, compound tincture of lavender six drachms, distilled water to six ounces. To be used with a syringe twice a day; the wound subsequently to be dressed with lint, and the lotion, and out just large enough to fill the opening of the sore; this to be covered with oiled silk of slightly larger size. Take the following mixture each morning before rising: Sulphate of magnesia one drachm, carbonate of magnesia ten grains, nitrate of potash five grains, peppermint water to half an ounce.

BAND LAD.—1. Bathe them with sea salt and cold water twice a day. Take plenty of walking exercise, rub them well afterwards with a Turkey towel. 2. Keep the bowels acting freely. Use only hot water to wash the face, with the addition of vinolia soap, and take a pill containing one-tenth grain of sulphate of calcium, three times daily with meals. Rub the face well with the towel after washing.

NERVOUS.—This is merely a question of habit, not disease. You should check this constant desire, otherwise it will get the mastery of you, and you will become a perfect martyr to it. You need fear no harm from checking the tendency, no harm will come of it. Unless you do so, however, the bladder will become diseased, contracted, and hypertrophied, and you will require special treatment to have it cured or alleviated. The mere fact of micturating is not likely to cause nervousness or depression, take a teaspoonful of Parrieh's Food three times a day immediately after meals.

J. J. F.—You were wrong to marry under the circumstances. However, you must learn to pass a bougie (No. 9 English) twice a week (the chemist will tell you how to use the instrument), and take the following mixture: Bromide of potassium twenty grains, tincture of nux vomica ten minims, sulphate of magnesia twenty grains, water to half an ounce. Take this three times a day for a month, during which time you must abstain; then write us again.

A CONSTANT READER.—See the medicine ordered "J. J. F." in these columns. Take it regularly for six weeks, and in addition the following pill daily with dinner: Pill of colocynth and henbane two grains, compound rhubarb pill two grains, blue pill half a grain, eucalyptin half a grain. Drink a glass of cold water (by glass) each morning on rising, and if possible take a cold bath each day.

DON CARLOS.—These are only analogous to the blackheads that people get on their faces. The continual use of plenty of soap and water regularly will soon eradicate the trouble. Keep the bowels freely open, and take plenty of active outdoor exercise.

A CROOK'S DAUGHTER.—We should advise you to take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one and a half drachms, infusion of gentian to six ounces. One-sixth part three times a day. This will prevent the feeling of gnawing and emptiness of which you complain. No further medicine is necessary; it would be as well to take a grain or two of blue pill occasionally at bedtime to keep the liver acting.

NEMO.—Your letter confirms our previous supposition. You do not take enough animal food, nor as far as we can see any fish at all. Make up these deficiencies as far as possible; if necessary even to the exclusion of the beer. An occasional cup of port will do you good, and we have no objection to the milk at night. Take one teaspoonful of sulphate of soda dissolved in water, night and morning.

J. H. B.—The prescription was tentative, and it would be absurd to expect complete recovery in so short a time. Please continue the medicines for another fortnight, and if you are then not better, you will do wisely to consult a specialist physician on the matter. We shall be happy to give you a recommendation to one if you desire it.

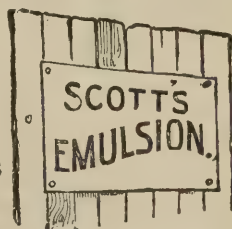
BILL.—We are unable to tell what this phlegm is like or where it comes from without a personal examination. You say you suffer from indigestion. This may be the cause of your light weight, excretion, &c. At your height, and a singer, too, you ought to weigh and measure much more. You had better see some medical man, and get yourself thoroughly examined, so as to ascertain the exact cause and condition of your chest and other parts.

ELIRA.—You need say nothing about the matter at all, there being no necessity. Under any circumstances we should hope you would be on sufficiently good terms with your future to be able to enter into any explanation.

## Signs of Health.

You don't have to look twice to detect them—bright eyes, bright color, bright smiles, bright in every action.

Disease is overcome only when weak tissue is replaced by the healthy kind. Scott's Emulsion of cod liver oil effects cure by building up sound flesh. It is agreeable to taste and easy of assimilation.



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"The FAMILY DOCTOR conveys to its readers much Useful Information."—*The Graphic*.



## WHAT PEDDLER IS THIS?

TO people who live remote from shops the peddler is a useful man, whether he goes about in a waggon or on foot with a pack on his back. But in England nowadays villages are so thick and shops so plentiful that the peddler's field is not what it used to be. So if these men want to keep on selling goods they will have to locate elsewhere presently.

There is one peddler, however, who will never stop going about. The day he does the community will suffer greater deprivation than if all the local tradesmen should shut up shop at once, and never open again. Everybody buys of him, yet no human eyes have ever seen him on his rounds. Year in and year out, in all seasons and weathers, he attends to business. People can refuse to deal with other peddlers and no harm done (perhaps money saved), but when they refuse to deal with him they die. Yet he is no murderer. "Who is he? who is he?" you cry. Wait a bit till we introduce him. Ah, yes; he has wonderful power. Even when folks fail to treat him well they fall ill, worse than if a witch had cast the "evil eye" on them. And sooner or later every soul of us runs this risk.

Mr. Alexander McCreary, of Dam Head Crossing, near Moira, Co. Down, Ireland, was taken ill in June, 1890. It was nothing that he could account for. He simply felt weak, at first. There was a foul taste in his mouth, and when he sat down to his meals he couldn't eat a thing; that is, not with a relish. And when he fairly forced himself to swallow something, it went against him, as though it were some nasty stuff from a drain. And that wasn't the worst of it; right away afterwards he had pain in his chest and stomach. Then his hands and feet grew cold and clammy, "as if," he says, "my blood had some malignant thing floating in it."

Soon Mr. McCreary found the kidney secretion scanty and hard to pass. His sleep was broken and unrefreshing. Thus he gradually weakened and wasted until he could barely drag himself along. All unknowingly, yet all the same, he had offended the mysterious peddler.

Mrs. Sarah Williams, of Lower House, Rhos-common, Llandrinio, near Oswestry, fell ill in like manner in December, 1891. She, too, lost her appetite, and got into a queer, nervous condition. Indeed, she felt so irritable she

couldn't bear the least noise, or any one near her. Then she found it difficult to breathe. At times she was so bad this way that she gasped for breath, and was afraid she was about to die. When in bed she had to be propped up to keep from suffocating. As the weeks went by she lost strength more and more. She consulted a doctor, and spent pounds for physic without obtaining relief. Four months the lady suffered as we describe. Both she and Mr. McCreary got well again, but that is another part of the story. She, too, all unwittingly and unintentionally, had offended the strange peddler.

"Who is he—who is he?" you shout. His name is Blood, and he travels through the country called the human body unceasingly from the hour of our birth to the hour of our death. He carries all things that are wanted by all parts; by the muscles, by the brain, by the skin, by the liver, by the kidneys, by the lungs, and by every other part, no matter how small or obscure. And more than this he does. He carries away everything we are done with; everything that is worn out, and in the way. He gives new things for old, does this wonderful peddler, and asks nothing to boot. But he will not stand any interference with his business. When you compel him to distribute things not in his line, he doesn't refuse; he distributes them and makes you pay with your health, and often your life. You had better pull the ears of a hungry lion than offend this benevolent, kindly peddler.

How can you offend him? This way. Conduct yourself so as to contract the disease called *indigestion and dyspepsia*, which fills the stomach with poisons. These deadly poisons are loaded on to the Blood, which carries them to every part, just as he carries food. Only now he scatters pain, misery, suffering, death. Do you see?

That is what these two people—like millions more—did, and are all the time doing. They were saved at last by using Mother Seigel's Curative Syrup, which relieves the Blood of his terrible load, throws it from the body's windows, and saves health and life. The letters from which we quote are duly signed by the persons we have named.

When you think you have offended Peddler Blood, ask Mother Seigel to help you to a reconciliation. Then be more careful.

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TO USE IN PLACE OF KNIFE. For preparing Meats and other Food for mastication by mining and pulping same on your warm plate, and so preserving all the nutriment. Invaluable to the AGED, YOUNG CHILDREN, and all suffering from WEAK DIGESTIVE ORGANS or DEFECTIVE TEETH.

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**"FOR THE BLOOD IS THE LIFE."**



FOR CLEANSING AND CLEARING THE BLOOD from all impurities it cannot be too highly recommended. For Scrofula, Scurvy, Eczema, Skin and Blood Diseases, and sores of all kinds it is a never-failing and permanent Cure. As this Mixture is pleasant to the taste, and warranted free from anything injurious to the most delicate constitution of either sex, the Proprietors solicit sufferers to give it a trial to test its value.

THE BLOOD being the source from which our systems are built up, and from which we derive our mental as well as our physical capabilities, it is important that it should be kept pure. If it contains vile festering poisons all organic functions are weakened thereby, and settling upon important organs, such as the lungs, liver, or kidneys, the effect is most disastrous. Hence it behoves everyone to keep his or her blood in a perfectly healthy condition. No matter what the symptoms may be, the real cause of a large proportion of all diseases is bad blood.

SKIN DISEASES, Eruptions, Blotches, Spots. Pimples, Pustules, Boils, Carbuncles, Ringworms, Sore Eyes, Erysipelas, Scurfs, Discolouration of the Skin, Humours and Diseases of the Blood and Skin, of whatever name or nature, are literally carried out of the system in a short time by the use of this world-famed medicine.

IMPORTANT ADVICE TO ALL.—Cleanse the vitiated blood whenever you find its impurities bursting through the skin in pimples, eruptions, and sores; cleanse it when you find it is obstructed and sluggish in the veins; cleanse it when it is foul—your feelings will tell you when. Keep your blood pure, and the health of the system will follow.

CAUTION.—Purchasers of Clarke's Blood Mixture should see that they get the genuine article. Worthless imitations and substitutes are sometimes palmed off by unprincipled vendors. The words "Lincoln and Midland Counties Drug Company, Lincoln, England," are engraved on the Government Stamp, and "Clarke's World-famed Blood Mixture," blown in the bottle, WITHOUT WHICH NONE ARE GENUINE.

"Marl Hill, Chalford, May 10, 1893.

"My wife had abscesses on the leg, caused in the first place by a blow which brought on the first abscess, after which they kept on coming until she had ten. She tried almost everything she could think or hear tell of, but without receiving any benefit, when a friend advised her to try Clarke's Blood Mixture, which she did, and after taking four 2s. 9d. bottles her leg got quite well, and it has never broken out since. My wife has very great faith in it, and is truly thankful that there is such a thing as Clarke's Blood Mixture.—I am, dear Sir, yours respectfully,

GEORGE STRATFORD.

"P.S.—It was my wife's wonderful cure that induced me to try it for myself."

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# **FAMILY DOCTOR**

**AND PEOPLE'S MEDICAL ADVISER.**

No. 450.—XVIII.

SATURDAY, OCTOBER 14, 1893.

PRICE ONE PENNY.

## **DOMESTIC SURGERY.**

**Useful Hints for the Housewife.**



FIG. 17.

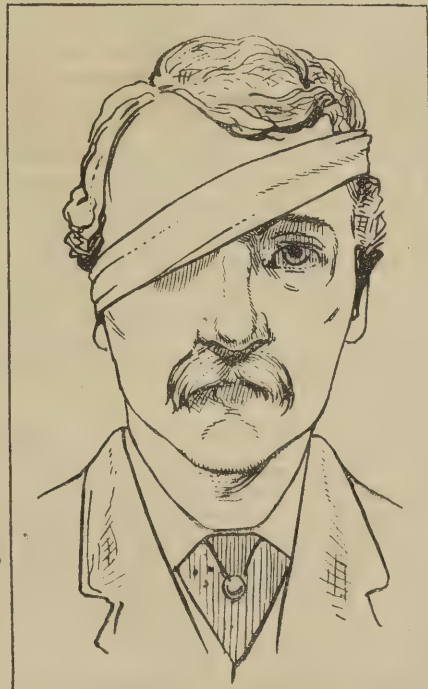


FIG. 20.

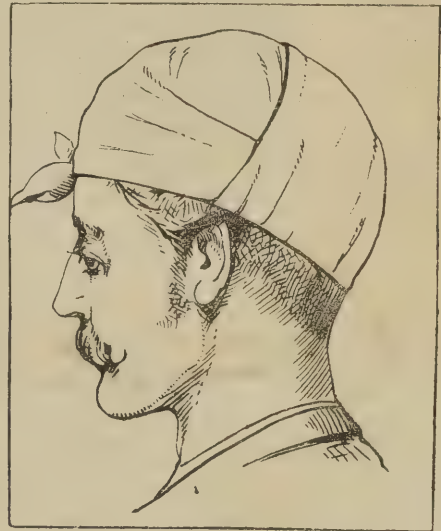


FIG. 18.

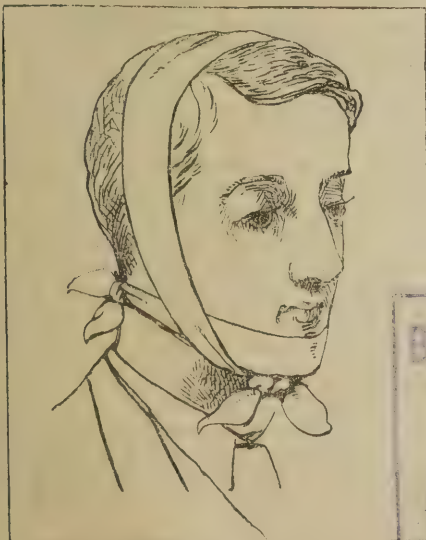


FIG. 19.



FIG. 21.

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## CONTENTS.

PAGE.	PAGE
Domestic Surgery .. 97	Sore Throat .. 104
(Illustrated) .. 97	Adulteration of Foods 104
Editorials .. 98	Nasal Catarrh .. 105
Profession of Mother- hood .. 98	A Chat with Dr. Waldo .. 105
Domestic Surgery .. 99	Quack Doctors .. 106
(Illustrated) .. 99	Under Gas at a Dental Hospital .. 106
After the Holidays .. 99	Fluids with Meals .. 107
Signs of Promise .. 100	The Camel .. 107
Life .. 100	Wonderful Strength .. 107
Recent Patents .. 100	The Manly Girl .. 107
A Very Rare Centena- rian .. 100	Seven Scolding Wives 107
Offensive Nasal Dis- charge .. 101	"The Elixir" of Beauty .. 107
Specialties .. 101	Gleanings from Famous Authors .. 108
Children's Eyesight .. 101	Our Open Column .. 108
Recipes for the Table 102	Notes & Queries .. 108
Household Hints .. 102	Answers to Corre- spondents .. 108
The Mother's Page .. 103	&c., &c., &c.
True Happiness .. 103	
How to Remain Young 104	

## EDITORIALS.

**THE TEETH.**—A frequent cause of indigestion is partially masticated food; this is often the result of bad teeth. Now, good or bad teeth are an inheritance undoubtedly, but it is equally true that teeth degenerate through improper food imperfectly masticated, and they can be nourished through proper aliments and thorough mastication. The enamel of a tooth is composed chiefly of lime, and is very hard. Hot or cold drinks are liable to injure it, and anything acid or sour corrodes or softens it, sometimes to the final destruction of the whole tooth. It is necessary that the teeth should be cleansed twice a day, the best times being after breakfast and after dinner, as then all foreign substances can be dislodged easily, and the interstices can be penetrated by the brushes, of which there ought always to be two—the bristle brush to use for the cleaning process, and an india-rubber one for the polishing. First use the bristle brush with antiseptic (or charcoal) tooth-powder, and thoroughly brush the teeth; then take the rubber-brush and cold water, and brush lightly and briskly. This polishes the teeth like ivory, and sweetens the breath also.

**SNORING** is not confined to sleep; persons with some forms of nasal catarrh snore continually. But a healthy man snores, as a rule, only when asleep, because then he does not control himself. He gets into some position with his mouth open and inhales through his mouth. If the mouth were shut he would not snore.

THE action of the human heart is sufficiently strong to lift every twenty-four hours 120 pounds.

It has been computed that the average growth of the finger-nail is about one-thirty-second of an inch per week.

TOWLE'S PENNYROYAL AND STERIL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 2s. 9d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 15 or 34 stamps by the Maker, R. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.

PERSONS who are inclined to submit themselves to the "mesmerising" which is now one of the amusements of social gatherings would do well first to consult a competent physician. If there is the slightest derangement of the heart there is serious danger of the sudden collapse of that rather important organ under the very peculiar influence of the mesmerising process.

PERSONS suffering from cold in the head will secure some relief by using glycerine. They should obtain a camel's-hair brush, medium size, of the druggist, and with this paint the nostrils with glycerine as far back in the passage as possible.

WHEN there are symptoms of a ringworm, wash the sore member three or four times daily in a strong solution of borax, then dust over the fine powder.

CONTAGIOUS DISEASES.—Individual resistance to contagion is most remarkable. A physician or nurse will be brought into the most intimate contact with a case of contagious disease without contracting it, while the same patient may communicate it to a person passing him in the street, in the early stages of his trouble, before it has developed sufficiently to cause any alarm. We have known of a most malignant attack of diphtheria, communicated to a chemist by a person calling at his shop before the disease had fully declared itself; and a lady suffering from the mumps succeeded in communicating them to a sympathising neighbour who stopped for a moment at the door to inquire after her health, while other members of the family residing in the same house remained unaffected.

SHAPES OF EGGS.—Various attempts have been made to account for the diversity in shape seen in eggs. A recent study convinces Dr. Nicolsky that the differences may be all traced to gravity, and he finds his idea confirmed by all the eggs in the zoological collection of the St. Petersburg University. He supposes that pressure by the sides of the ovary tends to elongate the egg before the shell has hardened. In birds which keep a vertical position while at rest, as do the falcon and the owl, the soft egg is made short by the action of the weight of the body against the ovarian pressure; while in birds that, like the grebe, are nearly always swimming, the egg is lengthened because the bird's weight acts with the compression by the ovary. The egg is made more pointed at one end than at the other in birds that—like the guillemot—are frequently changing their position, sometimes swimming and diving, sometimes perching on the rocks, &c.

WASHING FRUIT BEFORE EATING IT.—The following curious instance is reported by M. Schnirer of the ease with which consumption germs may be disseminated. While at work one day in the laboratory of Weichselbaum he sent for some grapes to eat. The fruit had been kept for some time in a basket outside the lavatory, and was covered with dust, so that the water in which it was washed was black. On examining it he reflected that, inasmuch as the neighbouring street was traversed by consumptive patients going to the clinic, the dust probably was charged with tubercle bacilli. To settle this M. Schnirer injected into three guinea pigs ten cub. centim. of the water in which the grapes had been washed. One animal died in two days from peritonitis, the two others died on the forty-eighth and fifty-eighth days respectively, presenting marked tuberculous lesions, especially at the place of injection. The water in which the grapes had been washed was taken from the faucet, and the glass containing it had been sterilised; neither the boy who had bought the grapes nor the merchant who had sold them were consumptive. The cause of infection was, beyond doubt, the dust on the grapes. This experiment illustrates the danger arising from the dissemination of desiccated tuberculous sputa in the air.

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.

TO CHECK A SNEEZE.—It is not usually supposed that any exercise of the will-power can be made efficient in checking a cough or a sneeze; but Dr. Brown-Sequard, in one of his lectures, says of the subject: "Coughing can be stopped by pressing on the nerves of the lips in the neighbourhood of the nose. Sneezing may be stopped by the same mechanism. Pressing in the neighbourhood of the ear, right in front of the ear, may stop coughing. It is so also of hiccoughing, but much less so than for sneezing or coughing. Pressing very hard on the top of the mouth is also a means of stopping coughing, and many say the will has immense power. There are many other affections associated with breathing which can be stopped by the same mechanism that stops the heart's action. In spasm of the glottis, which is a terrible thing in children, and also in whooping-cough, it is possible to afford relief by throwing cold water on the feet, or by tickling the soles of the feet, which produces laughter, and at the same time goes to the matter that is producing the spasm and arrests it almost at once. I would not say that we can always prevent cough by our will; but in many instances these things are possible, and if you remember that in bronchitis and pneumonia, or any acute affection of the lungs, hacking or coughing greatly increases the trouble at times, you can easily see how important it is for the patient to try to avoid coughing as best he can."

## PROFESSION OF MOTHERHOOD.

AT a time when pressure on professions is severe, and when women are squeezing into them at such a rate that the earning of a livelihood is a matter of no small difficulty to the poor male, it is impossible to disguise our interest in the news that the ladies have discovered a profession which they can have all to themselves. Few amusements are more innocent than that of rediscovering old truths, and Miss Marion Harland, in writing her recent article in the *North American Review*, must not only have experienced the delight of knowing that she had produced and could claim maternal rights over a most charming headline, but may also have felt some satisfaction in the knowledge that the dogma she was about to unfold for the delectation of an astonished world had already in bygone ages received the sanction of most respectable people, for although it may be news to some, it still remains a fact, well emphasised in old world history, that the profession of motherhood has always been the sole profession of the best of women. It is, however, with a chastened sense of satisfaction that we find a notion so antique receiving even such support as a magazine article from the land of progress. To administer, says Miss Harland, the affairs of a household, upon the integrity of which depends the health, comfort, and happiness of those who are to make history when their progenitors are with the forgotten dead, is a profession in itself, and an important one. Motherhood and home-making are women's untransferable missions. Men may write her books, or paint her pictures, or conduct her financial and benevolent enterprises so well as to leave her generation nothing to regret in her withdrawal from one or all of these scenes of action. If she shirks the duty of maternity, the whole creation cannot supply a substitute. Those of us who remember the meeting of the British Medical Association at Brighton, not so many years ago, at which the president, Dr. Withers Moore, ventured to suggest to womanhood at large that to become mothers of men was not, after all, a too ignoble mission, and who recall the howl of disgust and scorn with which the hateful proposition was received, may perhaps now gently laugh at the swing of the pendulum while congratulating the race on the happy news that its perpetuation is now to be recognised as the proper sphere of woman-kind, a little fact which, it may be hinted, the best of them, the sly creatures, have known and acted on all along."—*British Medical Journal*.

TO TOBACCONISTS (commencing).—*Illust. Guide*, 250 pages, "Post Free." How to Commence, £20 to £1000, Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager, H. V. Myers. Est. 1888. Smoke "Pick-Me-Up Cigarettes."

"The FAMILY DOCTOR conveys to its readers much Useful Information."—*The Graphic*.



[SPECIAL ARTICLE.]

**DOMESTIC SURGERY.****USEFUL FOR THE HOUSEWIFE.**

Written and Illustrated by a SURGEON.

(See Frontispiece.)

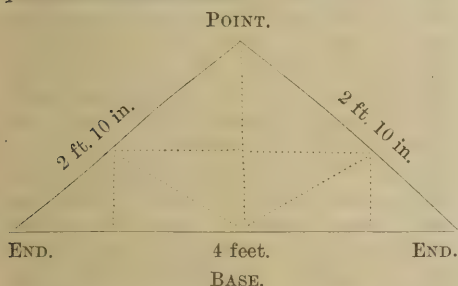
**ESMARCH'S TRIANGULAR BANDAGE.**

It is not always convenient to use a roller bandage, even if they are ready to hand, for the simple reason that in many cases of accident the wounds or injuries can only be temporarily dressed, and then it would be irksome and inconvenient to the surgeon and patient to have a lengthy unwinding to undergo before exposing the injured surface. For this reason we give here a few drawings of the most ready and useful applications as yet invented, and perhaps the very simplest either for fixing, dressing, or protecting any part by support.

It is merely a triangular piece of calico—unbleached, and well washed—cut in the shape of half a handkerchief—indeed, a large cotton handkerchief folded cornerwise will do almost as well, excepting that it is hardly large enough for some purposes.

Esmarch's bandage is four feet along the bottom from end to end, and about three feet, or a trifle under, from the point or top of the pyramid to the ends, or base.

In describing its use we shall speak of the point and ends and base.



When not in use the bandage should be folded down the centre, placing the two ends together. Then the ends and the point should be doubled over to the centre of the base—where the first fold is—and thus a square will be formed. This may be folded again and again till it is about the size of a folded pocket handkerchief.

For use it may be folded broad or narrow, according to circumstances. Having spread out the bandage, commence by carrying the point over to the centre of the base; and still working from the direction of the point, when it is required broad, fold it twice, and when narrow, three times.

The bandage is fastened either by pinning the ends together or by knotting them. The sailor's or reef knot should always be used in preference to what is termed the "granny," as it is less likely to slip.

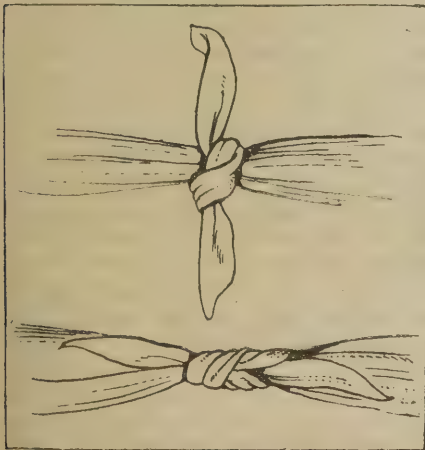


Fig. 16.—A. THE "GRANNY'S" KNOT.  
B. THE REEF KNOT.

Before applying bandages all blood and dirt should be carefully washed from the wound, and the hair cut away when necessary. Then a piece of doubled lint dipped in water and placed over the wound, and the triangular bandage applied as follows:—

**Wound of the Scalp.**—Place the middle of the bandage on the head—so that the base lies crosswise before the forehead—the point hanging downwards over the nape of the neck. Carry the two ends backwards above the ears, cross them at the back of the head, bring forward again, and tie over the forehead.

Now stretch the point downwards—it being under the bandage—and turn it up over the back of the head, and fasten it on top with a safety pin. See Fig. 18.

**Wound on the forehead, side, or back of the Head.**—Fold the bandage narrow, and then lay its centre over the wound, carrying the ends backwards; tie at the opposite side of the head. If the bandage be long enough the ends may be crossed at the side opposite to the wound, and carried forward again to be tied.



Fig. 22.—FOUR-CORNERED HANDKERCHIEF BANDAGE FOR TOP OF SCALP.

**Wound of the Jaw or side of the Face.**—Fold the bandage narrow, place the centre under the chin, carry the ends upwards one at each side, and tie on the top of the head.

**Wound of the Eye or front of the Face.**—Apply the bandage in a similar manner as for the last.

And for the neck, as in Fig. 21.

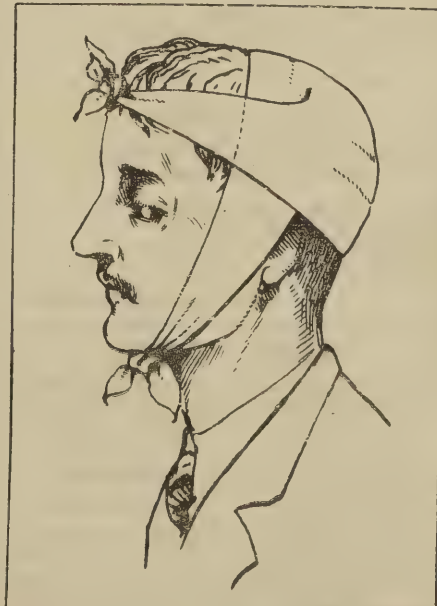


Fig. 23.—FOUR-CORNERED HANDKERCHIEF BANDAGE FOR BACK OF HEAD.

The Figs. 22 and 23 explain themselves—the method of applying the four-cornered handkerchief bandage.

In our next number we shall describe the methods of applying the triangular bandage to wounds of the limbs and extremities and other parts of the body.

As some of our readers state that they cannot exactly understand the manipulation of Fig. 11 in our number of September 16th, we have appended this supplementary drawing in the hope that they may come to a better knowledge of the application of one of the most useful bandages employed in surgery.



Fig. 11A.—THE CAPITELLA BANDAGE.

**AFTER THE HOLIDAYS.**

THE holiday fever is passing off. Deference is setting in rather quickly and the temperature threatens to fall considerably below normal. This post-holiday stage of life, says the *Lancet*, seems to us to be entitled to a little more attention than it has received. It is often acute and disagreeable, so much so that the victim of it is apt to think that there is no other cure for it but "a hair of the dog that bit him"—another holiday, to be followed by the same depression, this in its turn necessitating further change, till a habit of restlessness in life is generated and people begin to feel never at home save when they are from home. This is a veritable evil that should be boldly met by resolute domestication and the cultivation of home employments and pleasures. A very little reflection will make this easy. There are innumerable advantages to be found at home and nowhere else. Moreover, the everlasting sense of movement and noise which is associated with railway travelling, pleasure resorts, and hotels is a very disturbing influence even to the most philosophical traveller, and the very mountains and rivers are apt to be used wrongly and injuriously by holiday-makers. We have no wish to encourage any morbid reflections. Those who have enjoyed their holidays must bear patiently with the mood which is apt to assert itself for a week or two subsequently. The reaction is in proportion to the pleasure—

"So high as we have mounted in delight,  
In our dejection do we sink as low."

Nature, however, will restore the equilibrium, and the outcome of well-spent and well-enjoyed holidays should be to furnish us with fresh resolves to meet quietly the duties of life as they arise.

"ANY DOCTOR WILL TELL YOU" there is no better Cough Medicine than KEATING'S LOZENGES. One gives relief; if you suffer from cough try them but once; they will cure, and they will not injure your health; they contain only the purest and simplest drugs, skillfully combined. Sold everywhere in 134d. tins.—[ADVT.]



## SIGNS OF PROMISE.

By MRS. M. D. STRONG.

ONE is not necessarily a pessimist because he takes rather low views of some situations in life. I belong to that growing class which believes that the best things are ahead of us, and not in that halo region called the past, in which most things lying back of us become, in time, glorified. And yet I confess to many misgivings in view of some conditions that confront me, one of which is the bondage of woman to the rule of fashion, the zeal, the painstaking effort which I observe on the part of a large class of women in adopting every new departure in dress, manner of living, and entertaining that in some inexplicable manner is decreed to be the "latest style."

And yet there are signs of promise not to be mistaken, indications, I am sure, of progress toward a better day. One of these lies in the present divided state of public opinion as to the revival of the always ridiculous fashion of hoops. While hoops may be eagerly adopted by the majority—though of this I have serious doubts—the fact that a minority among our best women declares its position against them, shows progress toward that larger freedom in matters of dress which we believe will ultimately prevail, gives a hint of that Golden Age—let us call it—in which every woman, in all the manifold expression of her life, shall be herself, and not a poor copy of someone else.

I sat in church one day behind a young girl whose waist was most painfully girded in. Her constant movements betrayed the discomfort which she suffered, and the creaking of her corset revealed the source of her torture. Her bell skirt was of the tightest, her under garments apparently of the scantiest, and all the accessories of her toilet were in keeping with the most rigorous demand of the fashion of the day. I watched her contortions with pity, in view of the years of suffering which such barbarism in dress must surely entail, should years happen to be granted to one who so despised her birthright of health and strength and privilege. And yet when that girl turned at the close of the service, lo and behold! in these days of multiplied abominations in hair-dressing, her brown hair was smoothly parted above her pretty forehead, and a pair of soft eyes looked up honestly into mine. I have hope for that unknown girl. She may yet discover the charm, the beauty, of simple, easy-fitting garments. And let us hope also that the outrage upon moral as well as physical law, of which she and ten thousand such as she are guilty, may be in some way revealed to her.

At my table sits a genial, attractive, much-travelled woman, this side of the forties. Imagine my surprise on hearing this devotee of fashion and fad declare one day, "I will not wear a train."

And, sure enough, her elegant dresses were all made walking length, and this in a day when nine out of ten women felt compelled to drag their skirts through the dust and filth of our streets. I have great hope for this woman also. This streak of sense indicates that she may yet come to herself along other lines, that she may discover the elegance of simplicity, and the fitness of times and seasons in matters of dress.

A few days since I was invited to dine at the house of a gentleman of large wealth, a comparative stranger to me personally, but one well known for his generous gifts to educational and philanthropic causes. I rather dreaded the ordeal of that dinner, for I am not rich myself, and have frequently broken bread with my friends who are rich, and have not always enjoyed their hospitality; for oftener than otherwise that which has gone by that name has been a rather tiresome exhibition of elaborate table service and furnishings. But the day came, and the carriage, with coachman, was sent to convey me to the beautiful home of

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, LINCOLN.

my host, and as we rolled along my mind was busy making itself up to be a well-behaved martyr for the next two or three hours. But the martyrdom was all of my own making.

In response to my ring the servant opened the door with a smile of welcome, and a step or two within the hall she sweet-faced hostess met me with quiet cordiality. A little further on the host took my hand as though he found genuine pleasure in greeting a new friend.

For a half hour we sat talking, and came into something like real fellowship before the dinner was announced.

The dining-room was a pleasant, home-like apartment; the table was perfect in its appointments of fine linen, costly china, solid silver, cut glass, and exquisite roses. The dinner was elegantly served, but the conversation flowed on in the most hearty, natural, and spontaneous fashion, and the rich belongings and helpful, unobtrusive service took second place. Not once during the meal was I reminded that this was an exhibition, but every moment my host and hostess were superior to their cut glass and silver. It was a charming home, and my visit was a genuine help to me from coming into touch with a high-minded man and woman. When I took my seat in the carriage for the return home, it was with a little song in my heart over what had come to me, and something akin to a prayer on my lips that all wealthy people—and those not wealthy as well—might know what hospitality—sweet, genuine, and helpful—is.

A large place of influence and usefulness is waiting for every woman who shall judge for herself in matters of dress, whose entertainments shall be illustrations of that which is best in herself, of her own thinking and living, and not a vulgar display of the "things" which she possesses; whose hospitality shall not exhaust itself on "lunches" and "teas," leaving out that fine giving of one's self which is ever and always the highest and best gift. All honour to the woman, queen in her own right, be she rich or poor, who has come into this high estate.

We who are burdened by the constant pressure of life as it relates to non-essentials, need to encourage ourselves with the indications seen on every hand that not women only, but the world in general, is throwing off the bondage to "elaborate trivialities," and bear in mind that the day of simplicity and honest living is beginning to dawn.

## LIFE.

DESCRIBE me life. A blossom'd thorn,  
A poppy waving in the corn,  
Waiting the silent reaper's thrust,  
A bubble's shadow, dreams, and dust.

Give me some other similes.  
The thistle-down before the breeze,  
A leaf, a flower, a bead of dew,  
A gossamer—what more would you?

Your fancy's fertile—try again.  
'Tis a steed bounding on the plain,  
'Tis a sail scudding from the strand,  
A bird, a wave, a drift of sand.

Can you no other symbols find?  
A cadence wafted on the wind,  
The fitful breathing of a shell,  
The echo of a plaintive bell.

—HENRY SEWELL STOKES.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

- 17,647. Obstetrical and examination stirrup. J. M. MAURER, London. September 18th.
- 17,665. Howard's universal herb medicine. J. HOWARD, Cork. September 20th.
- 17,771. An improved instrument for removing foreign matter from the teeth. F. J. BENNETT, London. September 21st.
- 17,782. Portable apparatus for treating a patient with a medicated or tempered atmosphere. A. CAZAUZ, London. September 21st.
- SPECIFICATIONS PUBLISHED.
- 4,175. ABBOTT. Vaccination shield (10d.), 1893.
- 7,133. JONES. Suspensory bandage (10d.), 1893.
- 14,770. NAPIER. Curing gout, &c. (10d.), 1893.

## A VERY RARE CENTENARIAN.

DR. WIELOBYCKI

IT is not very long since we were lamenting over the pathetic disappearance of Old Parr from the number of those who hold out to the men and women of this generation such bright promises of continued health and a long and happy life. It is new names that are to-day familiar in our mouths as household words. But when those of us were young that are now getting into the sere and yellow leaf, Old Parr was still an inspiring memory, and his pills were a force in the world of patent medicine. For had he not lived to an almost fabulous age, and in quite modern times, too? Was it not a hundred and fifty years that he had reached? Or did the score run even higher than that? And if he attained to that more than patriarchal age chiefly by means of his pills, what might not we have done if we only had his advantages? But we fear that the secret of his longevity has disappeared from the face of the earth; and to compensate for it we have only, at long intervals, the experience of a very rare centenarian like Severin Wielobycki, who died at his residence in St. John's Wood on September 7th, having reached the great age of one hundred years and eight months.

Would it be possible to get the secret and to practise it in our own experience? A lively illustrated contemporary professes to have interviewed the veteran Polish doctor, and to have obtained from him a recipe for a long life and a hale old age. The details of the prescription as they lie before us are delightfully simple; but to some minds a preliminary question will very likely occur, that question being whether it is certain that the result obtained by Dr. Wielobycki is to be desired, even although both the elements in it could be guaranteed—the hale old age as well as the long life. On this point we should imagine most men will have grave doubts. After four-score years, according to a very ancient authority, there is little to be looked for but labour and sorrow. In the Seven Ages of Man, the last scene of all is not one that is painted in specially attractive colours:—

"Second childishness and mere oblivion,

Sans teeth, sans eyes, sans taste, sans everything."

That is not a picture that is likely to make anyone fall deeply in love with extreme old age. There are always, of course, brilliant exceptions; and many would, no doubt, be inclined to cherish the pleasing hope that they too would come in among the exceptional cases. And, at all events, whatever we may argue about the undesirableness of unduly prolonged life, there are few of us who at any given age are prepared to say, "Now, this is enough;" and it may be worth while, therefore, to spend a few minutes in the examination of Dr. Wielobycki's recipe.

According to the interviewer, the chief articles in Dr. Wielobycki's hygienic creed were of a negative character. If you want to attain to the age of one hundred years, don't smoke, and don't drink, and don't eat flesh, and don't lie too long in bed—these negatively, and, positively, take as much out-of-door exercise as you can. There are some people who are accused of taking all the negatives out of the commandments, and putting them into the creeds; and we suspect that a great many will be found who will have nothing to do at any price with these negatives in the creed of Wielobycki. Even as it is, with all that can tend to enrich life and make it beautiful and attractive, we have had Mr. Mallock for a good many years with us now, insisting on an answer to his dreadful question: "Is life worth living?" And if you are going to take away their little luxuries, and even deny them access to the butcher's shop, you will find plenty of people who won't listen to you when you tell them that their reward will be that they will live to a hundred. Extreme old age at any price, even if fairly good health be thrown in into the bargain, is not a prize that many will be eager to compete for. Beating the record is often a very costly business; and in this matter of longevity, too, most will be of the opinion that *le jeu ne vaut pas la chandelle*.



And when we come to look more closely into the directions said to have been given by the Polish centenarian, we find that, after all, there is not a great deal that can be considered as of exceptional value. In fact, if the truth must be told, a good many truisms and commonplaces have been put into Dr. Wielobycki's mouth, and we are asked to regard the sum of these as a prescription for attaining to longevity. That smoking is hurtful to the young, and that smoking to excess is injurious at any age, we need no centenarian to tell us. But that smoking in moderation spoils the digestive powers is a statement which we take the liberty of calling in question. The physiologists tell us that all the parts of the mucous membrane stand in so close a relation to one another that they are mutually sympathetic, and that consequently whatever stimulates, for instance, the salivary glands tends to excite also the action of the gastric juice. Now, men who smoke know very well that when the digestive processes seem to be going on only after a sluggish fashion, a cigar or a pipe will hurry up the laggard powers; and no doubt the explanation of this physiological fact is that the same cause which promotes the flow of saliva in the mouth promotes also the flow of gastric juice farther on in the alimentary canal. Dr. Wielobycki is also credited with the sentiment that the smoking habit and the drinking habit are intimately associated together. The steps in the logical argument are these:—To smoke makes one feel dry, makes one wish to drink, and that leads to drinking. This is a fine example of the logical fallacy of Confusion of Terms. The word "drink" in this chain of reasoning is used in two different senses. The writer of these lines is a teetotaler; and, although he has been a smoker for many years, he has never felt the least inclination, as a result of that habit, to resort to alcoholic liquors. Of course drinking is an evil. "It's a bad thing, whusky; especially bad whusky." We are all at one with Dr. Wielobycki when he says that "No man who drinks—at all events, who drinks much—can expect to enjoy perfect health." But we seem to have heard something extremely like this before. It can hardly be regarded as one of the novel ingredients in the centenarian's recipe for walking in his footsteps and reaching his goal. Neither can much be said of the novelty of the advice not to lie too long in bed. "Early to rise" has long been associated with the preservation of health; and if you can preserve your health you have a fair chance of a good old age.

The case for vegetarianism is summed up by the doctor in the statement that flesh is undesirable as a constituent of food, because it contains parasites which may breed disease in the body; but we fear that it will require arguments a good deal stronger to make those give up eating meat who have never suffered any inconvenience from the habit. When we have mentioned out-of-door exercise we have exhausted the ingredients of the prescription attributed to the recently-departed veteran; and this also is so thoroughly recognised an element of hygiene that it must be considered as emphatically belonging to the category of commonplace. No doubt it is needful that these commonplaces be from time to time emphasised. But the sum of the whole seems to be that if you would preserve health and attain to long life, you must be temperate in all things—in eating, in drinking, in smoking—keep a good deal in the open air, and take a reasonable amount of out-of-door exercise. There is nothing very novel in all this; but if you really desire to rival the Polish centenarian in the matter of length of days, you must try to begin with the splendid constitution of a Wielobycki.—*Sanitary Record*.

TEN THOUSAND POUNDS PER ANNUM MAY BE EARNED at too great a sacrifice, if we ruin our health and happiness during its accumulation. Although money is a necessary article to possess in order to obtain the means of existence, it cannot purchase love, friendship, or immunity from the dangers and pangs of disease. The millionaire has often envied the toiling labourer his hearty appetite and sturdy health, and would gladly have sacrificed a large amount of his wealth in exchange for these blessings. Holloway's Pills, however, can give health to the most delicate. They are the precious key which can open the door leading to the smiling valley of health. They purify the system and give the essentials of strength for the blood.

## OFFENSIVE NASAL DISCHARGE.

**OZÆNA**, or offensive discharge from the nose, is one of the most disgusting infirmities. He who has once experienced the odour can never be mistaken in it. Should he ever find himself in the presence of a person affected with this complaint. Nothing is more unpleasant than to be compelled to converse with an individual suffering from ozæna, to be obliged to respire the poisoned currents of air which escape when he breathe; people afflicted are avoided by all their friends, who feel nausea in the bare anticipation of approach; no one, whether in the school, the workshop, or even at home, desires their company.

The causes of ozæna are obscure, but it is most frequent in young women at the period of puberty. It is found in all classes of people and in all temperaments, however strong otherwise. At its commencement the patient hawks a great deal, the nasal secretion, being sticky and adherent, falls down the throat, where it becomes semi-solid, like wax. Gradually it dries up, and the hawking becomes continuous, though little is expelled, except now and then a large mass of secretion of penetrating infectious odour. People who complain continually of bad-smelling breath attribute it to a bad stomach or bad tongue, and too often doctors confirm them in this opinion; but, too often, alas! the cause is commencing ozæna. They are told the odour will depart when the stomach is better, but it is just the contrary. When decomposed matter no longer falls into the throat, it will no longer be swallowed, the food will not be sown with microbes of all sorts, and the stomach will then, but not till then, properly fulfil its functions.

The treatment consists in irrigating the nostrils in the manner above mentioned until the membrane is as clean as possible. Salt water must be used in order not to deprive the mucous membrane of the salts which it contains. If plain water is thrown into the nose, mouth, rectum, or other passage, a part of the chemical constitution of the mucous membrane will pass into it. Moreover, if it is necessary to wash the mucous membrane, it is already unhealthy enough for us not to render it more so by depriving it of its salts. Antiseptics—such as sublimate, carbolic, or boracic acids—may always be added to the salt solution. The saline irrigation must be kept up until there is not a suspicion of secretion in the water that comes away, even if it be necessary to irrigate for one hour. To assist the detachment of adherent crusts, vaseline, medicated with boracic acid, or salol, may be smeared over the inside of the nostrils, or powders of these drugs may be used as insufflations. Every discharging nose, like every discharging ear, thoroughly irrigated, ought never to be offensive. As a curative treatment, if we have the opportunity, we give preference to electrolysis; but this, of course, is only to be used by an expert hand.

## SPECIALITIES.

### KINGZETT'S SULPHUR FUMIGATING CANDLE.

**THE** Sanitas Company, Limited, have submitted to us for investigation and experiment some samples of Kingzett's Sulphur Fumigating Candles. Sulphur, as is well known, is the fumigator *par excellence*, always employed for the disinfection of wards and rooms, as well as of railway carriages, bedding, clothing, and drapery, after infection by cases of cholera, small-pox, diphtheria, and other contagious diseases. It is unnecessary, therefore, to emphasise the importance of a method by which these results may be so readily and adequately secured. The candles are supported in conveniently arranged tin vessels, the larger of which are so made as to admit of the evaporation of water coincidently with the production of sulphurous anti-hydride. In this manner the disinfectant is brought into actual contact with every part of the surface area to be disinfected, and in such a form as to be most efficient for the destruction of germ life. Instructions for use accompany each tin, so that no difficulty need be experienced in their application.

## CHILDREN'S EYESIGHT.

"**BURN** your books over ten years old," said an eminent surgeon to the students in one of our London hospitals a few years ago, and the remark had become a professional axiom. New forms of disease need other methods of treatment, and science, like the leech's daughter, is ever demanding more, more! This is especially true of optics.

The letters of Mr. Aitchison, the oculist optician of Fleet-street, published recently by the *Times*, certainly did much good by drawing public attention to the fact that proper care is not being taken by parents as to the eyesight of their children. It is not our purpose to say whether Mr. Aitchison's theories are absolutely correct, but there are many points in connection with them which must go straight to the understanding of those who have considered the subject, and awake the attention of all who have previously passed it over thoughtlessly.

The tendency to short sight, for instance, among our young people, Mr. Aitchison remarks, is becoming so alarming that it is one of the most difficult problems which our oculist scientists have to deal with, whilst the difference in the focus in the eyes of the same person is perceptibly on the increase. This being so it becomes a matter of national as well as individual concern, whether our eyesight be good or bad. The examination of the eyes is not now an indefinite science since the invention of the ophthalmoscope, so wonderful in its simplicity, by Helmholtz, enables the practitioner to illuminate the interior parts of the eye so clearly that he is not obliged, for want of more accurate knowledge, to include a large number of the affections of the deep-seated parts under the designation "Amaurosis," to which the well-known definition given by Walther applied but too well, "a condition where the patient sees nothing and the doctor also—nothing." Short sight and other kindred defects, however, which make themselves known in the fact that the person afflicted cannot see as well as his fellows, are not the most dangerous troubles, because, as a rule, the defect is noticed and a remedy looked for. Mr. Aitchison in his letters to the *Times* draws attention more particularly to the defect called Hypermetropia, which is, to quote his own words, "A state of the eye in which the optical axis is too short, and rays of light do not focus perfectly on the retina, but would focus properly (if they were not stopped in progress) at a point beyond the retina." The peculiarity of this defect is that it may not be apparent *i.e.* a child may suffer from this defect and yet be able to see well to all appearances, because a child has very great muscular power over the eye, and is able to force the ciliary muscles to such an extent that, whilst looking at a definite object, the eye practically assumes its normal shape. As a rule this defect is only remarked when the age for regular study is reached, then complaints of headaches and nervous pains are made, and the average medical man who may be consulted frequently does not detect the "refraction headache."

The question now arises, what is the remedy for this? It certainly does not exist in the old-fashioned system of haphazard purchase of spectacles. Nine out of ten of these defects can be corrected and many eventually cured by the proper use of spectacles, but it stands to reason that to allow purchasers of spectacles to choose for themselves is bad; and, paralleled by the attempt to foist upon the public an automatic machine with which it is pretended to test the sight, it is absolutely impossible for sufferers to know without skilled aid the glasses that will correct their defective vision, and in this matter we believe Mr. Aitchison is the pioneer of a system which must eventually become universal. He has studied the subject in all and every detail, and his system is probably the most perfect in existence. He makes a careful examination of the eyes in every instance, and prescribes glasses or not as may be necessary, but the most important and valuable part of the system is that the patient treated is required to present himself again at stated intervals for examination, so that the progress of the defect may be noticed and the proper remedial measures carried out.

"The FAMILY DOCTOR may be recommended as safe and useful in all Households."—*The People*.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**PORK PIE.**—Make raised crust of one pound of butter, one-half cupful of hot milk, scattering one-fourth pound of bits of butter or lard over paste in rolling out. Line small dish, or small dishes, pinching a fold around the bottom. Fill with little pieces of seasoned pork, and cover with gashed paste, rubbing crust with egg, and bake.

**PRESSED BEEF.**—Buy three or four pounds of beef from the neck; boil or steam until the bones will fall out, using but little water; salt and pepper it just before taking up; pick out the bones and pack the meat in a dish in which you can press it nicely; leave a little of the liquor in the meat, and apply a heavy weight for several hours. This is a savoury and economical dish.

**AN APPLE SALAD.**—For the basis use solid tart apples, pared and cut into small bits. With this mix an equal quantity of celery, cut in bits of the same size. After thoroughly mixing, dress them in the salad bowl with a simple mayonnaise made as follows:—Into the yolk of one egg, previously beaten, drop a sufficient quantity of salad oil, slowly making a thick cream, which should then be thinned to the proper consistency by vinegar, added as carefully. Add pepper and salt to taste, and the mayonnaise is ready to dress the salad.

**CURRENT PIE.**—Take one and a quarter pounds of cleaned currants, the juice and grated rind of one lemon, half a pound of sugar, two large tablespoonfuls of cornstarch dissolved in water, a small piece of butter, two eggs, well beaten. Cook currants about an hour in sufficient water to cover well, and then add eggs and cornstarch.

**BEEF TEA.**—Nearly everyone has their own recipe for beef tea, but this fashion of making it will be found easier than most recipes. Cut a pound of lean beef into thin slices, put it into a pan with two pints and a half of cold water, set it over a slow fire to become gradually warm, removing the scum as it rises. Let it continue gently simmering for an hour, then strain through a fine sieve. A little celery seed and a whole carrot boiled in it will improve the flavour. Let it stand ten minutes to settle, then pour off the clear tea. Salt and pepper according to taste, taking care not to put in too much of the latter condiment.

**CHICKEN BROTH.**—A very strengthening chicken broth may be used as a substitute or alternative for beef tea, and may be made in the following fashion:—Bruise a fresh young chicken, put it in a saucepan with a quart of water, let it simmer till the juice is entirely drawn from it. Strain and return the soup to the saucepan, adding salt, pepper, and a little rice; a few young vegetables may be added with advantage, and may be put in at the same time as the chicken, so that they may be boiled very tender.

The best way to fry apples is to halve them, remove core, put some butter in frying-pan, and put in the halves, the cut side down; then add a little water, and let boil dry; then fry.

**LOBSTER CHOPS.**—Remove the meat from shell, break the shell into small pieces and boil for two hours; chop the lobster meat fine, and add to it a pinch of cream of tartar, a little mustard, salt, pepper, allspice, chopped parsley, yolk of one egg; make into shape like French chops, roll them in the beaten white of an egg and bread crumbs; fry brown; when done stick a claw in the end of each, place mashed potato in the centre of a platter, and the chops around the edge, and serve with this sauce: Strain the water from the boiling shells, put in a tablespoonful of butter, one teaspoonful of flour previously browned in the oven, a little allspice and mace, let it boil up once, and send to the table in sauce tureen.

**MASHED POTATOES.**—The potatoes for mashing must be perfectly soft, but not so soft as to fall into pieces. The least bit of a "bone" in them makes the mash lumpy. When they are quite dry and steamed through, transfer to the mashing dish, which has been warmed, and add

cream, butter, and salt in quantities to make the mixture rich and toothsome, then mash thoroughly, and above all things keep it hot. Pile up in a hot dish, and smooth gently with a knife if you cannot endure the rough appearance of the pile, otherwise do not. Serve instantly. Pepper may be added in flecks if desired. In preparing potatoes for cooking select those of a size that one may not be underdone when the rest are ready to be taken from the saucepan.

**BAKED POTATOES.**—Wash very clean potatoes of uniform size, and cut off a little piece from each end. Bake slowly till done, turning once. Never cut a baked potato, but break with fingers. The potatoes may be carefully pared, and then baked. Many persons are fond of the crisp crust. Those left over from dinner may be sliced for supper in thin slices in a baking-dish, and lumps of butter and salt and pepper laid over them. If salt pork is liked, some slices of this may be put on top. Bake for half an hour. Raw potatoes cooked in this way make a delicious dish.

**POTATOES HASHED AND BROWNED.**—Hash coarsely a quart of cold boiled potatoes; sprinkle them with salt and pepper. Put a tablespoonful of butter in a saucepan; when it melts, stir in a tablespoonful of flour. Stir till brown, then add a cupful of stock. Stir till smooth, then add the potatoes. Cook them five or six minutes, and set them back on the range. Put a large tablespoonful of butter in an iron spider, and when the butter is very hot pour in the potatoes, and set the spider where they will brown on the bottom. In fifteen or twenty minutes fold like an omelet, and serve immediately. A cupful of any brown gravy can be used in the place of stock.

**ESCALLOPED POTATOES.**—Butter a tin dish. Slice cold boiled potatoes, and place in layers in the dish with lumps of butter, a little salt and pepper between each, and a slight sprinkling of flour. Fill the dish. On the top put a layer of bread crumbs one-half inch deep. Over this pour one cupful of cream. Bake in a moderate oven for half an hour.

**POTATOES "A LA NEIGE."**—These are made by pressing the mashed potatoes through a colander or vegetable strainer. It makes a dainty appearance.

**POTATOE CROQUETTES.**—Take warm mashed potatoes, and add the beaten yolk of an egg, and a little cayenne pepper and nutmeg. Beat thoroughly, and mould up into balls or oblongs. Roll these in egg, and then in fine bread crumbs, and fry in boiling lard.

## HINTS FOR THE HOUSEHOLD.

**TO CLEAN SILK.**—The garment must be first ripped and brushed. Spread on a flat board an old blanket covered with an old sheet; then sponge the silk on both sides, rubbing any dirty spots particularly with this mixture: One-half cup of gall, one-half cup of ammonia, and one-half pint of tepid soft water. Roll the silk on a stick—an old broom-handle will do—being careful that no wrinkles are left on it. Let it dry without ironing. Woollen goods may be treated in the same manner.

TRY cleaning undressed kid-gloves with naphtha.

TRY a ring of platinum around the lamp in a room where much smoking is going on.

TRY removing ink stains from marble with lemon juice.

TRY cleaning marble with a mixture of two parts of soda, one part of pumice stone, and one part of fine chalk mixed with water and washed off with suds.

**SMELLS GOOD AND KEEPS AWAY MOTHS.**—A pleasant perfume and moth preventative is made of cloves, caraway seeds, nutmeg, mace, cinnamon, and Tonquin beans, of each an ounce. Add as much Florentine orris root as will equal the other ingredients. Put together, grind all to a powder, and put in little bags among your clothes.

A MEANS of preventing the tarnishing of silverware by exposure to the air or from sulphur fumes liberated by heat, is by painting it with a little soft brush dipped in alcohol in which some collodion has been dissolved. The liquid dries immediately, and forms a thin, transparent, absolutely invisible protection. It can be removed any time by dipping the article in hot water.

To get a good polish on mahogany easily. Mix one part of boiled linseed oil with two parts of alcoholic shellac varnish. Shake well before using. Apply in small quantities, with a cloth, and rub the work vigorously until the desired polish is secured.

**LOTION FOR PAINFUL SWELLINGS.**—No matter in what disease they may occur, or what their cause, the heat and pain of inflammations and swellings can almost be miraculously subdued by the following lotion. Mothers and housekeepers should note that this is included in their list of handy household remedies: One-half ounce of sugar of lead, one-half gallon of water, and one-half pint of alcohol should be thoroughly mixed together, and kept in a stone jug ready for use. When it is to be used shake well, then saturate cloths with it, and lay over the affected parts. When they become dry and warm, simply moisten them with a small quantity of the lotion. This truly "acts like a charm."

**HAPPINESS IN THE HOME.**—In the family relation everyone should be at his best. The home ought to be a heaven. It ought to be as nearly heaven as is possible on earth. There should be no purposely withered flowers about the hearthstone, and no purposely clouded sunbeams. Selfishness alone ought to be sufficient to make home conduct exemplary. Certainly all want a pleasant home. Certainly all want smiles instead of frowns. Home should be just one continual blaze of sunshine. But it cannot be while some member of the family circle is snapping and fault-finding and selfish. Do people ever go more deliberately and insanely at work to make themselves miserable than they do when they deliberately cloud the lights of the only place on earth where they have any reason to expect anything like perfect quiet and happiness.

**TOOTH-POWDER** is an excellent cleanser of fine filigree jewellery.

**CORKS** warmed in oil make excellent substitutes for glass stoppers.

**THE fumes** of a brimstone match will remove berry stains from the fingers.

**MILK**, applied once a week with a soft cloth, freshens and preserves boots and shoes.

A **LUMP** of camphor in your clothes boxes will keep steel ornaments from tarnishing.

**GREASE** may be taken out of carpets by covering the spot with powdered French chalk, laying a soft brown paper over the chalk, and covering with a warm iron.

You can drive nails into hard wood without bending them if you dip them first in lard.

**LIGHT** scorch marks may be removed by simply moistening them with water, and laying in the sun.

If one wishes to cool a hot dish in a hurry, it will be found that if the dish be placed in a vessel full of cold, salty, water it will cool more rapidly than if it stood in water free from salt.

**BEST NUMBER AT A DINNER PARTY.**—A well-known and popular diner out, as popular with one sex as the other, was asked what he considered to be the best number for a dinner party. His characteristic reply was:—"Two, or if not, four, three of them being ladies." He then conceded that eight was the outside limit diners should reach. It offered advantages all round, socially and domestically speaking. Socially, because the eight guests could be chosen to form a perfect octave as regards knowledge of each other, reciprocity of tastes, personal regard, and the rest; domestically, because the household staff would be equal to the demands made upon it, and no outside element need be introduced to disturb the precision and order of the whole.



# THE MOTHER'S PAGE.

## FOUNDATION OF MUSICAL TASTE.

By L. H. N.

THE cultivation of a love for music should begin in earliest childhood. While the number of mothers who can sing artistically and perform on some musical instrument masterfully is small, there are few who cannot sing or play a little, and many who can both sing and play well. The commencement of the musical education of a child may be the first step toward a higher cultivation of the musical taste of the mother. Suppose she has been limited to the humming of a few pretty tunes, caught by reason of marked rhythm and jingle. This humble *répertoire* should not be despised, but used as a foundation for better things.

Many a tired child has been soothed by songs no better than "Poor Nellie Gray," and transported with delight by the old-fashioned ditty with the refrain:—

"I'll chase the antelope over the plain,  
The tiger's cub I'll bind with a chain."

If a mother is deficient in the knowledge of music, there will always be some friend or person near at hand who has made it a special study, perhaps for years, and who will gladly give suggestions as to a wise choice.

Carl Reinecke's children's songs are delightful for singing by the cradle, and as they become familiar by repetition, the beauty of the composition will be greatly enjoyed, while the ears of the infant child will become accustomed from the very first to the best music. When the child is six months old, Frœbel's "Mother Play and Nursery Songs" may be used. They appeal to the rhythmic sense, which is the first element of music to be developed in the child. The mother may gently move the limbs of the child as she sings. As the child grows older, he will try to make these motions unaided, and later on will be at perfect time, either by clapping the hands or moving the body.

The characteristics of the child's mind in its gradual unfolding are similar to the characteristics of primitive people whose music is like an elaborate system of time beating, with little variation of tone. By keeping this fact well in mind good results may be had in developing a child's sense of rhythm. The practice of singing to the child cannot be too highly commended, for it has much the same effect as speaking to the child. How could he learn to articulate if he did not hear speech? Classic music has the same effect upon him as correct speech. Although at first the child may not discriminate, little by little his taste is being formed.

Mr. Du Maurer says:—"Evidently our brain contains something akin to a photographic plate and a phonographic cylinder, and many other things of the same kind not yet discovered; not a sight nor a sound nor a smell is lost; not a taste nor a feeling nor an emotion. Unconscious memory records them all, without our even heeding what goes on around us beyond the things that attract our immediate attention." Thus year after year the child will reproduce in his life the impressions of the past. What he has been makes him what he is, and he must be educated for the future, while the present takes care of itself.

The value of musical training can scarcely be over-estimated. We remember how the Athenian child was sent at an early age to three schools in succession—the school for grammar, the school for gymnastics, and the school for music. The music master taught his pupils to sing by first chanting the music, while they listened. The instruction on the stringed instruments followed the singing. Great value was attributed to music in those times by the wisest of men, who held that music inspired the soul with a love of order and harmony. It had a prominent place among those wonderful people; even their history and laws were sung.

Almost every mother can testify to the direct

moral and spiritual influence of music in her own life, and that it should have a prominent place in the home life is often greatly desired. As soon as simple songs are learned by the child, they should form a part of the family music. During times of social family gathering let one or more of baby's hymns or songs be sung.

As the child grows older, he may have as an incentive to practice the promise of playing the piano accompaniments while papa and mamma sing. In a beautiful home where unity in the family is specially marked, the mother sits with her children through the music lesson, and they stay with her while she takes a lesson. They study and practice together, and the result has been unusual proficiency on the part of the children, and an eagerness for the usual irksome practice, while a new charm has been added to a home life inexpressibly precious to all.

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## EDUCATE THE BODY.

A NEWSPAPER article upon the Prussian athlete, Eugene Sandow, can be read by mothers, with instruction as to the athletic education of children. It is the patriotic duty of every woman to rear a family that, physically, shall be an improvement upon the generation to which she belongs.

Sandow owes his Sampson-like strength to the fact that his father took him to Rome when a mere boy, and showed him the wonderful Greek statues, among them those of Hercules. The boy asked his father why men were not physically like the Hercules. The father told him then of the effects of physical education. Sandow began at once, and is now famous. His feats of physical strength are past belief.

In the first place, a woman should prefer a man whose physical strength seems adequate to work as a husband. It has been said that love and common-sense never go hand in hand. Then I say that it is better to marry with common sense than love which walks into sure misery. Given a husband and wife in good health, and children should be healthy, if cared for in the proper way. But to improve the physical being in a generation requires direct education in that line. To a certain age, hardly beyond babyhood, boys look beautiful, inasmuch as they resemble fair women, but after that time the boy should be clothed and directed in such a manner that all effort, the very life of him, should be towards making him a power in life—a man.

It is the duty of parents to rear a son who shall be an honour to a country, as a citizen, a husband, and a father, improving his family as a part of the plan the Creator has for the progress of mankind. Why not direct the physical education with solicitude and intelligence? The boys are to be as young lions, while the girls' early years, happy and care free, are to develop their sacred bodies, so that the sufferings which generations of physically ignorant ancestors have entailed upon them, may be a little counteracted.

We recently met with a young girl who "ran wild" until she was ten years old. In the tired and hot city she was the freshest and most real thing we saw. An untamable spirit, a free strength of will and readiness of action, plead with me for the little ones, who, at six, spend wearisome hours in a schoolroom. Who cared whether this girl of whom we speak read at seven or twelve? Who cared whether she had studied logics and isms?—Not one of the world that fell at her feet and loved her for her splendid physical strength, which gave her all that nerve and soul energy. Either a man or a woman, to be a thing of sure delight, must be physically presentable.

Then we say to parents, educate physically. Consider it more necessary than French or German, or music and drawing. Consider its pursuit more than the sewing on of embroidery and the following of styles. Consider the body of your child as a mother temple of God, and rear it in a fashion that will be to your credit. There should be symmetry to its parts, that it be grand and pleasing. You will be with the

tide of public opinion. In all our cities are gymnasiums and societies for the promotion of physical culture. You will be in the fashion, for it, at present, is a fad, called by the names of physical culture, *delsarteism*, gymnastics, or what you will. You will not only be doing right, but in the future the delight of your eyes will be in the splendid figure of your daughter and the brawny strength of your son. In the sunset of lives it is a good thing to see such rewards rise up before you.

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## THE CHILDREN'S ROOM.

How peaceful at night  
The sleeping children lie.  
Each gentle breath so light  
Escaping like a sigh!  
How tranquil seems the room, how fair  
To one who softly enters there!

Whose hands are those, unseen,  
That smooth each little bed?  
Whose locks are those that lean  
Over each pillowed head?  
Whose lips caress the boys and girls?  
Whose fingers stroke the golden curls!

Whose are the yearning eyes,  
And whose the trembling tear?  
Whose heart is this that cries,  
Beseeching God to hear?  
Whose but the mother's, in whose face  
Love shows its sweetest dwelling place.

Her hopes in beauty bloom,  
And Heaven sends down its light,  
Which lingers in the room  
Where mother says: "Good night."  
Soft treading by the sleepers there,  
Her very presence seems a prayer!

## TRUE HAPPINESS.

CAN we associate true happiness with an unhealthy state of the body? No, the two cannot be associated, for in true happiness we must have a perfect tranquil state of the mind and a sound condition of the body. A morbid state of the mind has a reflex action of a weakening character upon the body, and *vice versa*. It was Sydney Smith who believed it possible to feed or starve people into virtues or vices. Now all physical exertion, no matter whether it be of the mind or body, means expenditure of force, and needs replenishment. Thus the business man of to-day who exercises his brain excessively will naturally require more brain and nerve food than the labourer who has bodily exercise only; and the food which the labourer eats and thrives upon may prove perfectly unsuitable for the brain-worker. Phosphorous, that great nerve tonic, is what the latter requires, but it must be presented in an assimilable form. He will also require concentrated nourishment when in that low, feverish, irritable state which we see so on the increase around us. There is nothing better in these cases of over-fatigue and nervous prostration than Nature's remedy—perfect rest for a few days, and a tablespoonful of Oppenheimer's Cream of Malt with Cod-liver Oil and Hypophosphites taken regularly with meals; this will soon dispel the trouble and bring happiness not only to the man himself, but to those who are about him. What more convincing proof can we have, for instance, of the close association and action one upon the other of the mind and body, than in the liver sufferer. The most amiable of men suddenly become morose and ill-tempered directly they become "liverish," and the moment the affection is dispelled, as with a *Eunonym* *Palatinoid* twice a day, they as soon regain their usual joviality and geniality of disposition. Yes, there is a great deal of truth underlying the sentiment of feeding or starving a man into virtues or vices. If we cut off those substances which tend to replenish the exhausted system, we weaken the mind as well as the body, and both suffer in consequence.

STEELEMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere. Please observe the *SE* in Steedman.

"The FAMILY DOCTOR ought to have a very Wide Circulation."—*Weekly Dispatch*.



[SPECIAL ARTICLE.]

## HOW TO REMAIN YOUNG

By W. B., M.D.

MODERN times are characterised by the quest of means for preserving dignity and beauty in old age, instead of maintaining it in a pitiable and often irresponsible state. In general the works of the ancient classic writers are replete with lamentations on the flight of youth, a state of things which is, after all, quite natural, since to the idea of age was connected that of illness, lack of beauty, loss of memory, imbecility, peevish humour, and all sorts of evils. Now we begin to perceive that the miseries of age are due to causes which we have the power to remedy.

If we learn to prolong age, we shall at the same time prolong youth. We see the young man launched into the world on leaving school, where he has acquired a certain number of useful things which, after all, he has but touched upon. He smokes because he considers himself a man, he drinks, frequents theatres where the atmosphere is over-heated. He acquires a sort of common sagacity, he learns that he cannot glean in the vineyards of others, and that all humanity is governed by that magic word "interest." He becomes then a respectable citizen, whose boots are always glossy, whose brow is sufficiently contracted by the cares of life, and still further compressed by a hat of stiff silk. He gives himself up to his affairs in the omnibus, and he returns home in the same vehicle. Result: a portly stomach and a steady income.

Suppose now, that instead of curbing his youth to the yoke of conventional habits, he took oath to himself to follow certain very simple rules. For example:—

1. To walk always straight in the path of truth.
2. To bathe in cold water every morning, and every day to breathe fresh and pure air, unless prevented by exceptional circumstances.
3. To eat moderately of the most simple meats, and to take neither stimulants nor narcotics.
4. To pass at least two hours of the day in active exercise in the fresh air, including as a minimum ten minutes of smart running.
5. To sleep eight hours, and to go to bed early.
6. Always to have the mind or the body occupied.

The result will be that youth, launched into life with a good capital of health and vigour, will be in no great haste to depart.

What is of the most importance is always to make one's diet quite simple and wholesome, chiefly consisting of fruit. In the case of ordinary food, we ought to masticate slowly, giving each piece forty impressions of the teeth. To those who eat chiefly of fruits we need only say, "Enjoy your food, and don't eat too quickly." Another general rule: Do not eat meats which cannot be taken without condiments, nor except in great quantities.

Schopenhauer, who, despite his pessimism, found life sweet and derived many a pleasure from it, wrote in his old age: "I run like a hare, I play the flute every day, and, except for my deafness, I cannot complain of my health." Those who have read his biography know that he lived with great regularity, never missing his morning bath, taking two hours' exercise, &c. His mind was active to the end, and he died suddenly without illness. Never overworking, he kept his mind and his body healthy; still I am convinced that he was ignorant of what perfect health is, just as we are wholly ignorant of those truths which are accumulated by many generations.

One thing is absolutely stupifying, that is the beneficent power of Nature. It is truly astonishing that we still keep ourselves on our feet, who squander the materials of life, thanks to war, to customs, habits, and drugs, who consume adulterated food and drink, and who deliver ourselves over to luxury and debauch. Whenever I ask why a child cries the whole day, I am certain to learn (not from the mother) that it is treated in a manner far from rational. Who shall enumerate the evils which ignorance

produces? To bring up a child exclusively in a town is a veritable crime.

I do not doubt that towns may some day become enchanting spots, but we are still far from the cities of the future. Ours are sinks, where people are huddled together in tainted atmospheres, wrapped in a fog of smoke and unhealthy vapours, in the midst of a chaos of cries, of vociferations, of a harsh jumble of discordant sounds, of the noise of vehicles, and of wild songs in a labyrinth of dirty streets, stinking of all the smells of houses and kitchens, when one is over-depressed by the sight of poverty, of filth, and of ugliness, hideousness, both physical and moral.

*Nobis placeant ante omnia silva.* I rejoice that man cannot reach to the blue sky, he can hide it with smoke, but it remains blue over the greater part of the globe. As it is blue, confess that it is hard that we cannot see it. Oh, let us freely rejoice in fine weather and revel in the rosy tints of dawn!

## SORE THROAT.

SORE THROAT is so common a malady that it is worth while to study the indications for treatment under the different phases on which it manifests itself. The term includes inflammation of the back part of the mouth (that is, the pharynx), of the veil of the palate and parts surrounding, especially the tonsils. It generally begins by a sense of extreme dryness of the throat; then the pharynx becomes red, the tonsils swell, swallowing becomes difficult, and there is a peculiar feeling of discomfort. We should watch these early symptoms, for unless we are careful a very prolonged illness may supervene.

At the first onset, the patient should use gargles of water, containing either carbolic acid or boracic acid: a grain to the ounce of the former, or ten to fifteen grains of the latter. At the same time, two or three grains of salol a day is one of the best drugs against complications. The gargle should always be tepid. It should be held at the back of the mouth in such a way that it comes into contact with the whole of the pharynx, the tonsils, and the soft palate. The greatest care should also be taken of the teeth. In ordinary health the hygiene of the teeth is very important, but it becomes trebly so when the pharynx is the seat of inflammation, thus rendering it much more liable to the attack of micro-organisms and infectious germs, of which the teeth are very often the receptacle, through alimentary debris and other matters which are retained in their interstices. Generally speaking, simple, ordinary sore throat will be relieved by this method: Prolonged and properly applied antiseptic gargles, with perfect cleanliness of the teeth.

But sore throat is not always so simple; frequently it is the local expression of a general infection of the system. It is no longer a mere sore throat, it becomes an angina; and to the local troubles of dryness and difficulty in swallowing are added general constitutional symptoms, especially headache, fever, lassitude, and want of aptitude for any occupation. In these cases general as well as local treatment is indicated. For the headache and fever, give antipyrin, salol, or quinine, which also combat the lassitude and general weakness. Sometimes, if the throat be much swelled and there is suppuration of the tonsils, an emetic may give ease by mechanically rupturing the abscess. Warm antiseptic gargles of carbolic or boracic acid are to be constantly in use.

Very often sore throat is only a consequence of affections of the nose, such as hypertrophy of the mucous membrane, or chronic coryza. The nasal passages become obstructed, respiration no longer takes place through them, but through the mouth. Thus the inspired air impinging directly upon the pharynx, without being warmed, moistened, and filtered by the nasal mucous membrane, irritates the throat, and causes dryness and inflammation, often misleading the doctor who neglects to examine the nose. On the other hand, if the passage of air through the nose is too free, owing to atrophy of some of its parts, the same thing results, the nose not properly fulfilling its

respiratory functions. Thus throat diseases frequently necessitate the treatment of a primary nasal affection, and it is incumbent upon every practitioner to examine the nose at the same time that he inspects the pharynx.

[SPECIAL ARTICLE.]

## ADULTERATION OF FOODS.

ABSTINENCE FROM MANY "PREPARED" FOODS A SAFE RULE TO FOLLOW.

By AN ANALYTICAL CHEMIST.

PRESERVES, MARMALADE, &amp;c.

A LARGE share of the preserves manufactured for the retail trade are adulterated more or less in one way or another. It is customary to make into preserves inferior fruit, or that which has spoiled by too long keeping, or is otherwise unfit for sale. In many cases preserves are coloured with fuchsin and aniline, as are some canned fruits. Marmalade often consists chiefly of apples flavoured with orange essence. Copper is also sometimes found, as in canned fruits, usually being accidental, however. Its presence is due to the fact that preserves are generally made in copper kettles, and some of the copper is dissolved by the juice of the fruits, the solution of the copper being facilitated by the heat and the stirring. A compound of sugar with copper is also formed when the two are long in contact. On this account preserves should never be made in copper kettles. The presence of copper and colouring matter may be determined in the manner described for detecting these adulterants in canned foods.

JELLIES.

It is rare to find in the market such a thing as pure fruit jelly. If found, it will be held at a high price. The ordinary jellies sold are largely made up of gelatine, coloured with aniline and other dye stuffs, and flavoured with various essences. Many of them contain not a particle of the fruit after which they are named. A less harmful, but no less fraudulent, form of adulteration is the use of apple jelly flavoured to suit the different varieties for which it is sold. So few colouring matters are pure, it is best to avoid them altogether.

FRUIT EXTRACTS.

The science of chemistry has lent its aid to the art of adulteration so effectually that almost, if not quite, every one of the fruit flavours is so closely imitated by chemical compounds that the difference cannot be detected by the taste, though undoubtedly the difference is readily noticed by the stomach. The following description of the composition of some of the principal flavouring extracts we condense from a report which appeared in 1873:—

Pineapple essence is a solution in alcohol of butyric ether, which is made by distilling butyric acid with alcohol and oil of vitriol. The butyric acid is made from decayed cheese.

Quince essence is a solution in alcohol of an ether obtained by treating oil of rue with aqua fortis, and digesting with alcohol the acid thus obtained.

Pear essence is made by distilling a mixture composed of fusel oil, acetate of potash, and a strong sulphuric acid, or oil of vitriol, and mixing the product with alcohol.

Apple essence is made from sulphuric acid, fusel oil, and valerianic acid.

The flavour of currents, bananas, raspberries, strawberries, &c., is imitated by mixing the various ethers known to chemistry, and combining with them camphor, acetic acid, vanilla, and the various essential oils.

Not only are these essences sold at retail for domestic use, but they are largely, in fact almost exclusively, used by bakers and confectioners. Pastry, jellies, and ices are made still more atrocious by the addition of these abominable mixtures. Serious illness and even death have frequently been caused by the use of articles containing the poisonous substances above mentioned.



Syrups flavoured with these essences are usually employed in the preparation of soda-water, a fact which certainly makes the use of this popular summer beverage exceedingly questionable on the ground of health. Candies also are flavoured with the same vile compounds, together with jellies, as before mentioned.

#### COMPRESSED AND POTTED MEATS.

Potted fish and other meats are often in a condition unfit for food when put up, and are further deteriorated by a peculiar kind of decomposition which is scarcely possible to discover by examination, but which often produces most serious consequences when the meat is eaten. This condition of the contents of a tin may be best determined before the tin is opened, by observing whether the end bulges outward or is drawn in. If there is bulging, the meat is bad. Tinned meats are often coloured for the purpose of hiding dirt, or to give the cooked meat a more lively appearance. All such meats are particularly unwholesome.

It has been discovered that large quantities of horses' tongues and flanks are worked up into potted meats as beef.

#### VINEGAR AND PICKLES.

Vinegar is very often adulterated with mineral acids—sulphuric acid being the one most commonly used. Many specimens of vinegar offered for sale as cider vinegar have not a drop of apple juice in them. Vinegar is itself an unwholesome article, but it becomes tenfold more injurious when adulterated with strong acids, injuring not only the stomach, but the teeth. The presence of sulphuric acid, or oil of vitriol, may be detected by the test given for this acid in syrups. It is said that it may also be detected in the following manner: Add to the vinegar a small quantity of sugar. Then put a drop or two on a clean plate, and evaporate at a low heat. If the acid is present, the spot will become black, through its action on the sugar.

The following is probably the best test for mineral acids in vinegar:—Pour into a test-tube, or small vial, two to four teaspoonfuls of the vinegar to be tested. Add twenty to thirty drops of a strong solution of salicylate of soda. If mineral acids are present, the salicylic acid will be separated from the soda and will appear in the form of curds. The salicylate of soda may be obtained at any chemist's shop. One drachm will be sufficient to test several samples of vinegar.

Pickles are, of course, liable to contamination with the same acid to be found in vinegar, and in addition are subject to a very dangerous form of adulteration—the addition of a salt of copper to deepen the colour. Very green pickles are sure to have more or less copper in their composition. The copper is sometimes added, but is more often derived from the copper kettle in which the pickles are made, through the action of the acid of the vinegar upon the copper. It is customary to make pickles in copper kettles for the purpose of giving them a green colour. Some cookery books even recommend that a few pennies be boiled in the kettle with the pickles for the purpose of "greening" them. The practice is not only a most absurd one, since it in no way adds to the flavour of the pickles, but it is very dangerous. Pickles are unwholesome and indigestible at the best; and when poisoned in this manner they become about the worst articles which can be put into the stomach. Copper and brass kettles should never be used in any way in connection with cookery.

The presence of copper in pickles may be easily detected by putting a clean, bright iron wire for a few hours into the jar containing them. If copper is present, it will appear as a thin film upon the wire.

#### LEMON AND LIME JUICE.

These valuable acids, sometimes preserved in the form of the juices of the fruits from which they are obtained, are not infrequently adulterated with sulphuric acid, which is intensely sour, and is also an active chemical poison. Sulphuric acid is not infrequently used by those who sell cheap lemonade at stands in our large cities, as it is a much cheaper acid than lemon. I have known of instances in which serious poisoning has occurred from drinking this kind

of lemonade which had been made in a zinc vessel, the poisoning being occasioned by the zinc.

#### CAYENNE PEPPER.

Though an unwholesome condiment, and not an article of food, cayenne is the subject of a dangerous form of adulteration. In order to add weight, ground rice and other substances are employed; and then, to produce the required intensity of colour, red lead and vermilion, or bisulphuret of mercury—both very poisonous substances—are used. I mention this fact as an additional inducement for abstaining from the use of cayenne as well as other condiments.

#### NASAL CATARRH.

UNDER the name of nasal catarrh, or chronic coryza, we refer to an affection ill-understood, ill-defined, characterised by a hypertrophy of the nasal mucous membrane, with or without secretion. The patient passes through alternating periods of easy and difficult respiration. The passages of the nose insensibly become closed, especially towards three or four o'clock in the morning. Thus are explained those obstructions of breathing which suddenly wake patients, chiefly children. Breathing through the nose was natural while they were asleep. Gradually the nose becomes obstructed by swelling of the mucous membrane; the secretions from this effectually completes the blocking of the passage. It is the same as when you apply a tracheotomy tube to an anaesthetised dog. Close the canula gradually, and the animal will make the greatest efforts at respiration; at any given moment he would wake, absolutely suffocated, struggling for air with might and main. Open the canula, and all becomes natural and peaceful. We know a traveller who suddenly wakes up at night, a prey to the greatest anguish, unable to breathe. He rushes to the window, and the paroxysm is over!

If the nasal passages close insensibly and gradually, they generally become clear quite suddenly; most frequently without any appreciable cause, or under the influence of emotion, cold, heat, certain powders (boracic acid, cocaine, menthol, tobacco). Most snuff-takers have chronic coryza, and take it to clear the nostrils. The patient is conscious of the sensation when they become clear. He hears a slight liquid noise, and the passage is open. If he lies on one side, this side becomes stuffed up, while the other clears.

Chronic coryza is present wherever there exist nasal polypi, decorations of the septum, vegetations on the septum, adenoid growths, enlarged tonsils. It is thus very important to examine the nose thoroughly in all cases of nasal catarrh, so as to arrive at a definite conclusion as to its cause. A mother whose child breathes with the mouth open is guilty of negligence if she does not consult a physician, but allays her conscience with the popular prejudice, so dangerous, that the child "will grow out of it."

In the treatment of nasal catarrh, the first thing is to keep the nose thoroughly clean. To remove the secretions, dust, &c., we utilise a nasal siphon, and wash out the nostrils night and morning with a powder composed of bicarbonate of soda, chloride of sodium, and borax, of each seven grains. This is to be dissolved in a half-tumbler of warm water, and passed into the nostrils by means of a tube. This nasal douche is not so much a medicament as a measure for keeping the nostrils absolutely clean. They can then be made accessible to any curative or alleviative medication which may be suitable in the eyes of the surgeon. If there are growths, &c., these may be removed by electrolysis, cauterisation, scarification of the mucous membrane, section of the septum, &c. All these operations may be performed without pain, without interfering with the occupation, or treatment in other directions. The important thing is, that they should be done by a skilled hand. To cauterise, to cut a membrane is not difficult, especially when the patient has no control over the affair, but to do it well is another matter; and the patient knows it as he waits, perhaps for hours, ill-affording, though not begrudging, the time that he may attend the man of skill and repute.

## A CHAT WITH DR. WALDO.

### HAMBURG AND THE CHOLERA.

DR. WALDO, the Medical Officer of St. George's, Southwark, and who is also Medical Officer to the Temple, is, as everybody knows, a specialist on sanitary matters, and even when on his holiday he cannot refrain from devoting the major part of his time to the prevention of zymotic diseases. The Doctor has just taken a holiday on the Continent, and he presented to the St. George's Vestry the other night an interesting report on the water supply of Hamburg, a subject which, he said, was interesting to Londoners, as Hamburg and its cholera-infected area is distant only a few hours from the Port of London. The matter which Dr. Waldo brought before the vestry was so interesting and suggestive, that I was induced to call upon him at his chambers in the Temple, and have a chat with him over a subject which just now has a special interest for Londoners.

Dr. Waldo told me that he had spent his annual holiday in Hamburg, Copenhagen, Gothenburg, Stockholm, Christiania, Bergen, and Newcastle. Although he had been able to make but a hurried examination of the water supplies and sanitary arrangements of these towns, he had learned many lessons of interest and value to Londoners. He had previously studied the insanitary conditions favouring cholera, and other water-borne diseases, during a six months stay in Hamburg immediate prior to the appearance of cholera in 1892.

"Things were very bad then," I said.

"Yes," said Dr. Waldo, "the raw, unfiltered and filthy water then in use for drinking and domestic purposes was drawn direct from the River Elbe, mixed with the untreated sewage from upwards of 80,000 inhabitants of the contiguous cities of Hamburg and Altona, to say nothing of towns further up the Elbe, as well as through the numerous canals filled with the filthy green partially-stagnating water connecting the Alita Lakes with the Elbe. These lakes still continue to contribute their quota of filth to the waters of the tidal and lockless Elbe."

"With, I suppose, the usual consequences?"

"Yes, the natural consequences. Typhoid fever and bowel complaints were markedly prevalent, especially among the more susceptible visitors."

"Was every opportunity given you to make investigations during your recent visit?"

"Certainly; through the courtesy of Herr Andreas Meyer, the energetic chief municipal engineer, I was given every facility to examine the new sand filtration waterworks of Hamburg. These were excellently constructed in a remarkably short time, and have all the recent improvements, consisting of four settling reservoirs and eighteen filter basins, each of the latter of which contains three metres depth of carefully cleansed Elbe sand overlying washed gravel and pebbles."

"Did this appear to be effective?"

"Yes; I remarked that the surface sand removed from the filters every few days was, as one would expect, very dirty, and had a distinctly fishy odour. The filtered water, without smell or taste, and to the eye as clear as a crystal, is conveyed from the filters to the old pumping-station by means of a channel coursing underneath the Elbe. A laboratory will shortly be utilised at the filter stations to examine bacteriologically, from time to time, the water as it issues from the filters."

"How about the service pipes?"

"Well, the old service pipes conveying the water to the dwelling-houses, and coated with Elbe mud, still remain in use, and continue to form an excellent bed for the cholera germ. I found drinking-water drawn from various parts of the city inferior in clearness to that given at the filtration station. Perhaps, in course of time, the pipes will be washed clear, but I would prefer to see the water examined bacteriologically as it issues from the house taps before I would venture to drink it in unboiled state. Judging from the houses I entered, I should say a large proportion of the drinking cisterns are still situated in dark unventilated water-closets, and, what is worse, the same cistern frequently supplies flush t



water-closet and drinking water; and this in the "flats" of poor and rich alike, in restaurant, café, and hotel."

"Are the people of Hamburg waking up to a sense of their responsibility in these matters?"

"They are. Taught a bitter and expensive lesson through former apathy and neglect, and the practice of a false economy, they have issued new sanitary police regulations regarding the periodical cleansing of cisterns, &c., and they are now very stringently carried out. Prior to the epidemic of cholera many of the cisterns in Hamburg were in the same uncleansed, filthy, and disease-breeding condition as those in some of our London parishes. Some of the Hamburg police regulations London might adopt with benefit. Hamburg has undoubtedly much work before her in the re-arrangement of the internal sanitary disposition of her "flats." Until she determines to cease from striving to convert sewage and polluted water into water fit to drink, and supplies in its place a pure and plentiful supply derived from some uncontaminated source, as from Holstein, so long will she be liable, in my opinion, to the scourge of cholera and other water-borne poisons."

Dr. Waldo told me a good deal more about his visit to Hamburg, and thoroughly convinced me that he had gained some experiences which he would utilise in his important sanitary work in London.

## QUACK DOCTORS.

By M. WILLIAMS.

THE recent prosecution of the Hindoo oculists at Richmond affords another illustration of the defective state of the law regulating the practice of surgery by foreigners in this country.

Quackery has existed in all ages, and at no time has it been more rampant than now. Carlyle has said that the population of the world is composed "mostly of fools."

Notwithstanding the frequent prosecution of these unregistered persons, the public, it seems, is quite as ready to place themselves in their unskilled hands, and to part with their money.

Despite the Medical Acts and the stringent regulations with regard to the compulsory registration of duly qualified practitioners, any breach of which renders a surgeon liable to have his name removed from the register, we have flourishing in our midst quackery of the most virulent kind. The reason of this is not far to see. In England the State does not grant a license to practise either medicine or surgery. These duties are delegated to various public bodies to whom charters have been granted empowering them to issue licenses to duly qualified persons. In France, however, they manage these things much better. The code Napoleon makes it a penal offence, out of which there is no chance of wriggling, for a person who is not licensed by the State to practise either medicine or surgery. The laws designed in this country for the suppression of quack practitioners can virtually do nothing in their present form to further this end.

According to the present state of the law, a man who elects to gain his living by practising surgery or medicine is permitted to dub himself by almost any title he pleases. He may call himself a "bone-setter," an "accoucheur," a "medical herbalist," a "surgeon-electrician," a "homœopathist," a "hernia specialist," and last, but not the least important, an "oculist." Indeed, he may practise in nearly every branch of the profession, provided that he does not lead the public to suppose by direct announcement, that he is "a duly registered qualified man." The law further permits him, as Dr. Critchett in his evidence clearly stated, to style himself an "oculist," and, in short, to perform operations on the eye so long as he does not call himself an "ophthalmic surgeon."

In other words, the law recognises his right to perform the hundred and one operations requiring the most careful diagnosis and skilful treatment by sheltering himself under the title of "oculist." The probability is that in most cases, therefore, the person thus describing

himself has not received the proper training which would enable him to diagnose the most common form of disease to which the eye is subject. While we have no intention whatever of prejudging the case of the Hindoos, who are committed to take their trial on the charge only of obtaining money by false pretences, the magistrates having acquitted them on the more serious charges—namely, of maiming and wounding—we think it right to direct the attention of the public to the wide field open under existing circumstances to unqualified persons to treat diseases with the nature and extent of which they are not in the least familiar.

So long as the Government gives its adhesion to this form of practising, and puts, as it were, its stamp of approval upon it, so long will scores of poor and credulous persons be found ready to be duped. That the law must be amended is certain if quackery is to be stamped out, and no person should be allowed to tamper with the eyes save those only who have made ophthalmic surgery a life-long study.

## UNDER GAS AT A DENTAL HOSPITAL.

By T. B.

I COULD stand it no longer. With a mouthful of purgatory, a cheek like a pumpkin, and an unholy unrest pervading my entire system, I felt that things must come to a climax, and that the battle royal which was being waged between my molars and my personal comfort must now or never result in a "draw." My financial resources being at a low ebb, I determined to encourage budding ability, and to that laudable end resolved to "patronise" one of our excellent dental hospitals. With Spartan fortitude, I sallied forth with the firm intention of "having it out" with that tooth, and—hear it, my septic friends—without gas.

Upon arrival at the hospital (not a hundred miles from Regent-street), I followed several other patients into a small room on the ground-floor, and by the direction of a consequential little man, who was seated at a table, sat down on one of the several benches ranged round the apartment. It was the function of this individual to take the name, age, address, and occupation of each patient as he passed before him, and upon entering the same in a large book you were permitted to again sit down and await your turn for transmission to the "stopping room" or the "drawing room," as the exigencies of your case required. After having my name, age, &c., duly entered in the hospital book, I had leisure to take stock of my surroundings and fellow-sufferers. There were at least thirty persons—men, women, and children—seated on the benches, the majority of whom were there for the first time; but a few were the happy possessors of appointment cards, which entitled them to first consideration at the hands of the dental assistants. Strange to relate, I could not perceive a face in the whole company which might lead me to suppose the person was suffering with the fell complaint of toothache. All were looking either utterly indifferent or were smiling and chatting with their neighbours, as if engaged in ordinary every-day business. Glancing round the apartment, I observed several notices to patients affixed to the walls, one to the effect that "We were not to expectorate on the pavement in front of the hospital," and others to the effect that "the institution was supported by voluntary contributions," and that "those who desired to have gas administered would have to pay 2s. 6d., or, "if gold was used in stopping, the patient would have to pay for same."

Just when I was beginning to discover, by a premonitory sneeze, that I was sitting in a very bad draft, the little man at the table, in a rather authoritative manner, notified that I could proceed upstairs to the "stopping-rooms" to ascertain whether I needed gas or not. Buoyed up with the courage of a fortnight's ruination and the desire to save half-a-crown, I almost laughed at the suggestion. I was a man, and free from silly fear. Had I not read that some philosopher or other had remarked (in an assinine mood) that "pain was not an

evil"; so, on the strength of that comforting assurance, I was about to assert my manhood and bluntly refuse to budge for such a purpose, when a prolonged howl of concentrated agony and pathos proceeded from the back premises of the hospital—a howl which penetrated my tympanum and shivered down my spinal column like an icy blast from the polar regions; my hand instinctively clutched a half-crown. I was not frightened—perish the thought!—but it suddenly struck me that if I had gas it would save the assistants a great deal of worry, and as it is ever my wish to spare others unnecessary trouble, I inwardly resolved to pay the money and make things easier for the students. I am not selfish. I have heard since that nearly all the men patients display the same tender solicitude for the operators, and spare them worry by submitting to gas.

On the other hand, it appears that most of the women refuse the anæsthetic—perhaps on account of the oft-remarked extra strength of "jaw" common to a great number of the fair sex—any way, they have a great objection to laughing-gas. After proceeding upstairs, and receiving an intimation from the house-surgeon that I had better have nitrous oxide, I descended to the waiting-room, paid my half-crown, and procured my ticket. I was then allowed to proceed to the chamber of horrors, which I found to be a dingy-looking room, curtained in two, in the back part of which was a bench to sit on until you were required behind the curtain. Taking my seat, I anxiously—I mean calmly—awaited the moment when "Next, please," would end the trouble.

Another piercing shriek, ending in guttural mumblings of woe, served to beguile the time pleasantly, and I felt quite "eager for the fray"; but, when the curtains were rent asunder, and a pale, dejected-looking girl staggered forth and, moaning hysterically, sat beside me, and murmured in an incoherent way in my ear that "they were cruel, cruel, and had torn her gum away," I felt I could almost smile. "Next, please." I looked round the room to see if anyone else had come in, for I felt I could wait longer just to study the *modus operandi*; but as I was the only person present "unoperated" upon, I unfroze from the bench, and advanced to my doom. An assistant came forward, took my ticket, and said, "Please, loosen your collar." Mechanically I did so. "Sit down here, please, and keep quiet." I sat down. The anæsthetist then approached, and felt the pulse in my left wrist, the while he timed it by his watch. Another assistant then placed a curious hollow instrument—shaped like a tea-cosy, and connected by an indiarubber pipe with the gasometer—over my face, and told me to take deep breaths. A hissing noise informed me the gas was being administered, and I began to take deep inspirations, whilst the anæsthetist still retained his grasp on my wrist. I heard him count to thirty, and then my surroundings suddenly vanished. I was in Oxford-street, engaged in a heated controversy with Mr. Gladstone. We both became excited, and in a torrent of abuse I wound up by asking him where he had buried the Home Rule Bill. This was too much for the G. O. M., and, lifting his celebrated axe on high, with a fiendish Irish "Hurroo!" he brought it down with a crash on my devoted head. "Lean on me," said the dental student, as he lead me, bewildered and minus my molar, to the bench in the back room; then, handing me a can of warm water to rinse my mouth with, he left me to my astonished reflections. I had felt no pain; in fact, the sensation was rather pleasant, and now it is all over I laugh heartily at the idea of the G. O. M. knocking my tooth out with the Hawarden axe.

I have had several teeth out since, and always under gas (I am ever considerate for others), and each operation has been quite painless; but upon each occasion some similar illusive dream has possessed me, and invariably the climax of the dream—a blow, a fall, or an explosion—has been the signal of return to consciousness and effective termination of my visit to the courteous surgeon and students of the Dental Hospital.—*Echo*.

LOVE him who tells thee thy faults in private.

BIRI of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.



## FLUIDS WITH MEALS.

THE arguments presented by many writers seem to prove that the moderate taking of fluids with the food at meals is not without benefit. But the importance of the thorough mastication of food before it is presented to the stomach must never be overlooked. If this is interfered with in any way by the use of liquids, we must promptly prohibit their indulgence.

Fluids may be taken *ad libitum* during meals by those whose digestive powers will allow it, but such persons should keep in mind that the strongest stomach may be abused too far, while those whose stomachs are already unequal to a severe strain should be especially careful as to the quantity of fluid imbibed with the food.

The saliva is the best lubricator for the food while it is in the mouth, both because of its starch-digesting powers and because its alkalinity serves to stimulate a copious flow of the acid secretion of the stomach.

Any habit, therefore, which permits the entrance of food into the stomach before it is thoroughly incorporated with saliva must be pronounced pernicious in the extreme.

If we cannot afford the time necessary for masticating our food properly and incorporating it thoroughly with saliva it would be better to take nothing but broths and similar foods. The use of water and other liquids as lubricators is not to be tolerated.

On the other hand, if we bear in mind the whole mechanism of digestion, it will readily be seen that in cases of weakness or want of tone on the part of the muscles of the stomach, when every part of the food cannot be properly presented to the action of the digestive juices, the introduction into the stomach of a moderate amount of water may be of no slight benefit. The mass of food will become more pliable, and so more easily operated upon by the weakened muscles.

## THE CAMEL.

MISS AMELIA B. EDWARDS wrote the most appropriate description of that almost indescribable method of locomotion known as camel-riding. It may appeal to some of those more daring spirits we have seen with looks of ill-suppressed agony on their faces while a camel plays cup and ball with their unresisting forms. This is it:—

"The camel has his virtues, so much at least must be admitted, but they do not lie on the surface. My Buffon tells me, for instance, that he carries a water cistern in his stomach, which is meritorious. But the cistern ameliorates neither his gate nor his temper, which are abominable. Irreproachable as a beast of burden, he is open to many objections as a steed. It is not pleasant to ride a beast which not only objects to being ridden, but which cherishes a strong personal antipathy to the rider. You know he hates you from the moment you walk around him, hesitating where and how to begin the ascent of his hump. He does not hesitate to tell you so in the roundest terms. He swears freely while you are taking your seat, snarls if you but move in the saddle, and stares angrily around at you if you attempt to move him in any direction save that in which he himself intended to go. If you persist he tries to bite your feet. If biting you doesn't answer, he lies down. Now, the lying down and getting up of a camel are performances designed expressly to inflict grievous bodily harm upon the rider. Thrown twice forward and twice backward, punched in his "wind" and damaged in his spine, the luckless novice receives four distinct shocks, each more sudden and unexpected than the last. For this execrable hunchback is fearfully and wonderfully made. He has a superfluous joint somewhere in his legs and uses it to revenge himself upon mankind.

"His paces, however, are more complicated than his joints and more trying than his temper. He has four—a shot walk, like the rolling of a small boat in a chopping sea; a

long walk, which dislocates every bone in your body; a trot that reduces you to imbecility; and a gallop that is sudden death."

## WONDERFUL STRENGTH.

### THE ACCOMPLISHMENTS OF POLYDAMAS AND BARSABAS.

POLYDAMAS of Thessalia was a man of extraordinary strength and stature. As Hercules had done, he alone, without arms, killed an enormous lion that was devastating the valleys of Mount Olympus. With one hand Polydamas could hold back a chariot drawn by two horses. He could break the trunk of a tree as anyone would break a small stick. The King of Persia, Darius I., wishing to witness the feats of this marvellous man, called him to his Court; he opposed to him three of the stateliest men of his army. Polydamas killed the three by simply giving them a slap on the ears; he was about to slap the faces of a few more, when the king, satisfied, stopped him. One day he seized a bull by one of its hind feet, and the animal did not escape until it had left its hoof in Polydamas' hand. Like Milo, he died through over-confidence in his strength. He attempted to support a mass of rock that had given way, but he got buried under it and died.

Also, in the sixteenth century, there lived another remarkable strong man, a major, named Barsabas. One day he took up an anvil weighing five hundred pounds, and hid it under his cloaks. Often, to amuse his comrades, he went through the rifle drill with a cannon. He could crush between his fingers the limbs of big animals. One day, seeing a crowd looking at an enormous dancing bear, he offered to wrestle with the animal. The major threw the bear down several times, and, judging it unworthy of further struggle, slew the animal with his fist, and carried it away on his shoulders, amid the cheers of the crowd. Another day, seeing several officers of his regiment surrounded by an angry crowd, he ran to them, knocking people down right and left, as a child does with a pack of cards. The crowd, exasperated, turned round on him, but, seizing two of his assailants, one with each hand, he used them as clubs on the crowd, who, astonished at this extraordinary display of strength, quickly drew back. Once he squeezed to pulp the hand of a man who wanted to fight him.

## THE MANLY GIRL.

THE manly girl is one of the types of modern maids who help to bring discredit on the girls of to-day, and lead Mrs. Lynn Linton and other facile writers to dip their pens in gall when setting forth their attributes. She is, says the *Princess*, an exaggeration of our nineteenth century damsels, and as such is hopelessly unpleasing; the athletic maiden, fond of every sport, is as lovable as she is vigorous, but let her beware lest she overdoes her part, and stamps herself as disagreeably masculine, in which case she may count surely on losing the respect, the reverence, and the chivalrous treatment which every right-minded man gives to a true woman. When she makes her *début* in society, the childish roughness, instead of disappearing, develops into an uglier form. The slangy talk and pert replies to which she has treated her brothers are fairly piquant to her partners, and as they smile and jest in return, she becomes more and more manly, with the mistaken idea that she is conveying a good impression. She begins to speak of men as her "chums," and votes them very "good fellows." A cigarette, first indulged in purely out of bravado, is followed by a second and third, till nausea being overcome she commences to indulge fairly regularly in the "weed"; so the innocent, refined bloom of maidenhood is roughly brushed, and the manly girl finds herself addressed more cavalierly and treated with greater indifference than the girl

who has been true to her sex. The pity of it is that the manly girl, in her short-sightedness, thinks she is attracting where, in truth, she is repelling. Let no girl believe it that a man likes a woman who seeks to be his counterpart, who copies him with a stiff shirt, a tie, a jacket, and a waistcoat, retaining only the skirt as a means of identification, who crops her hair close, perches a sailor hat at an angle on it, screws up her eye, and inserts a single glass (not without a contortion of the rest of her face), and with a stick under her arm, swaggers (it is the only word possible here) down the road. The caricature may amuse, but the laugh in truth is against the girl, not with her. In each bright young girl, full of life, vivacity, and freshness, a thinking man looks for the qualities that will make a true wife, a thoughtful mother, and a beloved companion; in the horsey young lady, with her cigarette and her slang, her loud voice and strident laugh, and her general unwomanliness, he sees none of the attributes with which his ideal woman is clothed, and he turns away from her to seek the one whose "price is far above rubies," for "she will do him good, not evil, all the days of her life."

## SEVEN SCOLDING WIVES.

HAZLITT's wife cared nothing for his abilities and kept him in hot water by her temper.

Boswell's "Uxoriana" is a collection of his wife's sayings to him, which does no little credit to her abilities as a scold.

Ben Jonson's wife went to the inn after him if he staid too long and brought him home, tongue-lashing him all the way.

Farquhar, the dramatist, thought he was marrying a rich, talented, and amiable girl, and when asked about her declared that he had got "a scold, who carried her wealth on her back, and her intellect on her tongue."

Jean Paul Richter's wife was jealous and was constantly on the watch to catch him in some flirtation. She generally succeeded, and when she did, always threatened to leave him. He told her to go and she never did.

Addison's wife, the Dowager Countess of Warwick, would not allow him to go to the inn at all unless he sat by the window where he was in plain view of her from her front room. Every absence from his post had to be accounted for.

Dante was married to Gemma Donati, a woman of stern, imperious temper. He was hectorated and bullied day and night until his exile, which was, in this respect, for him a fortunate occurrence. He does not mention Gemma in any of his writings.

## THE "ELIXIR OF BEAUTY."

THE plainest features have a priceless beauty when they are covered with a pure, velvety, transparent skin. It is the recognition of this fact which leads so many of our women to attempt the enhancement of such charms as they have in this direction by the employment of means and methods which too often lead to irreparable ruin instead of greater loveliness. Powders, cosmetics, lotions, and balms are applied by the barrel in the attempt to preserve or restore the waning attractiveness, or to simulate that which has never been in the possession of the unhappy one. All this is effort in the wrong direction.

The best cosmetics are of a very prosaic composition, and cannot be bought at a chemist shop. For the benefit of our readers the secret may be whispered here—and the formula will be found efficacious. The first and indispensable ingredient is good digestion, insuring pure blood. Plain, nutritious food, regular hours, and physical exercise will generally secure this element, without the assistance of the medical fraternity. The exercise, especially, should never be overlooked. It need not be taken in such a manner or at such times as to expose the features to sunburn or freckles, but plenty of physical exercise should be had in some manner, and so varied as to stimulate and develop all the muscles of



the system. A healthy, well-balanced organisation will be the result, with a vigorous, happy frame. This topic might be carried much further, and include the dispelling in this manner of a multitude of the ills with which womankind are afflicted, but that is not the present purpose.

Another ingredient of this "Elixir of Beauty" is thorough cleanliness. It is related that one of the most famous beauties of ancient times that the charm of her complexion dazzled all beholders, but it was not till after her death, at the age of 90, still beautiful, that it was disclosed that her only chemical application was soft water, thoroughly applied every day. This efficient cosmetic is still available, and its power is no wise lessened. If soft water cannot be had, any water can be made soft by the addition of a few drops of ammonia or a little borax. It is to be feared that there are many who use plenty of water, but neglect the important item of soap. Some, indeed, have an almost superstitious fear of applying soap to the face.

## GLEANINGS FROM FAMOUS AUTHORS.

**THE TEACHING OF CIRCUMSTANCES.**—God puts us in the midst of a whole apparatus of tests, that those tests may bring to light that which is in us; for it is absolutely true that feelings may now be lurking in us, just as there is fire lurking in the flint-stone, which may remain there from the days of creation undetected and undeveloped till the genial steel strikes upon it; and then, when the blow of the steel brings to light the long-concealed fire, we are amazed to find that in that cold mass there could have lurked a thing that was so vivid and so sparkling. All this is that great teaching, that marvellous discipline of circumstances! For, after all, it is not by direct teaching, it is not by explanation, that men ever learn to know themselves; it is by the wretched and by the painful instruction of circumstances.—*A. K. H. Boyd.*

**NATURAL HISTORY.**—The study of natural history indeed seems destined to replace the loss of what is, not very happily I think, termed "sport;" engraven in us as it is by the operation of thousands of years, during which man lived greatly on the produce of the chase. Game is gradually becoming "smaller by degrees and beautifully less." Our prehistoric ancestors hunted the mammoth, the woolly-haired rhinoceros, and the Irish elk; the ancient Britons had the wild ox, the deer and the wolf. We have still the pheasant, the partridge, the fox and the hare; but even these are becoming scarcer, and must be preserved first, in order that they may be killed afterwards. Some of us even now—and more, no doubt, will hereafter—satisfy instincts, essentially of the same origin, by the study of birds, or insect, or even infusoria—of creatures which more than make up by their variety what they want in size.—*Sir John Lubbock.*

SINCE every man who lives is born to die,  
And none can boast sincere felicity,  
With equal mind what happens let us bear,  
Nor joy nor grief too much for things beyond our care;

Like Pilgrims to the appointed place we tend;  
The world's an inn, and death the journey's end.  
—*Dryden.*

## EASTON'S SYRUP.

WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon Road, London, E.C., who will forward either sized Bottle free by post for three extra stamps. Or any Chemist will procure it. Sold in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d. 16-oz. bottles, 4s. 6d.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### THE CHARM OF PRETTY EARRINGS. TO THE EDITOR OF THE FAMILY DOCTOR.

DEAR SIR,—The interesting discussion that formerly had place in your paper on the subject of the "Wearing of Earrings" seems to have ceased entirely. I am quite sure this is from no lack of interest on the part of very many of your subscribers on this subject. Will some one kindly answer the following questions:

1. Is the piercing of the ears only a fashion, or has it beneficial actions of any kind? 2. Is the habit dying out, as some say, or has it recently revived? 3. Why should English women have the ear-lobes pierced so near the bottom edge? 4. Why should jewellers make the ear-wires so thin that the lobe is deformed by the weight of the pendant? 5. Are parents justified in persuading their children to have their ears bored?

Personally, I would wish to see all women wearing this adornment, and I believe one reason why the custom is not more general is, that at one time vulgar patterns of earrings obtained and disgusted artistic tastes. The new French patent fastening is free from this objection. If men showed that they approved of the fashion our ladies would soon respond, although I believe that many women refrain from fear of the pain and inconvenience they imagine would have to be undergone. Now on this point I am in a position and say positively that the prick of a pin is infinitely more painful than the passing of a piercing instrument through the lobes. If the person be moderately healthy, the slight redness caused does not last more than four or five days. From observation in the streets, and at gatherings such as concerts, &c., I believe the fashion is again coming in. I sincerely trust this is so. Young girls are rendered more attractive by wearing the small gold hoops or rings usual for unmarried persons, and, granted that the custom is "barbaric," that to men constitutes a principal charm. We want some such fashion as a set off to the masculine girl.—*Yours, &c.,* CHALLOCK.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

**TAWES WANTED.**—Can any of your readers kindly inform me where I can procure the tawes recommended by "H Beauchamp" a few weeks ago? Also where I can procure a few neatly-made birch rods suitable to use on young children?—*"Ada."*

**WILL "Mrs. H. Sinclair" who put an advertisement in the FAMILY DOCTOR of May 11th, 1889, in reply to "Young Stepmother," send address to "Emulation," whose address is with the Editor?**

**A REMARKABLE STORY OF TIGHT-LACING.**—Will "Alice" of Kensington kindly inform me whether this boy's ears were pierced by his aunt to wear gold sleepers therein?—*"Patience Gregory."*

### ANSWERS.

**RENT.**—You owe the rent, admittedly, amounting to £5. Having paid off a fourth part, you still owe the balance, £3 15s., book or no book, and to advance this as a bar to the claim is of no practical utility; if you are summoned for it, you will have to pay it, and the costs attending the action. Make up £2, go to the landlord, plead your poverty, and ask him to accept this and give you quitance.

**BUSINESS.**—From your statement it would seem you ended the transfer or settlement, and any documents containing conditions of former occupants can in no wise affect you, if you have not entered into similar or endorsed those handed to you.

**WILL.**—All depends on the terms of the will, if the trustees are to sell an equal monetary division will no doubt be made; if not, and the others prefer the estate as it is, you cannot compel trustees to pay you out as you would like, but must take it as bequeathed.

## FAILING EYESIGHT.

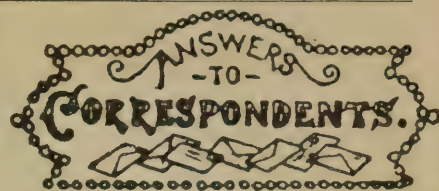
Thirty years' practical experience has proved Mr. Bluett's system of sight testing by examination of each eye separately to be the only perfect method of accurately determining the lenses required to restore the vision, and make reading or working a pleasure.

Consultations Free. Spectacles at Store prices.

**F. J. BLUETT,**

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8A, GT. PORTLAND STREET, LONDON, W.  
(FOUR DOORS FROM OXFORD STREET.)



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR OF THE FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

Just published, 1s., post free 1s. 1d.

**THE PHYSICIAN.** A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, &c. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience. Offices—18, Catherine Street, Strand, London, W.C.

### ADVICE GRATIS.

By A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS their ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

## Not That Way Now.

People used to take plain cod liver oil for coughs, colds, throat and lung troubles only after other remedies had been tried and found wanting.

## Scott's Emulsion

is the modern idea of cod liver oil, the first instead of a final resort, when such ailments appear. The fish-fat taste is removed and the oil itself is partly digested before taken into the stomach.

Prepared by Scott & Bowne, Ltd., London.

Sold by all Chemists and Vendors of Medicine at 2/6 and 4/6.

## "MALT-COFFEE"

(PATENTED.)

"The FAMILY DOCTOR contains useful Hints on Medical Subjects."—*Sunday Times.*

Prepared from delicious Mocha Coffee and nourishing Malt. Taken at breakfast fortifies the system for the day; taken after meals, without milk, prevents and cures INDIGESTION. Does not excite the nerves and cause sleeplessness, like ordinary coffee or tea, or affect the liver like chicory. It is as nourishing as stout or ale. It goes much further than any ordinary coffee; therefore it is cheaper, but by far superior. Highly recommended to invalids recovering and ladies of delicate health. Of Chemists, Grocers, and Stores, or send 12 stamps for a sample tin.

MALT COFFEE CO., MONUMENT BUILDINGS, LONDON, E.C.



# DISINFECTION.

## KINGZETT'S

(PATENT)

### SULPHUR FUMIGATING CANDLES ARE PERFECT

And afford the best means of Preventing and Arresting the Spread of Cholera, Fevers, and all Infections by Fumigation with Sulphur.

They can be lighted with the greatest ease, and burn steadily and thoroughly.



Gd. Size.



1s. Size.

Full Particulars will be Sent on Application.

**THE SANITAS CO., LTD.,**  
BETHNAL GREEN, LONDON.

(Sole Manufacturers also of the famous "Sanitas" Disinfectants.)

**F. THORNTON.**—We think a good deal of your trouble is due to indigestion and constipation. We should advise you to keep the bowels freely open, and avoid beer and spirits, also much walking and standing about. Your diet must be light and nutritious. You ought to have some local treatment for the local trouble, but it must be of a peculiar nature, electrical being preferable. Your stomach will not allow of the ordinary specific medicines being used. Take the following: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times a day.

**ONE IN TROUBLE.**—You are suffering from prostatic hyper-nesthesis the result of former bad habits. We do not think that medicine alone will be of much service to you. Local electrolytic treatment would be of most service, but you may meanwhile test the effect of the following mixture: Bromide of potassium twenty grains, bicarbonate of potash fifteen grains, tincture of hops half a drachm, camphor water to half an ounce. To be taken three times daily between meals. You should also learn to use a gum elastic bougie (No. 9 English) twice a week, retaining the instrument in position for two minutes on each occasion of using. The chemist will tell you how to pass the bougie.

**WILLIAM CAMERON.**—Yes, you have chronic indigestion with corresponding liver disturbance. The sexual troubles are in part dependent upon these causes—in part upon your time of life. Take a teaspoonful of sulphate of soda in hot water each morning before rising, continue the mixture and wait patiently, remembering that you must still give attention to your diet, avoiding coffee, sugar, beer, tobacco, and indigestible meats. Take as much fresh air exercise as possible, and persevere, for from four to six weeks longer.

**JAMES H.**—Scabies is easily cured by the application of ordinary sulphur ointment. The difficulty lies in removing all sources of contagion which are likely to re-infect the patient time after time. It is not sufficient to wash, or even to boil, clothing; baking occasionally suffices, but it must be very thoroughly done, and there is the risk of scorching the materials. Books, gloves, trousers pockets may all convey contagion. You had better purchase and carefully read a lecture on scabies (price sixpence), published by Messrs. Ralliere, Tindall, and Cox, Medical Booksellers, 20, King William Street, Charing-cross, written by one of the late physicians to St. John's Hospital for Diseases of the Skin.

**CARNARVON.**—We do not think your trouble is due to indigestion at all. It is suggestive of a condition known as "writer's cramp." In your case, of course it would be called telegraph operator's cramp, due to the too constant use of the same muscles, and the consequent nerve and muscle exhaustion. You had better consult one of the physicians at the Hospital for Paralysis and Epilepsy, (Queen's Square, Bloomsbury, in order that an accurate diagnosis of the condition may be made.

**ARLIT.**—This is not an easy malady to relieve; but you had better try the following for a week or two: Tincture of perchloride of iron twenty-five minims, tincture of belladonna twenty-five minims, glycerine forty minims, chloroform water to two ounces. A desiccating cause is the likely trouble you mention. Take the following medicine: Bicarbonate of soda two drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day between meals.

**KING.**—There is certainly hope for you, but we cannot enter into this subject in these columns. Send a stamped addressed envelope, and we will advise you if you re-enumerate your symptoms remind us.

**PELVAN.**—We cannot go into the matter very fully on account of the nature of your query. Neither can we explain the curvature you refer to without examination, though it is very probably not of a serious character. Be very careful to keep the bowels freely open and take plenty of active out-door exercise. When you go to bed, be careful to avoid sleeping on your back, as that is a very common cause of the difficulty you mention. Take the following medicine: Bicarbonate of soda two drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day between meals.

**GOOD HEALTH.**—We should like to know what colour your would like to have this or not pink? Would your eye be better pleased if it were blue or green? Do not listen to ignorant chatter.

**VERY ANXIOUS.**—If the fits are epileptic in nature, there is of course certain cause for anxiety. But there is no proof that they are so. It appears to us that you have fainted off from sheer want of blood in the brain. We think, however, it would be far better for you to see some good doctor in your vicinity, who can go into your condition and examine you personally. Without knowing the exact nature of the fit it is difficult to make any suggestions.

**W. H. NICHOLAS.**—Take a cold bath every morning, and get plenty of active out-door exercise during the day. Refrain from all beer, wine, or spirits, and also from much farinaceous food. Eat green vegetables and lean meat, boiled fish, or fowl. Keep the bowels freely open by means of a four grain colonic powder once a week, followed by a seidlitz in the morning. Take the following: Sulphate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**JAMES F.**—Your bad breath is probably due to either carious teeth, a foul tongue, or an ill-smelling discharge from the nostrils, called ozena. You have spoken too generally for us to be able to advise you satisfactorily as to the remedy for your condition. For instance, you do not mention what form of disease you suffered from years ago, nor if any other efforts have been left by it. Use a good tooth powder of precipitated chalk, with some carbolic acid in it, and rub your teeth with a soft brush dipped in this powder after every meal. Keep the bowels freely open by means of three or four grains of calomel twice a week at bed-time, followed by a seidlitz dose of salts in the morning. Take the following: Liquor potassae one drachm, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

**DOOMED.**—Where do you get the pain you complain of? In any case, the apparatus you refer to is not likely to do you any good. Again, you must not suppose that because you have sugar in your urine that you are therefore suffering from diabetes. The best course for you is to see some good doctor, and have yourself watched and properly treated.

**SNEEZER.**—We should recommend you to take a teaspoonful of the ammoniated tincture of quinine three times a day in a wineglass half full of water. Use as a snuff into the nose: one drachm of carbonate of bismuth, with one grain of morphia, and one grain of cocaine. Mix well and snuff up occasionally. You need not necessarily, however, discontinue using the lotion already recommended to you. Eat well, dress warmly, keep the bowels freely open, and take plenty of active out-door exercise.

**A. BURGIS.**—There is no particular necessity to make any alteration in your diet. Endeavour to get plenty of rest at the periods, and take the following medicine: Bromide of potassium one drachm, liquid extract of salix nigra two drachms, compound spirit of sulphuric ether two drachms, camphor water to six ounces. One-sixth part three times a day. As a general tonic, you should always take a teaspoonful of Parrish's Food three times a day, immediately after meals.

**PERPLEX.**—With regard to what you call the "Bling substance" in your eye, we should advise you to get a little white vaseline from the chemist, and smear it over the edges of the eyelids when you go to bed at night. The pimples on the skin are a very common symptom in boys of your age, and are simply due to changes in the constitution as it develops into the adult. The bowels should be kept freely open, and a cold or tepid bath taken every morning, soap being generously applied over the entire body surface. Avoid smoking to any excess, and let your meals be taken regularly and consist of light and nourishing food, such as boiled fish or chicken, with rice or pearl barley. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangement of the Stomach and Liver. Purifies the blood and is delightfully refreshing. Through Chemists and Stores. SPECIAL OFFER.—To prove its efficacy, 1s. 9d. bottle will be sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON.

**FERRUM, V.**—You are thinking too much about yourself; throw all these advertised remedies away, they are of no use whatever. The best thing you can do is to place yourself under the care of a good doctor; if you do not know of any send a stamped addressed envelope and we will tell you to whom to go.

**NOTTINGHAM.**—We should like to know something of the local conditions; however, as that is not possible we should advise you to make an effort not to pass water when this feeling comes on; it is the only way in which you can cure the condition, otherwise you will become a perfect slave to the habit, and your life a misery. No harm can accrue from withstanding the inclination, but, on the contrary, considerable benefit. Take the following medicine: Citrate of potash two drachms, tincture of nux vomica half a drachm, chloroform water to six ounces. One-sixth part three times a day. Avoid all beer, wines, and spirits.

**T. C.**—Dentistry is out of our sphere; we are afraid we cannot tell you of any particular man in your part of the world. You had better go back to your own dentist if he has satisfied you before.

**TEBSON.**—If it is very small, unquestionably the most advisable thing for you to do is to prevent its getting any larger, by wearing a well-fitting truss, this will probably not cure it, but it will keep it up. Unless this is done, the opening will become larger, the hernia more bulky and painful, and a precarious operation will have to be performed. You had better see Atkinson, 7, Mill Street, Hanover Square, London.

**NORTHWALLIAN.**—Refrain from all local treatment for the present, and give the parts a rest. Avoid much walking and standing about, keep the bowels freely open, and take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, bromide of potassium one drachm, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day, immediately after meals. If this does not cure you, you had better come to town again, sending a stamped addressed envelope.

**ALFRED T.**—You have quite omitted to tell us what your ordinary diet is, but if you have a tendency to looseness you should avoid liquid in any shape, except in very small quantities. If you find that fruit and green vegetables have a tendency to aggravate this condition, then we hope your own common sense would suggest the advisability of discontinuing their use. Farinaceous food, if well cooked, you may eat freely of, as that may have a tendency to cause what you desire. You had better take the following medicine: Dilute nitric acid half a drachm, sulphate of quinine six grains, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**J. B. HOLMES.**—We are sorry that we cannot give the name of a physician in these columns, but shall be happy to comply with your request on receiving a stamped addressed envelope, reminding us of what you wish. As you say, it would be absurd to prescribe for such a condition without seeing it, more especially as you have been for many months under the care of medical men.

**J. C. T.**—Unfortunately you are not the only sufferer from the results of bad practices, who has wasted both time and money on quacks. See reply in these columns to "One in Trouble," and follow out the directions given to that correspondent. You must remember that the effects of years of unnatural excitement cannot be cured at once, and you will have to exercise patience and perseverance with treatment, if you wish to be permanently relieved.

**J. H.**—The only thing we can suggest is that, you should get more comfortable and better fitting boots. You do not say anything about your general health, so we cannot advise you, but it is as well to bear in mind that swelling of the feet is a complication of diseases of the heart, liver, lungs, and kidneys. Be careful to keep the bowels freely open.

**E. DEAR.**—You had better rest a little while after your meals, and take the following medicine immediately after the meal: Dilute hydrochloric acid one drachm, tincture of nux vomica half a drachm, spirit of chloroform one drachm, water to six ounces. One-sixth part three times a day immediately after meals.

**CEDRIC.**—It appears to us that you are suffering from dyspepsia or an analogous condition. We should advise you to have a cold or tepid bath every morning, and to get plenty of active outdoor exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. You should play football or whatever the seasonable game may happen to be, as much as you can, and take the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia three drachms, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part three times a day between meals.

**SINCERITY.**—You do not say whether there is any lump to be felt, you do not say whether the doctors have examined your heart; and you do not say whether the pain is worse after food. Try the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

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**NO. 15.**—You have omitted timentation your age. We should advise you to take the following medicine: Bromide of potassium two drachms, syrup of oranges two drachms, chloroform water to six ounces. One-sixth part three times a day.

**FURNACE.**—If you are affected as often as you say—that is, three times a week—there must be some strong reason for it, and the reason probably is that you do sleep on your back, although you say you do not. You had better get some hard substance, and tie it in contact with your back so that when you lie on your back you may be awakened. Use plenty of soap and cold water as a local tonic, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Electrical treatment is the only beneficial local treatment that can be employed.

**WILLIAM EDWARDS.**—Take a cold bath every morning, and use plenty of soap all over the body. Get plenty of active outdoor exercise during the day, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Have your meals regularly, and let them consist of plain, nourishing food. Take a teaspoonful of Parrieh's Food three times a day immediately after meals.

**HOPEFUL.**—This redness of the nose may be due to a great many varied conditions, and unless we know a great deal more about your general state, facts about which you can give us no information, we are unable to satisfy you on this matter of treatment. We cannot sympathise for you in having spent money in consulting herbalists and botanists: you might just as well have consulted a greengrocer. The very best thing you can do is to go and see one good doctor who will advise and treat you scientifically.

**CUMBER.**—The diagnosis of nervous disease is very difficult, even when one has had an opportunity of examining the patient. Your symptoms as described do not justify us in classifying your case at all, as they may be attributable to one of many conditions. At sixty-nine there are so many troubles possible that we hesitate to give at the pathological state, and consequently to write a prescription for a state which at present is to us, quite indefinite.

**CAREFUL.**—Bicycling is just the very thing to cause this feeling, combined with constipation. The probabilities are that if you entirely discontinue bicycling, and are careful to keep the bowels freely open, you will no longer be troubled with this affair. Take also the following medicine for a time: Must two drachms, infusion of buchu to six ounces. One-sixth part three times a day between meals. We do not think you have a varicocele.

**E. BRETT.**—Yes; your doctor is right in saying you are suffering from indigestion. This has been aggravated by the unsparring indulgence in the cigarette. Your remedy will be to eat less, to eat slowly, to drink only after meals, and to give up smoking entirely. The following mixture taken half an hour after each meal will be of service: Bicarbonate of soda twenty grains, sulphate of magnesia half a drachm, infusion of gentian to half an ounce.

**T. C. R. (L. Edmont.)**—Take after each meal the mixture ordered for "E. Brett." Eat your food slowly and drink only after each meal is finished. The following pill daily with dinner will help you: Blue pill one grain, pill of colocyth and henbane three grains, compound rhubarb pill one grain.

**CELLIARMAN.**—We certainly think that this pain in the head of which you speak has something to do with your not being a teetotaler. You must try also to get out into the open air more, and obtain some active form of exercise. Keep the bowels freely open by means of four grains of calomel taken once or twice a week at bedtime, followed the next morning by either a sedlitz powder or a small dose of Epsom salts. Your food must be light and nutritious in character, and taken regularly. Take also the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**DESPERO.**—However uncommon your personal history may be, the history of your complaint is exceedingly common. There are methods by which you can regain your cheerfulness and vigour, but their employment will necessitate your staying in London, and being regularly treated. What will do you more good than anything is the judicious application of electricity; but it is of no use your having it applied anywhere. If you like to send a stamped addressed envelope we can recommend you what to do and to whom to go.

**JACK HINTON.**—You must avoid all beer, wines, and spirits and refrain from stimulating food, such as sauces, &c. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take thirty grains of citrate of potassium three times a day.

**W. L.**—You are quite correct in your supposition that the trouble is due to indigestion. You must eat your food very slowly, drinking only after meals, avoid coffee, sugar, and preserved foods, and take the following mixture after each meal: Bicarbonate of soda twenty grains, bromide of ammonium fifteen grains, tincture of capsicum five minims, tincture of gentian twenty minims, water to half an ounce. Keep the bowels acting regularly with a daily dose of compound liquorice powder (one teaspoonful), and use only hot water for washing purposes.

**W. L. H.**—You had better bathe the eyes frequently in cold water during the day and apply some ordinary white ointment to the edges of the eyelids before going to bed at night. Keep up your general health by taking a teaspoonful of Parrieh's food three times a day immediately after meals.

**J. NEWMAN.**—This is a quite unnecessary query. If you are a medical student you will easily find out what books are in use by your colleagues. If you are not yet entered, it will be quite time enough to get the books gradually as you require them. It is useless to buy all the books at once, before you know whether you will ever want them.

**FORWARD.**—You should take a cold bath every morning and get plenty of active outdoor exercise during the day. Take the following pill every night, and follow up next morning with a sedlitz powder. Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain. To make one pill, to be taken every night. Avoid all beer, wines, and spirits, and refrain from eating too much sugar or fat. Take the following medicine: Acid tartrate of potassium two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals. Of course it is your liver which is out of order.

**NO. L. LEEDS.**—Leave the boy alone. He does not require medicine, and will probably grow out of all the troubles you name. 2. Your own condition is, as you suggest, dependent upon excessive indulgence. Cut it down as quickly as possible to once or twice a week. Take the following mixture twenty minutes after each meal: Brouide of potassium twenty grains, bicarbonate of potash twenty grains, tincture of gentian half a drachm; water to half an ounce.

**LUCK.**—1. The answer to your question depends upon the conditions of your heart. If your heart is sound, chloroform would undoubtedly be preferable. 2. A feeling of partial intoxication, added to a suggestion of suffocation, or, if you like, of choking.

**EBORACUM.**—The doctors apparently agree in the definition of your disorder, though they use different terms to apply to the same complaint. You are suffering from indigestion, which is probably the result of eating your food too quickly. Our advice is: Eat your food slowly, drinking only after the meal is finished, and take the following mixture: Dilute sulphuric acid twenty minims, hyposulphite of soda five grains, tincture of nux vomica five minims, tincture of gentian half a drachm, water to half an ounce. Three times daily between meals.

**J. SMITH.**—You should take a cold bath every morning, using plenty of soap well rubbed on all over the body with rough washing gloves, apply this treatment especially to the face. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and to the next morning by a mild dose of aperient fruit salts. You must avoid all beer, wines, and spirits, and stews, sauces, too many vegetables, too much smoking, &c. Take the following medicine: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

**M. WILTON.**—You should have persisted with the treatment, taking, under the circumstances, a smaller dose—say half—than that ordered for you. The result that followed was to be expected, and should have been in every way beneficial.

**S.W.**—We do not understand in what way a burn could have caused fleshy development of your chin, and we are inclined to think that without any burn at all the fat would have shown itself all the same. You give us nothing in the way of description of the growth to enable us to make a diagnosis, or we should have been glad to prescribe for you. You may try the effect of the following mixture, taken three times daily, an hour before meals: Solution of potash (liq. potasse pur.) ten minims, glycerine twenty minims, infusion of buchu to half an ounce.

**KITTY.**—Yes, the alum solution is useful. You may add a teaspoonful of powdered alum to half a pint of warm water, dissolve, and bathe the part immediately after washing. Allow the solution to dry on the skin.

**BURNLEY.**—This is due to the pressure on the veins in the abdomen. Nothing can be done except for her to lie prone as she can in bed with the feet up. The bowels must be kept freely open.

**CHAL.**—The drinking of chalky water predisposes to the development of gouty and rheumatic conditions with chalky formations; therefore, it is not good for people suffering with these complaints to drink this water habitually.

**LUCY.**—The best thing you can do is to take the following pill: Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain, the pill to be taken every other night at bedtime, followed the next morning by a mild dose of aperient fruit salts, this is better for you than compound liquorice powder, as it acts more on the liver. You must avoid beer, wines, and spirits, and refrain from indulging too freely in tea. Take the following medicine: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

**E. W. S. W.**—The probabilities are that you sleep in a draught all night. Hence this noise in the ears, and if you have your mouth open while asleep, this condition will be greatly exaggerated. You must get out of the draught and sleep with your mouth shut.

**CAMP.**—Miss a fortnight with the pills: take instead a teaspoonful of Epsom salts each morning in water; continue the mixture and ointment. You appear to have made good progress, and we have no doubt you will presently feel quite well again. We regret, however, that no earthly power can guarantee lasting freedom from piles. The utmost we can do is to suggest care in diet and other matters.

**DOMBEY.**—It will be necessary for you to take aperients at regular intervals, instead of doing so spasmodically. Try each morning a teaspoonful of sulphate of magnesia, added to half a teaspoonful of sulphate of soda, and dissolved together in a tablespoonful of hot water. Take neither sugar, coffee, nor beer. Eat your food slowly, and do not smoke. R. — You must keep your bowels acting regularly; eat your food slowly, taking neither coffee, beer, nor sugar, and a dose of the following mixture night and morning: Bromide of potassium twenty grains, tincture of hops half a drachm, glycerine twenty minims, camphor water to half an ounce, and you must not marry until you are free from the troubles named.

**CLAUDE.**—The pimples are termed "acne." You must wash your face in hot water, using good soap, such as Cleaver's or Vinolia. Rub the part thoroughly after drying, and apply some Haumometes ointment afterwards. Take also the following medicine before each meal: Dilute hydrochloric acid ten minims, sulphate of soda twenty grains, tincture of cardamoms half a drachm, tincture of gentian half a drachm, water to half an ounce. Three times a day before meals.

**THELMA.**—You had better take one of the Bipalatinoids (No. 500) three times a day with your meals. You should take them during alternate months for a year at least. 2. There is no reason why you should not continue taking the oil as well as the iron, though for a considerably shorter period.

**W. B.**—We do not know the cause at work in your case, and are therefore unable to judge whether the drugs ordered would be of any service. We should think they would not help you much, but except that the dose of glycerine would be much too large as ordered, the mixture would not be likely to do you any harm.

**D. A. A.**—We are glad to hear so good a report of the inflammatory trouble. Continue that treatment until all traces have disappeared. 2. Syphilis properly and systematically treated is distinctly curable, especially when the case is taken early. The best proof of that consists in the fact that a man after proper treatment may acquire a subsequent infection. The writer has treated more than one such case, through two distinct attacks of syphilis (from primary start to termination of disease), proving thus beyond the possibility of doubt that syphilis can no longer be classed amongst the incurable diseases. Brodie as a syphilographer is somewhat antiquated, and there are new and better methods than the plan advocated by him. Meanwhile, until you have fully described your exact condition, take six grains of iodide of potassium with twenty minims of solution of perchloride of mercury in half an ounce of infusion of gentian three times each day.

**XXX.**—We have had much difficulty in deciphering your letter. We would advise you to persevere with the mixture already prescribed. Take one of the following pills each night at bedtime: Blue pill one grain, pill of colocyth and henbane three grains, compound rhubarb pill one grain; and each morning before rising a teaspoonful of Epsom salts dissolved in a small quantity of hot water.

**J. C. K.**—It certainly would be better to see someone, but we cannot mention names in these columns. Send a stamped addressed envelope, and we shall be happy to advise you.

**MRS. HEARD or HEALD.**—Your writing is illegible, we cannot guess even the purport of your letter.

**BROWN FACE.**—We are unable to give an opinion upon your son's condition without seeing him. You say he is brown under the eyes, but have omitted to mention whether the rest of his face is brown or not, or as to his general complexion. If he complains, take him to a doctor, but otherwise it would be better to leave him alone.

**W. D.**—Your letter, though rather long, was legibly written, and quite clear. No doubt that the chief cause of your heart beating so wildly occasionally is that you suffer from indigestion, probably brought on by your past habit of drinking. Therefore You must be very abstemious in that respect now, and be very particular about the hours and character of your diet. We should advise you to eat boiled fish or poultry, lean underdone meat, but not too much vegetable food. Take a fair amount of regular gentle exercise every day, but do not strain yourself in any way. Be careful to keep the bowels freely open and take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, chloroform water to six ounces. One sixth part three times a day immediately after meals.

**EARL.**—He must be got into an asylum for idiots. Let the relieving officer of the parish be communicated with, and a doctor certify idioy, and he can be removed.

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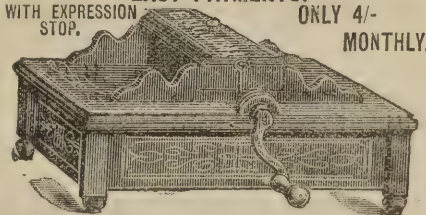
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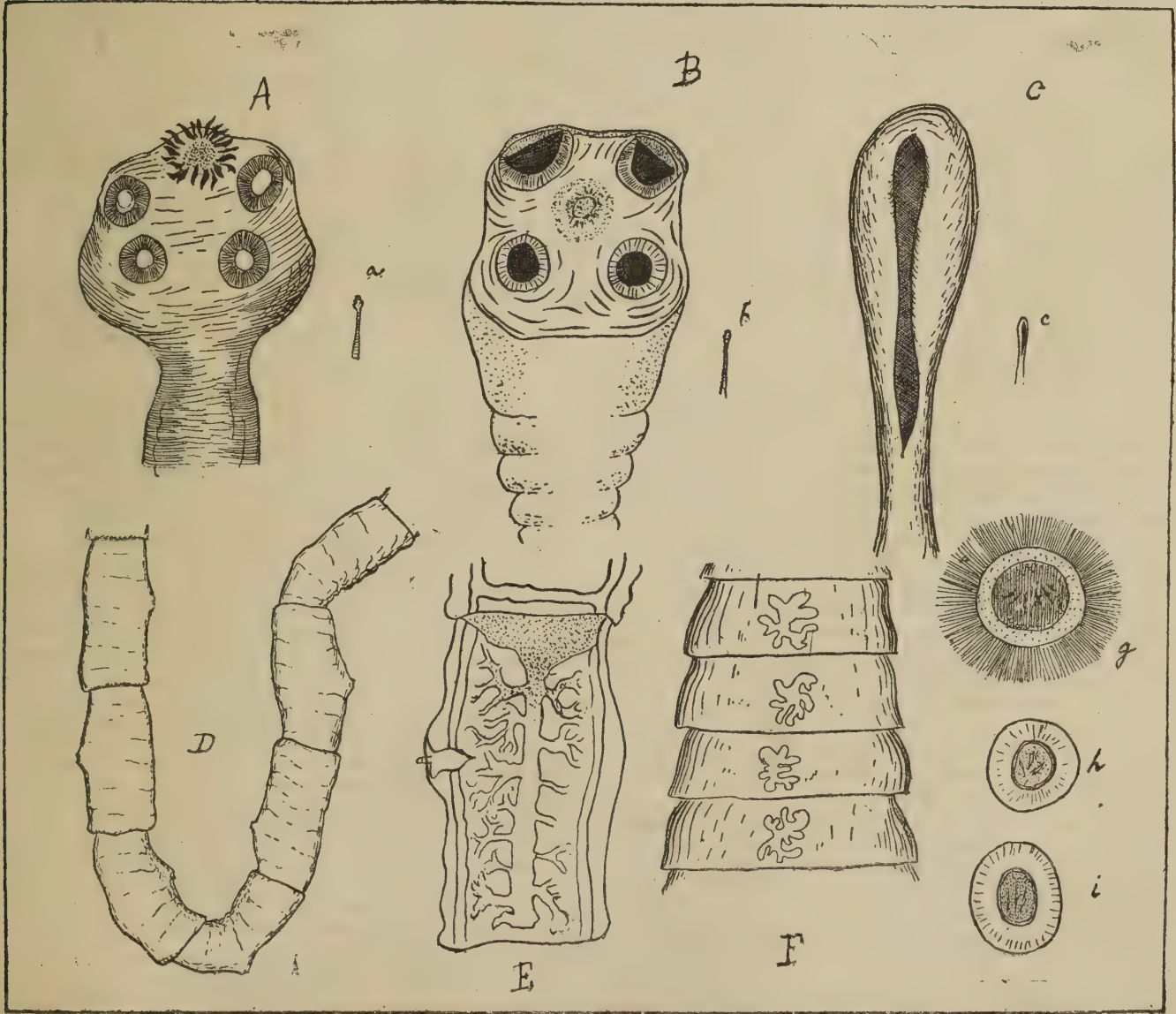
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## CONTENTS.

PAGE.	PAGE
Our Unbidden Guests .. 113	The Mother's Page .. 119
(Illustrated) .. 113	Diet for All .. 120
Editorials .. 114	Tales Worth Telling .. 120
Our Unbidden Guests 115	"Under" Complete .. 121
Some Therapeutic .. 116	Control .. 121
Problems Awaiting .. 116	The Woes of Infants .. 122
Solution .. 116	The Teeth .. 122
Doctors' Fees in .. 116	Specialties .. 123
Russia .. 116	The Nose .. 123
Recent Patents .. 116	A Hindoo Love Letter .. 123
Endurance .. 117	Gleanings from .. 123
London Water .. 117	Famous Authors .. 123
Recipes for the Table .. 118	Neuralgia .. 124
Household Hints .. 118	Our Open Column .. 124
Some Reasons for .. 118	Notes & Queries .. 124
Daily Exercise .. 118	Answers to Corre- .. 124
Attitudes of Women .. 119	spondents .. 124
in Sitting & Walking 119	&c. &c., &c.

## EDITORIALS.

**TOO MANY DOCTORS.**—We have not too many doctors. If the number were less, the standard of professional attainments would be lowered rather than raised, and the grand workings of that fundamental law, sublime in its severity, "the survival of the fittest," would be seriously interfered with, to the final detriment of both the profession and the people. Only the lower steps of the ladder of professional eminence are crowded, and those who have sufficient courage to continue the ascent, however steep and difficult it may prove, will surely find recognition and success awaiting them at the summit.

**CEREBRAL CONGESTION.**—A person suffering with cerebral congestion should never sleep with the head low. There is already too much blood in the head, and if the power of gravity is added to the natural tendency of the blood to the head, the difficulty is increased. When the head is raised, the blood naturally recedes from it; the heart has to pump the blood against gravity, and the consequence is, the lower part of the body will have a little more blood than the upper part. So the best position for persons who have a flow of blood to the head, is to raise the upper part of the body. This does not mean to raise the head by a pillow or bolster, but to raise the whole upper part of the body; let the bed be raised to an incline. The effect of raising the head only is to compress the superficial veins of the neck, so that the blood cannot readily return. During sleep the head should not be raised above the level of the shoulders, but the whole upper part of the body should be raised. In the opposite condition, as for instance when a person faints and the blood recedes from the head, the opposite effect should be produced, and the head should be lowered; but let the effect always be produced by different inclinations of the whole bed, and not by the use of pillows under the head, as is usually done.

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.

**BURNS.**—A doctor has this to say about the the treatment of burns in general:—"Burns are always painful, but the most painful ones are not the most dangerous. A circumscribed deep burn is less dangerous than a superficial burn covering an extensive surface. The rule in burns and scalds is to exclude the air as soon as possible. This is generally more readily accomplished by wrapping the burned part with gauze or cotton soaked in oil. Cloths wrung out of a solution of 'baking soda' or boric acid are said to relieve the pain promptly. A dressing of flour can usually be obtained at once, and answers as a temporary dressing. The dressing should be allowed to remain on as long as possible. All blisters should be pricked, and their fluid contents allowed to escape. Burned fingers should not be allowed to touch each other. In the treatment of any burn the utmost cleanliness should be observed. Maturation from burns is no more necessary than from any other wound. They should be dressed antiseptically. This can be easily accomplished by having the oil used slightly carbolicised. Carbolicised, or iodoform, or bi-chloride gauze should be used."

**EAT BEFORE GOING TO BED.**—Most students and women who are troubled with insomnia are dyspeptic, and they should, therefore, eat before going to bed, having put aside work entirely at least an hour before. If they are not hungry they should simply be instructed to eat, and if they are hungry they should eat whatever they want. A glass of milk and a biscuit is sometimes all that can be taken at first, or mashed potato buttered. If possible, the night meal should be taken in another room than the sleeping apartment, and for men in the city it will be found advantageous to go out to a restaurant. Before eating, however, a bath should be taken, preferably cold or cool, which should be given with a sponge or stiff brush, and the body thoroughly rubbed off with a coarse towel afterward. The bath need not be more than five minutes in duration. Further than this, the patient should go to bed at the same hour every night, and arise the same hour every morning. There is a popular superstition, that grown people should not eat immediately before going to sleep; that it will give them indigestion or nightmare, or both. The writer cannot see why adults should be so very different in this respect from babies. The average person should be in bed seven or eight hours, which is time enough for the digestion of almost anything edible.

**THE WEDDING TRIP.**—The French medical journals have been lately calling attention to the evils of the wedding trip. There are few physicians who will not recall many cases in which a girl, perfectly healthy till her marriage and a long wedding trip, is never healthy again. The number of women who date a life of chronic invalidism to a wedding trip is small. So apparent have been these evils that it is reported a custom has arisen by which the demands of fashion for a wedding trip shall be complied with, and yet the newly-married couple enjoy a period of repose and quiet all by themselves. The plan is to make ostensible arrangements for a trip, and even drive to the station, but in reality turn back to a hotel, or some intimate friend's, in which, all alone by themselves, the newly-married couple shall begin their life journey. Marriage is one of the epochs of life. It is peculiarly related to the physical well-being of both parties and to the unborn. To the young wife, there has been long and exhaustive excitement in arranging for the event. To this is added an entrance upon physical relations utterly new to her. Surely this is quite enough to bear in the retirement of a quiet home, or away from inquiring acquaintances. Surely this is enough without the discomfort of railway travel, the exhaustion of hurrying from place to place, the excitement of new scenes and people, and the exposure to extremes of heat and cold, of storms and all sorts of annoyances inseparable from long journeys. We have often thought that physicians, by giving a word of friendly advice to such of their patients as chanced to be about to enter upon a married life, might be the means

of saving such persons from future misery. Family physicians are the ones to reach these cases. True, they would have to combat social customs, but after all we think that in the end they would win.

**PHYSICAL SINS.**—Perhaps nothing will so much hasten the time when body and mind will both be adequately cared for, says Herbert Spencer, as a diffusion of the belief that the preservation of health is a duty. Few seem conscious that there is such a thing as physical morality. Men's habitual words and acts imply the idea that they are at liberty to treat their bodies as they please. Disorders entailed by disobedience to Nature's dictates they regard simply as grievances, not as the effect of a conduct more or less flagitious. Though the evil consequences inflicted on their dependents and on future generations are often as great as those caused by crime, yet they do not think themselves in any degree criminal. It is true that in the case of drunkenness, the viciousness of a bodily transgression is recognised; but none appear to infer that if this bodily transgression is vicious, so, too, is every bodily transgression. The fact is, that all breaches of the laws of health are physical sins. When this is generally seen, then, and perhaps not till then, will the physical training of the young receive deserved attention.

**A MEDICAL CONGRESS AT SEA.**—The art of making holiday is well understood by many persons, and the methods of business probably by a still greater number. The faculty of combining both pursuits without injustice to either is, however, more difficult of exercise, and it is consequently less often witnessed in successful operation. An experiment, says the *Lancet*, which is to be carried out by the Norwegian Medical Congress at its next annual gathering possesses a special interest in this connection. At the meeting recently held in Christiania it was decided that next year members will assemble on board a yacht, which will cruise during their deliberations. A more reasonable, salutary, or, on the whole, economical arrangement could hardly have been arrived at. It remains to be seen if the work of the Congress will be carried out with the same regularity and application as it would be under existing conditions. This is the only point as to which we are at all doubtful. The project is certainly worth a trial. Several circumstances combine to render a holiday at sea—especially when passed, as in summer it usually is, amidst favourable weather—a highly enjoyable means of recreation. The holiday-maker can then freely partake of the purest and richest atmosphere that lungs can breathe, physical exercise within deck-limits may be taken in greater or less measure at the option of individuals, whilst the hours of sleep, walking, meals, and occupation may be observed with a minimum of irregularity. All this, coming as the healthy sequel of months, or perhaps years, passed in effort, weariness, and worry, confers upon the pleasure voyage to sea a charm and utility which only those can appreciate who have known this happy experience of navigation. Some discretion must of course be employed in the selection of season and weather, but these being favourable, we know of few more agreeable modes of release from the cares of medical practice than that proposed by the Norwegian Congress. With a service of well-appointed vessels continually visiting our shores, expenses are reduced to a minimum and facilities and comfort are increased in proportion.

WHERE thou hast touched, O wondrous death!  
Where thou hast come between,  
Lo, there forever perisheth  
The common and the mean.

No little flaw or trivial speck  
Doth any more appear,  
And cannot from this time, to fleck  
Love's perfect image clear.

Clear stands love's perfect image now,  
And shall do evermore;  
And we in awe and wonder bow  
The glorified before.

—Archbishop Trench.

The Family Doctor is Carefully Edited and meets a want that has been long felt."—*News of the World*.



[SPECIAL ARTICLE.]

## OUR UNBIDDEN GUESTS.

## THE PARASITES OF MAN.

By Dr. NAGALCAM.

## Article I.—TAPEWORMS.

(See *Frontispiece*.)

## PARASITES IN GENERAL.

MAN, in his many varieties and diverse habitats, is the unwilling, or unconscious, host of great numbers and many kinds of parasites. Some of these, like the flea and the louse, live on the surface of his body; others, like the *Trichina spiralis*, bury themselves in his muscles or connective tissue. There are species which float in the blood stream, giving rise to strange and obscure illnesses; other species, inhabiting the intestinal canal, which scarcely make their presence felt by any symptoms at all. Some have fixed positions and a limited life, while others may wander through the body, and eventually find a resting place for years, in almost any organ or structure. Of the latter kind, we have an example in the *Echinococcus*, which, commonest in the liver, may occasionally be found in its characteristic bladder-like home anywhere in the body—from the great toe to the eye or brain. Some parasites are peculiar to man, disdaining a meaner host; many, however, are not so exclusive, and are found also in dogs, cattle, or even fish. Some are born, live, and die in one individual; others must pass through the bodies of two individuals, sometimes of widely-different species, to complete the cycle of their existence. There are parasites which only affect the black races of man, and parasites which can only exist under a white skin. A few are confined to particular regions of the earth's surface, being under the influence of climatic conditions; but the majority are widely spread, geographically, and are chiefly affected by the dietetic habits of their hosts. The more common of them are, happily, under our control, and can be destroyed or ousted from their position by appropriate means; a few, and perhaps the most dangerous, still defy the resources of medical science.

Parasites vary greatly in size. The cyst, formed by the echinococcus in the liver, may reach the size of a football. Tapeworms may be many yards in length; but the great majority of parasites are scarcely visible to the naked eye, and are formidable rather on account of their number than of their size.

## TAPEWORMS.

Among English people the tapeworm, because of its size, the frequency of its occurrence, and the serious symptoms to which it is supposed to give rise, is looked upon as typical of the class of parasites. There are few families of which one or two members has not harboured a "worm"; and nearly everyone is acquainted with the appearance of the white, segmented creature hanging in ornamental festoons in a bottle of spirit, and exposed in a shop window to demonstrate the skill of some "herbal doctor." It is fitting therefore that we should commence a popular account of the parasites of man by describing the tapeworm.

The tapeworm is one of that class of parasites which requires to pass through the bodies of two hosts to complete its life, and leave behind eggs of a new generation. Generally these two hosts are of different species. For instance, the common tapeworm of England passes the first half of its existence in the muscles of the pig; the second, and as we may call it, the adult period of its life, is passed in the intestine of a human host. This, however, is not invariably the case. Man enjoys the unique distinction of serving as a suitable host for both phases in the life of this parasite.

We will commence our description with the adult worm as it exists in the intestine of man. Here it is a long, flattened creature, often of several yards in length, consisting of short quadrilateral segments, joined together as shown in D, in the illustration. If we trace

these segments upwards towards the head of the worm, we find them growing smaller, shorter, and broader in proportion to their length. This diminution in size continues until we reach the neck, which is nearly as slender as a sewing needle, and the segments so crowded together as to be indistinguishable. The head of the worm is about the size of a pin's head. A, B, and C in the figure shows the head of different species, enlarged; a, b, and c, the head, neck, and commencement of the body, of the actual size. The head is provided with suckers and teeth, or hooks, by means of which it fixes itself to the mucous membrane of the intestine. At the other end of the worm the segments are of the largest size. One is shown, enlarged, in E. It will be seen that it is occupied by a branched canal, which opens by a small orifice at the middle of one edge of the segment. This is the uterus, and in the large segments, at the end of the worm furthest from the head, is filled with the minute eggs. The segments are then said to be ripe; and when in this condition, detach themselves one by one, or several together, from the rest of the worm, and are passed out of the body with the feces.

We must now follow the fortunes of these eggs, and see how some of them develop into new tapeworms, in some other unfortunate sufferer. The majority of them no doubt perish, but a few become mixed with the soil and vegetable matter. Suppose that we are dealing with the commonest species of tapeworm in England, the *tænia solium*. The eggs of this tapeworm can only develop further when they are swallowed by a pig. When we remember the feeding habits of these animals, eating as they do all sorts of vegetable matter, semi-decayed and mixed with dirt, it is easy to understand how some of the eggs of a tapeworm may get into its stomach and intestines. Once there, they are soon hatched. The little embryo worm, armed with six sharp hooklets, enters upon a very active period of its life. It penetrates the walls of the intestine of the pig, and wanders away through its tissues. Its final resting-place is usually the muscles or lean part of the pig's flesh. Here it surrounds itself with a little bladder-like sheath, not much larger than a small pea, and remains at rest. The first half of the cycle of its life is completed, and it can develop no further until the flesh of that pig is eaten by man.

A pig, if it swallows any at all, usually swallows a considerable number of tapeworm eggs. Hence its body is invaded by hosts of the little embryos, and its flesh is studded by their little cysts. Although they select the muscles by preference, yet they may develop in almost any part of the body. If they are not very numerous, they may pass unnoticed, and the flesh may be used for the food of man. If it is first thoroughly cooked, of course the little cysts with their contained embryo worms (technically called *cysticercus cellulosæ* or *scolex*) are destroyed; but if the infected pork be eaten in some uncooked or only partially cooked form, such as ham, or sausages, the cysticercus may be received into the human stomach in a living condition. An opportunity is then afforded it of entering upon the second half of its cycle of existence.

Suppose, however, that the tapeworm's egg, instead of being swallowed by a pig, as usually happens, gains access in some extraordinary way to the stomach of a man. Here they behave just as they do in the pig. The egg is hatched, and the embryo worm, or scolex, wanders off into the tissues, finding at last a resting-place, and building around itself its little bladder or cyst. If it should settle down in some muscle, or other comparatively unimportant organ, no harm results. It lives from three to six years, and then dries up into a little chalky granule.

But this harmless ending is not by any means universal. Instead of a muscle, it may establish itself in some vital organ, such as the heart or brain, and thus lead to the death of its host. They have been many times observed in the eye, causing partial or complete blindness.

The cysticercus of the tapeworm which has invaded man finishes its life in his body. It cannot have any chance of developing further. In its commoner habitat, however, the flesh of the pig, it is more fortunate. The imperfectly-cooked pork is dissolved by the gastric juice of

the human stomach and the cyst is ruptured, setting free the scolex. This straightway attaches itself to the mucous membrane of the upper part of the intestine by means of its suckers and hooks, and begins to grow. It increases in length by the addition of new segments near the neck, pushing the old ones down, which increase in breadth and length—but faster in length than in breadth—until the adult tapeworm, yards in length, is formed. The cycle is now complete, and commences again by the formation of eggs in the branched canal of the segments, and the shedding of these when ripe.

## SYMPTOMS OF TAPEWORM.

It must be understood in the first place, that tapeworms may, and frequently do, exist without giving rise to any symptoms whatever. They undoubtedly cause a great variety of symptoms, which will be mentioned below, but not in every case; and not any of them are pathognomonic—that is, enable us to say certainly that the complainant has a tapeworm. There is, indeed, only one certain sign of tapeworm, and that is, to find segments or portions of the worm in the stools.

Persons who have a tapeworm, or who imagine they have one, are frequently nervous, and hypochondriacal; they suffer from pains in the abdomen, of a colicky nature, constipation, or diarrhoea, or each alternately. Loss of appetite is common, but sometimes the appetite is enormously increased, the patient always feeling faint in spite of the quantity of food ingested. There is often lowness of spirits, and unfitness for exertion, and great loss of flesh.

The irritation which tapeworms may set up in the intestinal canal is sometimes responsible for various reflex symptoms, such as dilated pupils, itching at the nose, constant flow of saliva, headache, sickness, &c. In rare cases they have even caused convulsions and chorea.

## TREATMENT OF TAPEWORM.

An immense number of remedies have been used against tapeworms. Those chiefly used at the present day are: Kousso, pomegranate, root bark, oil of male fern, Kamala, oil of turpentine. Whatever anthelmintic is used must be preceded by a purgative and period of abstinence from food, and followed by a purgative. Unless the head comes away the worm will grow again. The dose of the drug, the purgatives used, and the length of the fasting, all require to be varied with the individual nature of each case, and the directions of the medical man must be strictly followed. Self drugging is not to be advised.

## THE THREE SPECIES OF TAPEWORM.

## Description of Illustration.

- A. Head of *tænia solium*, enlarged.
- a. The same, actual size.
- D. Part of the middle of the *tænia solium*, actual size.
- E. One of the segments enlarged, showing the branched uterus containing minute eggs.
- L. Egg of *tænia solium*, magnified.
- The *scolex* of the *tænia solium* lives in the muscles of the pig. The adult worm reaches a length of from seven to twelve feet.
- B. Head of *tænia mediocanellata*, enlarged.
- b. The same, actual size.
- i. Egg of *tænia mediocanellata*, enlarged.
- The *scolex* of this worm lives in the flesh of the ox, and as uncooked beef is not so commonly eaten as pork, the corresponding tapeworm is rarer. It is longer than the *tænia solium*, namely from 10 to 13 feet.
- C. Head of the *bothriocephalus latus*, enlarged.
- c. The same, natural size.
- F. A few segments from the middle of the worm. They are much broader and shorter than in either of the other species.
- g. Egg of *bothriocephalus*, after having developed partly in sweetened water.

It is then swallowed by fish, and the *scolex* is formed in their muscles. This tapeworm therefore comes from the eating of infected fish. It is found in Holland and part of Switzerland, in East Prussia, in Hamburg, and parts of Russia. It is the longest of the tapeworms, reaching in length of from 20 to 25 feet.

MANY a man thinks he is looking at truth when he is only looking at the spectacles he has put on to see it with.—*Diamond*.



## SOME THERAPEUTIC PROBLEMS AWAITING SOLUTION.

COMPLAINTS are frequently made regarding the backwardness and slow progress of therapeutics. In view of the complexity of the phenomena which are involved, the wide range of individual idiosyncrasy and the impossibility in many cases of instituting anything in the nature of exact experiment, it is possible that these complaints may be a little unreasonable. No one doubts that rapid and brilliant progress is continually being made in our knowledge of the pathology and the clinical history of disease, and when the conditions of the question are fairly considered it will not seem surprising that therapeutic progress should follow rather than precede advances in pathology and clinical medicine. However this may be, it is desirable that we should from time to time review our position regarding some of the as yet unsolved or imperfectly solved problems of medicine. Time leaves little unchanged, and even in the absence of any notable experiments or discoveries, it will always be found that we are from year to year insensibly altering our attitude towards the great therapeutic controversies of our age. Experience always teaches something, even if it be only caution and scepticism, and every day facts arise which tend either to confirm or to undermine provisional theories and working hypotheses. Truth prevails very slowly and error is as slowly expelled; but the intellectual atmosphere is ever changing. Doctrines that seemed to be probable a decade ago appear to be hardly worth contending against to-day. Theories that gave a passing satisfaction to the thoughtful physician of the last generation seem to be strangely outworn to-day, although little may have been accomplished in the way of tangible disproof.

We may find illustrations of our remarks in such diseases as syphilis, phthisis, pneumonia, diphtheria, and typhoid fever. It is not so long since the revolt against the abuse of mercury was in full swing, and had gone so far that certain accomplished observers maintained that some of the worst features generally attributed to the disease were really due to the remedy. Now we feel that this question has passed out of the sphere of serious discussion. With a practical unanimity we acknowledge the value of mercury, and the only problems that await solution in this connection are the proper form of the drug to employ in a given case, the correct dosage, and the mode of administration. Phthisis affords a more difficult case. For the present, treatment by inoculation stands condemned, and it is not likely to be generally revived unless more extensive and authentic evidence of its utility than that which first gave it vogue is forthcoming. We have not, however, yet finally determined whether the antiseptic treatment of phthisis is as sound in practice as it seems to be plausible in theory. The use of antiseptic inhalations, though much less general than it was a few years ago, still holds its ground to some extent. We would commend to the profession the determination of the following question, which lies at the root of the problem. Supposing it be granted that bacilli are the cause of phthisis, and that their destruction is the legitimate object of the efforts of the physician, is there any evidence to show that an antiseptic solution or vapour can reach the seat of the disease in sufficient strength to effect this object? We fear that, for the present, at least, there is no such evidence; and without discouraging further experiment we very decidedly deprecate the use of inhalers and inhalations which are theoretically indefensible and manifestly ineffective. Then, again, with reference to the

THE OPINION OF EVERY ENGLISHMAN is that liberty of speech and action is the birthright of every free man. "Britons never shall be slaves" is one of the most popular of our national songs, and, as a matter of fact, it is impossible for slavery to exist under the protecting shadow of the British flag. In the same manner, men cannot remain bound by the tyrannic shackles of disease, if they will place themselves under the healing influence of Holloway's Pills and Ointment. Their success in all parts of the world is now a familiar story, and it is only necessary to say here, there is no known disorder that cannot be speedily cured or relieved by them.

same disease, much advantage would arise from the diffusion of more definite views regarding the different effects of the various sanatoria upon its progress and palliation or cure. The high altitudes, the ocean voyage, and the desert air are all known to possess considerable efficacy, but, although the literature of the subject is rapidly increasing, it cannot be said that the profession generally has assimilated the opinions of experts on these subjects.

Pneumonia is still more or less of an opprobrium to the therapist. Vigorous stimulation still commands the approval of the great majority of adherents, but thoughtful physicians can hardly repress a doubt as to whether it is universally applicable, and whether a place might not still be left for venesection and antimony. Sweeping generalisations in medicine are hardly ever true, and the time may come when greater therapeutic distinctions will be drawn between the different types of case, to the great advantage of the patients. Then we need further to make up our minds whether cardiac failure is really the chief source of danger in pneumonia, and, if it be so, whether we have made sufficient use of our great cardiac tonic, digitalis.

It is not so long since one of the great battle-grounds of practical medicine was the identity or non-identity of laryngeal diphtheria and membranous croup. This question has never been authoritatively settled, and although the doctrine of identity has tended to prevail, somehow or other the question has lost its interest, and we have come to see that its practical importance had been over-rated. What is certain is the clinical fact that a membranous affection of the larynx is excessively dangerous, and in young children is very frequently fatal. In view of these clinical facts, the question of the precise pathological character of the membrane in the different cases becomes of minor interest. More important are the questions whether the removal or destruction of the membrane is ever advisable, and when tracheotomy should be performed. The former question is now usually answered in the negative; and the latter raises one of the most difficult points in therapeutics, and one which is further rendered perplexing by the fact that foreign experience seems to be at variance with our own.

As regards the last disease on our list—viz., typhoid fever—we greatly need more authoritative teaching and more defined views on two questions: firstly, is intestinal antiseptics the legitimate aim of treatment, and if so which of the numerous antiseptics is the most suitable one? and, secondly, is antipyresis generally advisable, and if so are we to trust to medicinal antipyretics, or to the cold bath? To discuss these questions adequately would take us beyond our present limits, but we commend them to the thoughtful attention of our readers. We may merely suggest that intestinal antiseptics is still upon its trial, and that as regards antipyresis British practitioners have perhaps unduly neglected the external application of cold.—*Lancet*.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

- 17,976. A new or improved liniment or embrocation. C. G. HAWKES, London. September 25th, 1893.
- 18,177. Skin specific. G. T. HALL, Plumstead. September 28th, 1893.
- 18,179. Improvements in invalid carriages. J. S. PRICE, Southwick.
- 18,313. Improvements in and relating to artificial teeth. R. WESENDANGER, London. September 29th, 1893.

## SPECIFICATIONS PUBLISHED.

- 18,780. ZIMMERMAN. Artificial teeth (10d.), 1893.

"FOR THE BLOOD IS THE LIFE."—CLARKE'S WORLD-FAMED BLOOD MIXTURE is warranted to cleanse the blood from all impurities, from whatever cause arising. For Scrofula, Scurvy, Eczema, Skin, and Blood Diseases, its effects are marvellous. Thousands of testimonials from all parts. In Bottles 2s. 6d. and in cases containing 6 times the quantity 11s. each, of all chemists. Sent for 3s or 13s stamps, by the Lincoln and Midland Counties Drug Co., Lincoln.

## DOCTORS' FEES IN RUSSIA.

MUCH diversity of opinion is likely to arise in connection with the astonishing ukase just issued by the Czar regulating, and restricting within certain narrow limits, the fees demanded by medical practitioners for their services. By many, says the *New York Tribune*, it will be considered as one of those paternal pieces of autocratic legislation—few and far between—which, in a certain measure, palliate and excuse despotism. But by the doctors themselves it is bound to be regarded in the light of an act of unwarrantable interference and outrageous tyranny, thoroughly in keeping with the persecution of the Hebrew race, and other phases of Muscovite barbarism. According to the decree in question, the population of the Empire is divided into three separate classes, the one composed of the nobles, the capitalists, the landowners, the manufacturers, the bankers, the principal merchants, and members of the first six classes of the civil, military, and naval service. The second class comprises lawyers, parsons, and professional men of one kind and another, as well as Government employés of the seventh and eight grades; while class number three consists of the balance of the population. For patients belonging to the first class the fee is limited by law, and under severe penalties, to five roubles, about 11s., for each consultation; those forming part of the second class are instructed under no circumstances to pay more than three roubles, while the cost of medical advice to the masses is limited to 30 kopeks, or 10d. Should this law be enforced, as the Czar has expressed his determination of doing, it will necessarily involve the ruin of many of the leading physicians at St. Petersburg and Moscow, who have been accustomed to charge and to receive, not five or three rouble or 30 kopeks, but hundreds and even thousands of dollars, for a single consultation. Of course, it will be optional for patients to give expression to their gratitude for medical care by paying much larger fees, but the doctors will be henceforth debarred from presenting any claim for compensation in excess of the sum prescribed by the ukase.

DR. BOTKINE.

It may be taken for granted that this ukase would never have been issued had old Dr. Botkine been still alive. He was the favourite and most trusted physician of the late Czarina, and as such stood high in the good graces of her son, Alexander III. The doctor's regular fee for a consultation was 100 roubles at his own house, while he demanded five times that sum for any professional visit at the residence of a patient, if it happened to be within calling distance of his own house. He made up for the heaviness of his charges to the rich by his benevolence to the poor, whom he treated for nothing. One day he was visited by the late Prince Demidoff, who was as mean and as avaricious as he was rich, his wealth surpassing that of any nobleman or commoner in Europe. After having prescribed the necessary remedies, Dr. Botkine noticed that Prince Demidoff had extracted two five-rouble notes from his pocket-book, and that he was about to tender them in payment of the consultation. "Thanks, no; nothing at all, my dear Prince!" he exclaimed, in the most kindly, and even affectionate manner. "You ought to know that I never exact any fee at all from the poor." And with that he bowed the Prince out. A curious story is told at St. Petersburg of the circumstances that led to his appointment at Court. The late Empress, beside being afflicted with consumption, suffered from disease of the heart. Like many other invalids, she was convinced that the physicians in attendance failed to understand her case, a state of things due rather to the extraordinary modesty on the part of Her Majesty than to any ignorance of the doctors, as she could not be prevailed upon to permit them to examine her chest in the ordinary manner.

DOCTOR AND THE CZARINA.

Ever on the look-out for a physician who could comprehend her case, she readily granted permission to one of her ladies-in-waiting to present to her a young, and at that time unknown doctor named Botkine. He came and created

"The FAMILY DOCTOR ought to have a very Wide Circulation."—*Weekly Dispatch*.



a most favourable impression upon Her Majesty, until the moment when he asked her to remove the bodice of her dress in order to enable him to examine her chest. She at once refused to comply, adding that all the physicians who had attended her until then had prescribed for her without requiring any such immodest display. "If your Majesty declines, I must refuse either to prescribe or to advise," replied Botkine, with great dignity. "It is impossible for anyone to diagnose a case without a thorough examination;" and before the astonished Empress could utter a word he began bowing himself out, and backed himself almost into the arms of Alexander II., who was just entering. Having heard from the ladies in the antechamber that a physician was with his wife, the Czar asked cheerily of Dr. Botkine how he found the Empress, and then perceiving the latter's disconcerted look, inquired what had happened. The young doctor replied that Her Majesty had refused him or any other physician to examine her chest in the customary manner, and that, under the circumstances, he could not conscientiously either diagnose the case or prescribe for it. Struck by the young man's independence of character and language, as well as by his honesty and common sense, the Czar dismissed him in the most kindly manner with instructions to call at the palace on the following day at noon. Dr. Botkine made his appearance at the appointed hour, was received by the Emperor and conducted by him to the Czarina, who had been in the meantime prevailed upon by her husband to submit to the examination. The remedies subsequently administered by the young physician afforded so much relief to the Imperial patient, that thenceforth Dr. Botkine's fame and fortune were made. The Empress would allow no one else to attend her. He acquired a most extraordinary influence over her, and remained with her until her death at Nice. Subsequently he set up in private practice at St. Petersburg, although retaining his Court appointment at St. Petersburg, and his high favour of the Imperial family during the remainder of his life.

## ENDURANCE.

HOW much the heart may bear, and yet not break!

How much the flesh may suffer and not die!

I question much if any pain or ache

Of soul or body brings our end more nigh.

Death chooses his own time; till that is worn,

All evils may be borne.

We shrink and shudder at the surgeon's knife.

Each nerve recoiling from the cruel steel,  
Whose edge seems searching for the quivering life;

Yet to our sense the bitter pangs reveal

That still, although the trembling flesh be torn,

This, also, can be borne.

We see a sorrow riding in our way,

And try to flee from the approaching ill;

We seek some small escape—we weep and pray.

But when the blow falls, then our hearts are still—

Not that the pain is of its sharpness shorn,

But think it can be borne.

We wind our life about another life,

We hold it closer, dearer than our own;

Anon it faints and falls in deadly strife,

Leaving us stunned, and stricken, and alone,

But ah! We do not die with those we mourn;

This, also, can be borne.

Behold, we live through all things, famine, thirst,

Bereavement, pain; all grief and misery,

All woe and sorrow; life inflicts its worst

On soul and body, but we cannot die,

Though we be sick and tired, and faint, and worn;

Lo! All things can be borne.

"THE LOVE OF HOME" is deeply rooted in the hearts of English women, and to make home cheerful and happy is their great desire. To attain this end, it is essential that pure and wholesome food and drink should be consumed. Above all, they should purchase the "BEST TEA." HORNIMAN'S TEA is "the Best" to buy.

## LONDON WATER.

THE recently-issued official report on the London water-supply should allay a good many apprehensions. It will, no doubt, prove also a damper for those of us who may have been dreaming of drawing unlimited supplies of the pure elements from Windermere Lake or from the Welsh hills. There is a fine and fascinating element of romance in the idea of finding water in a beautiful mountainous country, redolent of all things sweet and wholesome, and bringing it through immaculate channels, for many a mile, in a perfectly fresh and sparkling condition, straight into our homes. Why should Glasgow rejoice in its unparalleled supply from Loch Katrine, in the far Trossachs, while we are compelled to put up with such questionable sources as the Thames and the Lea? Why should not Londoners also enjoy the delight of drinking, almost at first hand, from mountain streams away yonder in South Wales or in the romantic district of the Lakes? These are, perhaps, natural enough, questions; and the matter-of-fact answer virtually given to them by the Commissioners is:—"You have no need to go so far afield when you have a practically unlimited and sufficiently pure supply at your own doors."

The first question that may occur to some on hearing this assurance is, "What guarantee have we that men who make it have any claim to speak with authority?" And we have but to look at the constitution of the Commission to satisfy ourselves on that point. With a strong chairman at its head, in the person of Lord Balfour of Burleigh, it numbered among its members men like Sir A. Geikie, Director-General of the Geological Survey; Sir George Bruce, the eminent civil engineer; Mr. G. H. Hill, who had a share in the introduction of the Loch Katrine water into Glasgow, and other experts whose judgment may be supposed to carry weight on the various theoretical and practical aspects of the inquiry. But these eminent men have not relied only on their own personal knowledge of what is needed in a satisfactory water-supply, and of the local conditions which affect the question as regards London: They have also called to their aid, and availed themselves of the acquaintance with the subject possessed by the municipal and other authorities within the area embraced in the inquiry, and they have consulted those who, from their special studies or experience, had a right to offer an opinion on the questions that occur in connection with the matter on which the Commissioners had to report. These gentlemen may, therefore, fairly claim to speak with authority.

What they have to say has a bearing, of course, on the two main questions that are of importance in relation to a water-supply—namely, quantity and quality. How much water ought to be furnished each day to each individual in a community? That is a question to which different authorities may give different answers. It is well-known to our readers that the Messrs. Pears issue as a pictorial advertisement what professes to be a testimonial from an extremely seedy-looking gentleman, who writes: "Two years ago I used your soap, and since then I have used no other!" And it must be admitted that the artist (Mr. Harry Furness, if we mistake not) has succeeded in representing the gentleman as if his testimonial were perfectly trustworthy. If we were all of the opinion of this worthy, the authorities need not trouble themselves about providing an extravagant supply of water; and he may be taken as representing a large class who have been unhandsonly but graphically described as the "Great Unwashed." But there are a good many of us who desire not only to quench our thirst, and to have our victuals cooked, but also to have, in Bible phrase, "our bodies washed with pure water." Clean linen, too, is generally considered a desirable adjunct of civilised habits; so that it is impossible to limit the quantity of water required to the dimensions that would satisfy the uncommonly modest desires of Messrs. Pears' picturesque friend and men like him.

Dr. Parkes has calculated the amount of water required daily per head in a household of fairly clean people at 12 gallons. This includes

the quantity needed for a daily sponge bath of 2½ gallons to 3 gallons; but it does not include a water-closet supply. When we take into account, however, the various uses for which water is in demand—for drinking—either alone or in combination with something else—for cooking, for washing of clothes and of the person, for horses and cattle, and for trades and manufactures, we find that a much larger quantity than this is required. In a lecture on this subject delivered towards the close of last year by Major Flower, of the Sanitary Institute, he stated that provision should be made for a daily supply of from 30 to 35 gallons as a minimum, especially as a considerable proportion of the quantity provided would not reach the consumer, owing to imperfect fittings and carelessness. In 1884 the average supply per head in the London districts was 28 gallons in the twenty-four hours; but in Glasgow, for more than forty years, the generous amount of 33 gallons a day has been secured for each inhabitant, and operations are now being carried on which, when completed, will make available a quantity of water more than double of what is at present capable of being supplied. And London ought not in this respect to be behind any city in the kingdom.

From the report which has just been issued by the London Water Commissioners we learn that the present supply to the metropolis, which is at the rate of 37·10 gallons daily per head of the population, could be very largely increased from the existing sources, without injuriously affecting any material interest. The present consumption amounts to over 200 million gallons a day; but this quantity can without difficulty be gradually increased until it reaches 450 millions or thereby, which would supply over 12 million persons at the rate of 35 gallons a day to each. That number of persons, we are told, is nearly a million in excess of what the total population of Greater London will have become in 1931, even if the ratio of increase of last decennial period to 1891, is fully maintained; and perhaps it is enough in the meantime to look some forty years ahead.

So much for the quantity. It is plain that, without touching on any new sources, the existing supply is amply sufficient to satisfy the most exacting, even having regard to prospective needs. But a still more important consideration is that of quality. Under this head also it is gratifying to observe that the report of the Commissioners is in the highest degree reassuring. They testify that the water is of a high standard of excellence and purity, and perfectly suitable for all household purposes; and they see no necessity, therefore, of going to Wales to find a fresh source of supply. And this conclusion is not arrived at in ignorance of the prejudice that exists against the use of drinking-water derived from the Thames and the Lea. These rivers, it is well-known, are liable to pollution—sometimes in a very extreme form, and the prejudice against using the water derived from them is not overcome by the knowledge that it has been subsequently purified either by natural or by artificial means. The Commissioners do not believe, however, with an experience of London for the last thirty years, and having regard to the evidence which they have collected on the subject, that any dangers exist of the spread of disease by the use of this water, provided that there is adequate storage, and that the water is efficiently filtered before delivery to the consumers. These are, no doubt, exceedingly important conditions; but, with the means at the disposal of the authorities, there is no reason why they should not be adequately fulfilled. From what has been said above, it will be seen that there is abundant opportunity for making, as is being done in Glasgow, ample provision for a storage supply; and, in the light of what has been taking place in Hamburg, there should be no difficulty in taking the necessary steps for effective filtration. On the whole, it is evident that the London water question is in a more satisfactory condition than it was popularly believed to be.—*Sanitary Record*.

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# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**BOILED EGGS.**—It is the common way to boil eggs only about five minutes, and call them hard. They are then very "hard" of digestion. Boil ten minutes and they are still hard and soggy. Boil them twenty minutes and they become light and mealy, and may be easily mashed and seasoned. To boil eggs so that they shall be "soft," drop the whole eggs carefully into boiling water, and boil steadily three and a half minutes by the watch. This is a common method; though the white is hardened, the yolk is scarcely cooked at all. Another method is to lay the eggs in a warm basin or saucepan, and cover with boiling water. Let them remain without boiling, but where the water will keep hot for ten minutes. Both yolk and white will be cooked soft.

**APPLES IN JELLY.**—Peel, quarter, and core some good apples. Cook with just water enough to cover them, some slices of lemon and clarified sugar, till tender. Take out the pieces of apple and arrange in a dish. Boil the syrup till it will jelly, and pour over the apple.

**A LESSON IN ROASTING.**—And now for the lesson in roasting. Suppose we take a calf's heart, and make a dish which for economy and delicacy is not half well enough known, although it will be after a few hundred more girls have learned how to prepare it. You must wash the heart thoroughly in cold water, to remove the blood, and cut out the veins and arteries. This may not be a pleasant task to everyone, still it is no more unpleasant than preparing fowls or game. Make a stuffing with one tablespoonful of bread crumbs, one tablespoonful of chopped onions, one tablespoonful of powdered sage, one half a saltspoonful of salt, and a tiny bit of pepper. This you may moisten with milk or water. After it is prepared put it into the cavity caused by the removal of the arteries, and sew the edges together. Slice an onion and brown it in a tablespoonful of clarified dripping; skim out the pieces of onion, reserving them for use, brown the heart in the seasoned fat, then put it with the onion in a deep dish, and half cover with boiling water. Bake in a hot oven one hour, basting every ten minutes, add more water if necessary. When the heart is done you may make a gravy by thickening the water that is left in the dish with a little flour wet in cold water, just as you do in mutton gravy. You will find this a very nice occasional dish for dinner, and a very inexpensive one.

**MACKEREL.**—A delicious and little-known way of cooking mackerel is as follows:—Choose large, fresh soft-roed mackerel. Make an incision an inch deep down the back, and lay in dish filled with half a pint of sweet oil, a pinch of salt and pepper, and an onion cut in rings. They should be allowed to stop in this mixture a couple of hours and turned over from time to time. Half an hour before serving, rub a clean gridiron with oil, wipe the fish, sprinkle with little salt, laying them an inch apart on gridiron over a slow fire. When browned on both sides take them off and lay them in the dish whence they are to be served. When there open the backs with a spoon, and introduce a small piece of fresh butter mixed with salt, pepper, and minced parsley.

**KEDGEREE.**—A favourite dish with Indian civilians, or those who have lived in hot countries, is Kedgerree; but great care should be taken in preparing it, for though the recipe is simple, a mistake is fatal. Boil a cupful of rice twenty minutes, and four eggs till they are quite hard, then take any kind of cooked white fish and pull it in pieces, taking care that there are no bones left. Chop the eggs very fine, add three or four ounces of fresh butter, season with salt and cayenne pepper, beat the whole together and serve as hot as possible.

**EAT IN COMFORT.**—Indigestion prevented by the use of DUNN'S FRUIT SALT BAKING POWDER. Makes delicious Bread, Cakes, Pastry, &c., which require but little digestive effort, and is, in fact, Ask your grocer. Large sample tin and stamps.—W. G. DUNN & CO., WORKS, CROYDON.

**POTATO A LA BARAGOUTE.**—Cut cold boiled potato the shape and size of olives, and fry, with a spoonful of mixed herbs adled, in olive oil, and you will have potato à la baragoutte.

**SALMON, YORKSHIRE FASHION.**—The following is a Yorkshire way of cooking dried salmon, or the remains of grilled salmon, and will be new to many people:—Pull some dried salmon into flakes; add to them the same quantity of hard boiled eggs chopped large. Put the mixture in a pint of cream with two ounces of butter rubbed up with a teaspoonful of flour; skim and stir till the whole boils; make a wall of mashed potatoes round dish, and put fish in the centre.

**PINEAPPLE SHERBERT.**—One pint of freshly-grated pineapple slightly sweetened, one pint of hot water, one pint of sugar, the juice of two lemons, one tablespoonful of gelatine. Soak the gelatine in just enough cold water to cover till soft, and dissolve with hot water. Stir in sugar and lemon-juice, and, when cold, freeze. When half-frozen, add the grated pineapple and continue the freezing. One must be careful to beat the mixture at once, or the gelatine will form in lumps, and sink to the bottom of the can, thus impairing the smoothness and lightness of the sherbet.

**LITTLE PIGS IN BLANKETS.**—Take as many large oysters as are wished, wash and dry them thoroughly with a clean towel. Have some fat bacon cut in very thin slices, cover each oyster with them, and pin on with wooden toothpicks. Broil or roast them until the bacon is crisp and brown. Do not remove toothpicks. Serve hot.

## HINTS FOR THE HOUSEHOLD.

**HOW TO CLEAN LACE.**—To clean lace, fill a bottle with cold water, draw a stocking tightly over it, securing both ends firmly. Place the lace smoothly over the stocking and tuck closely. Put the bottle in a kettle of cold water containing a few shavings of soap, and place over the fire to boil. Rinse in several waters and then drain and dry. When dry, remove and place smoothly in a large book and press with weights. Very nice lace can be made to look like new by this process.

WEAK spots in a black silk waist may be strengthened by "sticking" court plaster underneath.

A HALFPENNYWORTH of whiting and a bottle of ammonia will keep silver forks, spoons, and other tableware always bright and shining.

GUM ARABIC and gum tragacanth, in equal parts dissolved in hot water, make the best and most convenient mucilage you can keep in the house.

**HOW THE ARABS MAKE TEA.**—The mistress of the tent, placing a large kettle on the fire, wiped it carefully with a horse's tail, filled it with water, and then threw in some coarse tea and a little salt. When this was near the point of boiling, she tossed the tea about with a brass ladle until the liquor became very brown, and then it was poured off into another vessel. Cleansing the kettle as before, the woman set it on the fire in order to fry a paste of meal and fresh butter. Upon this the tea and some thick cream was then poured and the ladle put in requisition again, and after a time the whole taken off the fire and set aside to cool. Half-pint wooden mugs were handed around and the tea ladled into them, this tea forming meat and drink and satisfying both hunger and thirst. However made, tea is a blessed invention for the weary traveller.

EGG stains can be removed by rubbing them with common table salt.

To keep flies off gilt frames, boil three or four onions in a pint of water, then apply with a soft brush to the frames.

WHEN whalebones have become bent, they may be used again by first soaking them in tepid water for a few hours, and then drying them.

LAMP-WICKS must be changed often to insure good light, as they will soon become clogged, and the oil does not pass through them freely.

A clear flame will be certain if the wicks are soaked in vinegar twenty-four hours before using.

WHEN washing windows, looking-glasses, &c., be sure to put a little ammonia in the water. This will save labour, and clean them much more effectively, giving as well a much finer polish. For general cleaning, ammonia in the water will remove dirt, smoke, grease, &c., much better than anything else.

Do not wash combs unless absolutely necessary. Water will make the teeth split and the comb rough. Small brushes, which are made for the purpose of cleaning combs, are easily obtained at little expense, and with one of these the comb may be thoroughly cleansed, wiping well and following with a soft cloth afterwards.

**THE ORIGIN OF VISITING-CARDS.**—As is the case in many other instances, we owe the invention of visiting-cards to the Chinese. So long ago as the period of the Tong dynasty (618-907) visiting-cards were known to be in use in China, and that is also the date of the introduction of the "red silken cords" which figure so conspicuously on the engagement cards of that country. From ancient times to the present day the Chinese have observed the strictest ceremony with regard to the paying of visits. The cards which they use for this purpose are large and of a bright red colour. When a Chinaman desires to marry, his parents intimate that fact to a professional "match-maker," who thereupon runs through a list of her visiting acquaintances and selects one whom she considers a fitting bride for the young man; and then she calls upon the young woman's parents, armed with the bridegroom's card, on which are inscribed his ancestral name and the eight symbols which denote the day of his birth. If the answer is an acceptance of his suit the bride's card is sent in return; and should the oracles prophesy good concerning the union the particulars of the engagement are written on two large cards, tied together with the red cords.

## SOME REASONS FOR DAILY EXERCISE.

ANY man who does not take time for exercise will probably have to make time to be ill.

Body and mind are both gifts, and for the proper use of them our Maker will hold us responsible.

Exercise gradually increases the physical powers, and gives more strength to resist sickness.

Exercise will do for your body what intellectual training will do for your mind—educate and strengthen it.

Plato called a man lame because he exercised the mind while the body was allowed to suffer.

A sound body lies at the foundation of all that goes to make life a success. Exercise will help to give it.

Exercise will help a young man to lead a chaste life.

Varied, light, and brisk exercises, next to sleep, will rest the tired brain better than anything else.

Metal will rust if not used, and the body will become diseased if not exercised.

A man "too busy" to take care of his health is like a workman too busy to sharpen his tools.

If I am to pass through death unscathed, if I go over there the kind of man I have made myself by my words, my actions, my thoughts while here, then it does not make any great difference, even if some one of you does have twice as many thousands of dollars along the road as I have. These incidents of the way become of very slight importance the moment we make life mean the development and culture of character; and the man with poor opportunity and very little money, who makes of himself a grand and noble man, when the curtain opens and he passes through, is unspeakably richer than the richest man here who misuses his opportunity.—*Minot Savage.*



# THE MOTHER'S PAGE.

## MANNERS AT THE TABLE.

AMONG people of average means, with aspirations toward fashion, it is the custom to permit the children to share with their elders each family meal. Many who can afford a nursery where the children might be "kept in a barrel, and fed through the bung-hole," as some would-be wit has suggested, till old enough to have good manners expected of them, prefer the company of the little ones at the table. Such being the case, children should early learn that there are some table rules which they are bound to respect. That, if they share the companionship of their elders, they must contribute their necessary individual shares toward a pleasant and harmonious gathering.

This may seem like a trite observation; but who does not meet with frequent instances, suggesting the desirableness of special instruction in table etiquette, so utterly have the parents seemed to neglect their duty? And who but has a more or less defined idea that it is impossible for one's own children to be really vulgar or rude, no matter what they do? But, though their little ways are naturally "cute" and pretty in our eyes, is it not well to occasionally put ourselves in the place of an outside observer, and dispassionately criticise our children's table-manners, lest they be insensibly contracting habits which shall render them disagreeable to others?

An instance recently observed was that of a child of four years—and a little girl, at that—whose shockingly bad manner of appropriating her food might have disgusted a well-taught domestic animal, and prompted it to decline her company at meals. Her parents seemed scarcely to notice her conduct, though occasionally admonishing her; but surely familiarity could only breed contempt—not for the untaught child, but for the mother who could permit her to reach the age of four, in such a "state of nature."

A spoon or her fingers—whichever seemed handiest—performed, impartially, upon the contents of her plate, and conveyed them, indiscriminately, to her mouth, up her sleeve, to any exposed portions of her countenance, or adjacent parts of the surrounding country. And the contents of that plate! Beginning with a goodly supply of meat and vegetables, the load was slowly augmented, instead of diminished, during the repast, by every desired article on the proverbially liberal country dinner-table, till a mosaic mound of meat, vegetables, pastry, fruit, condiments, &c., large enough to satisfy the hunger of several children of her years, remained to tell of the ruin she had wrought. Everything she asked for was unhesitatingly and lavishly given her; and, when she could eat and scatter no more, she amused herself by blending into a pleasing compound the accumulation before her.

This was, indeed, an exaggerated case of lack of instruction; but a great many children are not properly trained in table-manners; and it must always be the fault of the mother—if there be one—that this is so. Let no one plead that she has not the time for such instruction; a mother must pay the price of maternity, and has no moral right to shirk her obligations, nor to let other matters crowd them aside. There is a right and a wrong way to do everything. The wrong way to go about this is to wait till the child has become fixed in awkward and slovenly habits, and then try to correct them by sharp reprimands or punishment. One cannot begin too soon after the child begins to eat to teach it to take its food daintily; to avoid spilling liquids, scattering solids, smearing the hands and face and pinafore; to hold the spoon and fork correctly, using the latter whenever possible; to eat slowly, avoiding all unnecessary noises, movements, or exhibitions of the act of mastication. Like unto these rules, and quite as important, are those points of deportment

which do not really include the partaking of food. To wait quietly, until helped; not to clamour for desired articles, or tease for them when refused; not to overstock the plate, or desire more than can be eaten; to talk little, unless spoken to, especially at a strange table; never to leave the table before the others, unless asking and obtaining permission from the lady at its head.

These well-known essentials are necessary among civilised beings, if one is to enjoy both the companionship and the food at meals; and it detracts from that enjoyment to have the meal serve as an object-lesson for the instruction of the child. A mother who has the right influence over the little one can so instruct and prepare him beforehand, or when there are no observers, that an occasional encouraging or reproving smile or frown from her will be all that is necessary at the table. Any mistakes, not wilful or flagrant, may be discussed between them afterward. It is apt to embarrass, if not "harden," a child to have the attention of the company directed toward it by a reproof. But mistakes or misconduct should be noticed, and pointed out in private. A few months of eternal vigilance is a small price to pay for correct habits of eating, and will save both mother and child a great deal of regret in after life—not to speak of sparing the feelings of chance guests or companions who consider decency in partaking as essential a seasoner of a meal as the condiments in the food.

## HOW TO TREAT A CHILD GUILTY OF A SLIGHT TRANSGRESSION.

WHEN a child does wrong we should try to probe to the spring of the action and apply the remedy there. If he disobeys we should ask ourselves whether the obedience we demanded was reasonable, and whether to render it did not require him to overcome a temptation beyond his power to resist. To dress a child in spotless attire, and send him out to play with the injunction not to soil his clothes, is as futile as to tell him to swim without going near the water. Contact with mother earth, which his imperative instincts compel him to seek, makes obedience impossible. Dress him sensibly, and let him get face and hands dirty; they will wash. If it seems necessary that he should be made more careful, instead of taking off the soiled clothing, scolding him, shaking him and re-dressing him, let him wear the offending garments for a time until he is ashamed of their condition, and make him understand that if he is careless he must abide by the consequences. If a child takes sweet things surreptitiously it may be because he does not have a sufficient quantity of saccharine matter with his daily food. Give him more sugar or jam at his meals. Many persons can recall the uncontrollable longing for sweetmeats which haunted their childhood. At the same time, make the offender understand that he has for a time forfeited your perfect confidence; that you would have given him what he wanted had he asked for it; so he has been foolish as well as greedy, and that no manly man seizes what he wants without stopping to ask whether he is getting it rightly or wrongfully. He will appreciate the force of your argument, and the next time the sweets tempt him he will be far more likely to resist than if he had been whipped for taking them. That inward monitor which we call conscience is with the boy when we cannot watch him. If we can arouse that and keep it on the alert, we have provided a better safeguard than the fear of punishment.

## "NAMING THE BABY."

THERE is one particular fault most parents have, and this is in giving children nicknames. It usually begins at home. They think it funny to nickname the baby, but they must remember that the kitten will be a cat some day, and the nickname will cling to it through life.

Again, some parents manufacture names. This might be done all right occasionally, but census takers and school teachers run across many

amusing illustrations of follies into which it sometimes runs. For instance, Dickens in one of his novels tells of a woman who made up a name for her child, calling it Morlena. Nothing could be more ridiculous than this name, yet the mother must have thought the name very beautiful. A girl was once named Charlena because her father's name is Charles. It is well to avoid such names as Truth, Faith, Patience, Virtue, Sunshine, &c., as the bearer of these names may grow up to maturity exhibiting qualities entirely the contrary of these names.

## ATTITUDES OF WOMEN IN SITTING AND WALKING.

THERE is no attitude at which a woman is more graceful than a devotional one. Indeed, one old cynic has said women ought to do all the praying in the world, since the kneeling position is so beautifully adapted to the lines of their slender figures. But see the awkward woman at her prayers. Slowly the muscles relax, and she sinks lower and lower down in a little huddled heap, bobbing her head about for a comfortable place on the edge of the pew in front of her, all so lazily that one wonders if her prayers are earnest enough to be answered.

To sit well may be quite as great an art as to write a poem, and to accomplish either require effort. The pretty pose of the head, the erectness of the trunk, and the graceful disposition of the lower limbs are clearly emphasised in a type of women with which *habitués* of the opera are familiar. Now this particular graceful, alert, bird-like pose, which even in repose suggests something of action and energy, is only attainable by strengthening the muscles about the waist and hips. There are various exercises for the muscular development which, of course, the average woman, who, even with no house to keep or children to rear, is always more hurried and busy than the Prime Minister of a nation, never has a moment to practice but the best and most effectual of them all she can attend to with a little thought on her way to the *matinée*, in the midst of a *musical*, and that is to hold her body perfectly erect for half an hour each day, touching neither chair, carriage, or seat back, and sitting well toward the edge of the seat, with the right foot slightly in advance of the left, ready to rise quickly without help from the hands at an emergency. After a time prolong the half hour to a whole hour, two, three hours, and finally, so elastic, sinewy, and independent will those lazy muscles become that she will cease to care for spinal supports and head rests like a pseudo-invalid.

Dignity and grace of carriage depend upon simple things, yet a graceful walk is one of the rare charms among women. Someone has given a pretty formula for walking correctly, as follows:—Fancy a slender cord about your chest, just beneath the arms, the ends of which an angel bears aloft, fluttering just above your head, and walk so gently and smoothly and erectly that the frail cord shall remain taut, yet not be permitted to break. Remember, too, to hold yourself firmly at the waist; step lightly on the ball rather than the heel of the foot; do not bend the knees except very, very slightly in taking a step, and keep the toes in a straight line, rather than turned outward.

By thine own soul's law, learn to live;  
And if men thwart thee, take no heed,  
And if men hate thee, have no care—  
Sing thou thy song, and do thy deed;  
Hope thou thy hope, and pray thy prayer,  
And claim no crown they will not give.

—John G. Whittier.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln.

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, &c., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Waltham, Surrey. Sold everywhere. Please observe the SE in Steedman.

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[SPECIAL ARTICLE.]

DIET FOR ALL.

By a PHYSICIAN.

THERE can be little doubt that in this nineteenth century there is a great tendency, even amongst celebrated physicians, to take to heart the Shakespearian maxim, to "throw physic to the dogs."

If you have occasion to consult a West-end physician of eminence, and you carefully note his advice, and his method of giving it, you will observe that he is first of all extremely careful to correct your *habits of life*, and then *regulate your dietary*, and adds, after scribbling a prescription, as a kind of after-thought, "Take this," before the parting injunction is given to see him again in a week's time, with the intimation that his fee is five guineas.

Undoubtedly the majority of us are born into the world with fairly healthy bodies, to be made or marred by our habits, domicile, occupations, and last, but by no means least, *the food we eat*.

There can equally be no doubt that from infancy upwards we are the victims to a large extent of the artificial foods of civilisation; many of which, whilst not inherently bad in themselves, are wrongfully administered in childhood, and taken by the individuals of maturer age to stimulate a jaded palate.

What is "one man's food is another man's poison" is a trite axiom, the proof of which is to be met with every day at our own fireside.

Whilst there is no doubt that such a table as the one published a week or two ago in the FAMILY DOCTOR on the "Digestibility of Foods" is of great service to anyone in good health, a large portion of mankind do not enjoy such a keen relish for food that anything put before them, simply on the score that experimental results had proven that it could be digested in a certain length of time, would be acceptable, and what is of far more consequence, would be serviceable to that particular human being. One cannot help sympathising with a correspondent in this week's number who asks, "What may he eat and drink?" Tea, coffee, water, milk, and beer have all been equally condemned by various writers; but let it at once be stated, mostly by those who have a "bee in their bonnet" on the particular theme on which they write; there is no doubt that each and all of the foods and liquids condemned, under certain circumstances, are apt to be hurtful to the human economy. Alcohol—*pace*, my teetotal friends—is a food—that is, if you grant me as a definition that any substance which contributes to the heat, or building of the tissues is a food. Up to a certain quantity—viz., two ounces per diem—it is burnt up in the tissues, and does not pass out unchanged, yet there is evidence all around us of the evil that excessive alcoholic inhibition leads to, but there can equally be no doubt that when a man engaged in laborious, anxious employment in the City returns home to his suburban residence, where his loving wife has prepared for him a dainty dinner, which he cannot eat because he is weary and tired, and perhaps cold, and his stomach, in sympathy with the rest of his body, refuses food; if such a person were to partake of a glass of generous wine, the artificial stimulus thus brought to bear would act as a fillip, and cause that necessary glow through the system, besides waking the stomach to a sense of its duties, and the food would be relished and digested. For proof I again refer you to your daily surroundings, where you will find this fact demonstrated beyond doubt, and furthermore I would point out that it has reason on its side.

Here then we have a substance, which common experience proves to be at once harmful and good, and, least I have alarmed anyone of pronounced anti-alcoholic sentiments, let me point out that I have said nothing about the taking of the substance for the simple pleasure of drinking.

Tea, properly made, is equally a gentle stimulant that is grateful and helpful at times, but the idiotic practice of persons, mostly women, who drink it on every available occasion, sometimes with all the tannin dissolved out from

long standing, cannot be too much condemned. Common salt is a necessary article of diet to preserve the body in health, yet we all know the effects of a tablespoonful dissolved in water swallowed at one gulp.

By this time I trust I have demonstrated that an article may at the same time be a good food and a poison.

Many persons say, "I cannot take milk or eggs," and almost every article of dietary is assailed by someone on the plea that "it does not agree with me," and although these good people are no doubt right up to a certain point, yet let such a one be deprived of other foods, and it is quickly evident that the major portion of the supposed inability to take this or that food existed to a large extent in the imagination. This is a common experience in our large hospitals, but although the stomach will, under altered circumstances, take a food it would otherwise have rejected, there is no doubt that this very common explanation goes far to prove the proverb which I put forward as an axiom a few sentences back.

The great question is with the bulk of mankind, "What must I eat?" and say they, "I want to know what to take and what to avoid, definitely and precisely, as I am not in good health—I am suffering from so-and-so."

It will be my endeavour to answer this question, a question to which many answers have been given; unfortunately mostly from faddists, or else contained within the limits of large tomes, which get dusty on the top shelves of libraries, and are only taken down by the specialist or the seeker after knowledge for its own sake.

		The Solid Components consist of				
		Sugar	Butter	Casien and Extractives	Salts	
100 parts contain	Solids	110.92	135.94	109.88	153.10	167.68
	Fluids	889.08	864.06	890.12	844.90	832.32
Sp. Gravity		1032.67	1033.38	1034.57	1033.53	1040.98
		Human ...	Cow .....	Ass .....	Goat .....	Ewe .....
		43.64	26.66	39.24	1.38	
		38.12	36.12	55.15	6.64	
		50.46	18.53	35.65	5.24	
		36.91	55.14	55.14	6.78	
		39.43	54.31	69.78	7.16	

I will endeavour to be precise, and avoid technical terms, stating at once that given an adult individual in good health, the question within proper limits of moderation will resolve itself largely into a question of *taste and the digestibility* of the various articles of food, for information on which subject I would refer the inquirer to the table published in the FAMILY

DOCTOR in the copy for the week ending September 30th.

With the infant the case is obviously different.

The infant should be suckled, if possible, for the first nine months of life; if not by the mother, then by a judiciously-chosen wet-nurse.

If a wet-nurse cannot be procured for any reason, then artificial milk must be made as nearly resembling human milk as possible. For this purpose the milk of the cow, ass, and goat are all recommended as a basis, but the table prepared by MM. Vernois and Bequerel shows at once that the value of asses' or goats milk over that of cows is more imaginary than real.

Goat's milk is objectionable on account of its unpleasant odour, but this is counterbalanced by the ease with which a goat is kept in cities compared with a cow.

Milk from a large number of cows is far more likely to be of a good average quality than milk from one cow, because during the process of lactation by a cow the milk from first to last varies greatly in quality.

Give milk and water (with a very little powdered sugar) in equal proportions to the new-born child, and it should beat the temperature of the human body. From the second to the fifth month the dilution should be one-third to one-fourth its quantity, and from the sixth to the end without dilution. Gradually, after nine months, feed on nursery biscuits and milk, or on one of the artificial foods in which the starch has been turned to sugar by a chemical process. Do not give green vegetables until the child is two years' old; after eighteen months give light farinaceous puddings. But the baby and child have been liberally catered for in times past in the "Mother's Page" in this journal, and we will now pass on to the diet of the adult. It will perhaps add to the interest if I take the ailments of ordinary mankind and submit a list of appropriate articles of dietary for each, and this plan I will now pursue, adding at the end three reminder tables for invalids.

BRIGHT'S DISEASE (Kidney Ailment).—Milk, cream, farinaceous foods made up with milk, vegetable soups, fresh green vegetables, cooked fruits, white fish, chicken, game, claret and burgundy, with Apollinaris or seltzer water.

Which, in short, means avoid strong meats, eggs, cheese, pastry, and spirits.

ANÆMIA (Poor Blood).—Meat (beef and mutton), poultry, fish, green vegetables, eggs, cream, fruit, cocoa, burgundy, and bitter ale.

PHTHISIS (Consumption).—Well-cooked meat, curds and whey, cream, butter, milk, farinaceous foods, in addition to those named under "Anæmia."

That is, take fatty foods and avoid pickles, salads, lobsters, crabs, nuts, cheese, and anything that takes a long time to digest.

SCROFULA and RICKETS.—Diet the same as "Phtthisis."

GOUT and RHEUMATIC AILMENTS.—Chicken and oysters, fresh green vegetables freely; potatoes, salads, tomatoes, and farinaceous foods sparingly, ripe stewed fruits *ad lib.*, tea and coffee without sugar, natural mineral waters—such as Apollinaris or Vichy water—and a little old sound Scotch whisky.

That is, avoid meats, fats, and saccharine articles of dietary, and perhaps it is as well to omit grapes and currants from the fruits on the score of the amount of sugar these two contain.

DIABETES.—Meats of all kinds, except liver. Fish of every kind, soups made without vermicelli or farinaceous thickening, eggs, cream, butter, cheese, green vegetables, nuts, distilled aerated water, soda water, tea and coffee sweetened with saccharine, with which all the foods may be sweetened if necessary.

Avoid all farinaceous and sugary foods, bread (except gluten bread), biscuits, turnips, carrots, parsnips, potatoes, beans, peas, sweet fruits, dried fruits, sweet wines, including champagne and milk.

CONSTIPATION.—Fruit, and this is seldom taken long enough to effect a cure; coarse brown bread, salads, are the most desirable items of food in addition to ordinary dieting. Avoid cold milk puddings.

DIARRHŒA.—Liquid food, cold. Cold farina-

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aceous puddings, cold milk, Indian corn, arrow-root, tapioca, sago, cream, puddings with eggs.

But the food must be cold, and avoid hot beef-tea, &c.

**SICK HEADACHE.**—Good food, such as that under "Anæmia," but when the attacks are eminent avoid all food.

**DYSPEPSIA.**—Three meals a day—one a meat meal. White fish, mutton, poultry, game (not rabbit or hare), eggs in some cases, green vegetables, well-cooked and strained. No potatoes, all solid root vegetables—such as turnips—are best avoided as not easy to digest. Spinach and asparagus, rice, macaroni, toast, and biscuits. Light farinaceous puddings. Cocoa, milk and water. Claret, champagne, hock, and sherry in moderation. Weak whisky and water.

Avoid pork, veal, and salted meats. Potatoes, turnips, parsnips, peas, beans, cauliflower, new bread; malt liquors, with perhaps the exception of a well-hopped bitter ale. Lobsters, crabs, nuts, pickles, cheese, tea, and coffee.

**ECZEMA.**—In acute stage, light farinaceous food only. Cooling beverages freely. Avoid stimulants and meat. In **CHRONIC ECZEMA.**—Avoid salt meats, including ham, bloaters, haddocks, salted salmon, caviare, cheese, spices—such as pepper, salt, mustard, chutney, and curries.

**SCURVY.**—Fresh vegetables, fresh meat, milk fruits, especially lemon, oranges, and tomatoes. Lime-juice.

**HEART AFFECTIONS.**—As for "Phthisis."

**FEVERS (General).**—A selection from Diet Tables II. and III. In Typhoid the dietary must be regulated by the physician in attendance.

**CHOLERA.**—As for "Diarrhœa," but no food is permissible in severe cases.

TABLE I.

## MEATS, SOUPS, &amp;c.

Beef essence	Beef jelly
Beef juice	Calves'-foot jelly
Beef tea	

## BROTHS.

Chicken	Mock-turtle soup
Mutton	Oyster soup
Rabbit	Turtle soup
Gravy soup	Vegetable soups
Ox-tail soup	Raw meat pulp
Hare soup	Powdered meat

TABLE II.

## MILK AND FARINACEOUS FOODS.

Arrowroot and milk	Milk and suet
Caudle	Oatmeal gruel
Cornflower and milk	Peptonised milk
Curds and whey	Rice milk
Custards	Sago milk
Clotted cream	Semolina pudding
Ice cream	Tapioca pudding
Junket	Rice pudding
Koumiss	Rizine pudding
Macaroni	

TABLE III.

## DRINKS.

Whey	Seltzer water
Barley water	Rice water
Lemonade	Soda water
Lemon whey	Treacle posset
Lime water	Vichy water
Lime water and milk	Strated distilled water
Lithia water	
Potash water	

I have now finished my task. Many ailments have been omitted, but it may be stated generally that no particular dietary will be necessary in these, although physicians of doubtful reputation will at times give vent to restrictions which to say the least are fanciful, and not based on any reasonable hypothesis, and seldom can be justified on reason or experience.

Lastly, let me urge all my readers that, however well you choose your dietary, there is still something lacking, you must eat your food slowly, masticate it well, if possible in company, and never drink a large quantity of any liquid with your meals.

"But how can I adhere to your lists, I am compelled to take my meals at a restaurant," I hear someone exclaim. The answer is: Get as near the list as you can. No other answer is possible if you cannot alter your habits.

Added are two tables showing the average amount of food required for a child aged seven years and an adult to keep each in good health:

## AVERAGE PER DAY FOR A CHILD.

Roast beef	...	12·46 oz.
Bread	...	10·23 oz.
Potatoes	...	10·3 oz.
Butter	...	·99 oz.
Milk	...	38·5 fl. oz.

## AVERAGE PER DAY FOR AN ADULT.

Meat	...	16 oz.
Bread	...	19 oz.
Butter	...	3½ oz.
Water	...	52 oz.

It will be seen that a growing child needs more in proportion to an adult—age and weight being taken into consideration.

## TALES WORTH TELLING.

[COMPLETE STORY.]

## UNDER COMPLETE CONTROL.

BY ALFRED ENGLISH.

**MAJOR HAWK** was one of your large and heavy men. He was a born hero and a warrior. His spirit was martial and commanding. He stood six feet two inches in his stockings.

The Major was not quarrelsome, but he was opinionated and unyielding. He was too big a man to quarrel, and too conscious of his own powers to yield a point in anything.

Major Hawk had lived a bachelor to the age of forty. At length, however, the erotic dart had touched his heart, and he offered to take a wife and make her mistress of the wife's appropriate department of his house.

Sylvia Aspen was a small, delicate woman, pretty and accomplished.

For several years she had taught the primary department of a young ladies' seminary, and the reverend gentlemen of the managing committee were forced to acknowledge that by no other teacher had the scholars ever been so thoroughly governed.

She had seen thirty years of life, and for reasons best known to herself she had refused all offers of marriage.

And now Major Hawk offered her his hand and his heart.

"Miss Aspen," he said, in his blunt, dictatorial way, "you have known me long enough and well enough to know something of the home I can provide. If you take me you will take a rough blunt man who must be his own master through life. I have my own peculiar views of the true marriage relation. The man is the head of the household. I can love and provide and protect; but I must be master. As I am I offer myself. You will not be deceived."

Sylvia smiled one of her sweet smiles, and, with her small white hand resting confidently upon the Major's arm, she told him she had accepted the situation.

"You are sure?" he queried.

"I am sure of this," she said, looking up into his face with candid fervour, "I love you well enough to marry you, and as for domestic government, the result must be as the result is the world over—the weak must depend upon the strong."

Major Hawk kissed the little woman, and assured her that he would never be tyrannical or unjust, and the day for the wedding was fixed.

People wondered when it was announced that Sylvia Aspen was to become the wife of Major Hawk.

"She will be a slave and a drudge!" was the general opinion.

"You don't know what you are doing," said an old and privileged friend, who had known the Major long and well. "Hawk will wear and fret the life out of you. He has the officers of his regiment at his house as often as once a week, and when they come they make a night of it. It's dreadful the way they carry on; and the whiskey and wine that is drank, and the tobacco that is smoked is beyond account. You don't think he will give up these things, do you?"

In due time—early in autumn—Thomas

James Hawk and Sylvia Aspen became man and wife.

The Major had planned to have the wedding a grand affair—to have his military friends present in full panoply, but Sylvia persuaded him not to. She said but little, but just enough to make him understand that it would please her to have it different, and he concluded to please her.

They had been married two weeks when the Major proposed that he would invite the officers of his regiment to dinner, about fifty of them.

"I suppose such a dinner means wine and plenty of it!" said Sylvia.

"Certainly," responded her husband. "When I invite my friends to my house I expect to treat them according to the fashion of the times."

"Then, Tom, I would rather you did not invite them."

The Major laughed at the absurdity of his wife's whim. Sylvia was mild but firm.

"Of course," she said, with a smile, "you will do in this matter as you please."

"Of course, I will," declared the husband, emphatically. "You know what I told you in the beginning—I must be master in my own house."

"But," interposed Sylvia, with the sweetest smile imaginable, "suppose I could show you that the greatest possible amount of comfort and joy you can find will come from pleasing me?"

"Eh?"

She kissed him, and then ran away.

Already Major Hawk felt a nipping at his ear; as though something was biting it.

Days and weeks passed and the officers of the grand old regiment were not invited to the proposed reunion at the Major's.

It was whispered that his wife would not allow it, and yet when the officers individually had occasion to call at the Major's residence, Sylvia treated them so kindly and so considerately, and bestowed upon them so much careful attention as friends of her husband, that they went away loud in her praise.

It was on a pleasant evening of the following spring that a select circle of friends met at the Major's house. Late in the evening a knot of gentlemen were seated in the great oriel of the drawing-room, while at the centre table near by were a few of the ladies at work.

In the oriel the conversation turned upon the Home Rule controversy. Doctor Rich advanced an idea in opposition to the cherished Tory opinions of his host. The Major fired up in a moment.

"I tell you, sir!" he exclaimed, smiting his huge fist upon his knee, "the political sentiments of Gladstone—"

Hark!

It was the tapping of a knitting-needle upon the arm of Sylvia's chair. The Major looked up, and met the glance of his wife. He coughed and stammered, and then smiled as he said:

"We won't enter into a political discussion in the presence of ladies. At another time, Doctor, I will give you my opinion upon the matter."

On their way home Dr. Rich and Captain Lewis walked together.

"Well, Doctor, what do you think now about poor little Sylvia's daring to say her soul's her own in the presence of her husband?"

"I am amazed," confessed the worthy doctor. "Why, bless me, she rules him with a rod of iron."

"And yet," suggested Lewis, "he seems happy and contented."

"Aye—and there's the wonder. I can't comprehend it—can you?"

"I think I can. There is one way, and one way only, in which a small, weak woman can entirely subjugate and control a brusque, herculean husband. The Major is not governed against his will—in fact, his wife does not directly govern him at all. She leads him to govern himself."

Other people wondered as Dr. Rich wondered, for it was apparent to all that the doughty man of war and bluster had become a model husband.

The only man, perhaps, who did not wonder was the Major himself. He was content with the prize he had gained. Once a friend asked him if he was not governed by his wife.

"No, sir!" was his emphatic reply.



"But you do her bidding, nevertheless."  
 "I do what pleases me," said the Major, loftily; "and if it pleases me to please my wife, whose business is it?"

## THE WOES OF INFANTS.

THERE are few points on which the doctrine of the liberty of the subject is carried to such extremes as in regard to the treatment of infants. "Shall I not do as I will with mine own?" and what is more a woman's own than the baby she has borne? And so it happens that, under the cloak of mother's love and maternal responsibility, cruelty is done and crime committed which in no other relation of civilised life would be permitted for a moment. Every week we receive reports of inquests on infants who have been "done to death" by the indifference, the carelessness, the ignorance of mothers; and these do but represent the more flagrant cases—a mere percentage, it is to be feared, of the preventable infantile mortality of the country. The sour and fetid feeding bottle; the carelessly-cooked and improper food; the giving out to nurse to reckless people, whose only aim is to gain as much and spend as little as may be over the unfortunate hired-out infant; the dosing of the sickly, and therefore fretful, child with poisonous infants' preservatives; the final overlying during drunken slumber—all these are modes of torturing and killing infants, which are excused as due to ignorance and not to crime. These forms of child murder—done calmly, coldly, and with acquiescence, if not calculation—but rarely meet with punishment, while often earning the solid consolation of the insurance agent; and yet the poor woman who unexpectedly becomes a mother, and, aghast at the horror of her position, with brain blanched by hæmorrhage, and with mind incapable of intent, throws her child, in an access of wild terror, into a ditch or down a privy, she, poor wretch, is held guilty of murder. Surely the parents who bring into the world child after child only to lose them by diarrhoea, marasmus, convulsions, rickets, and other diseases due to ignorance and neglect are guilty in greater degree. It ought to be recognised that woman's work during the child-bearing period of her life is to look after her children, and that the proper way of doing so is to suckle them. To rear children artificially with safety requires more time and care than does mere suckling, but it is for the very sake of saving time and lessening care that nursing is neglected, and, in a large proportion of the cases, this is the root of children's ailments. We suppose it is idle to preach on this text, it has been done so often and with such small avail. Probably the cheapness of female labour is at the bottom of a great deal of the mischief. However slack the trades for men may be, there is almost always work for women if they will take the price, which they mostly do; and thus we see the absurd spectacle of women, in the intervals of bearing and burying a tribe of children, sewing, charring, washing, or going to the factory, besides keeping the house together, working for the purpose a daily 16 hours, while the lords of creation are doing, perhaps, three days a week, or perhaps are out on strike for an eight hours' day. And yet women marry! Evidently we are suffering from a want of correlation between the evolution of man and the progress of what we are pleased to call civilisation. New conditions require new men; whereas man still retains within him the instincts of the savage, which are sexual. The man of to-day ought not to marry until he has reached a time of life when he has been able to put by for a home; and those who know how far man yet is from perfection, will recognise how many woes the babies of the future are likely still to bear.—*British Medical Journal*.

THE DOCTOR'S ADVICE.—Mother—Now, Violet, can you give me any reason why I shouldn't punish you?

Violet—Es, I tan; ze doctor said 'oo mustn't take any v'ilent excise.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 11d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 34 stamps by the Maker, E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.

## THE TEETH.

TIME was when the child with a "sweet tooth" was incessantly warned that the indulgence of its appetite for candy and sweets would cause a destruction of all other teeth at a very early age. This gentle fiction was perpetuated, doubtless, quite as much to save the contents of the sugar bowl, or the jam pot, as the youthful molars and incisors; in fact, it must be conceded that pure sweets in moderate quantities are not hurtful to the teeth. Acid is much more to be feared, whether it comes from an acid condition of the saliva, or from the too free use of acidulated food. The latter can be corrected by reforming the taste of the individual, or forbearing to gratify it; an acid condition of the system is certainly indicated by tests known to science, though it is often announced by a gritty, sharp sensation of the teeth, due to the action of the acid upon them. Any of the familiar antacids may be used as a corrective; but in this matter, as in so many others, the trifling expense of medical consultation is, in fact, the truest economy.

The enamel of the teeth is not sensitive; it may be filed, cut, or broken, and so long as the operation does not extend beneath this flint-like crust, no pain will be experienced. Decay, therefore, which begins with the enamel, is in itself painless, till it has proceeded so far as to affect the pulp, either directly or through the sensitive little nerves which penetrate the dentine. It is to detect decay in unsuspected localities, therefore, that the services of the dentist should be employed for frequent inspections. Neither the sufferer nor the dentist can infallibly locate the source of toothache which proceeds from other causes than pulp-exposure. The pulp in an outwardly sound tooth may be affected, causing the most intense pain in some other part of the face, through the agency of sympathetic nerve action. Neuralgia may originate from a decaying tooth; yet as it is a disease which operates along the nerves, its apparent manifestation—the seat of pain—may be far from the actual cause. A dull pain about the roots of the teeth may be caused by the recession of the gums, exposing that portion of the tooth to the influence of heat and cold; while an enlargement of the roots, which sometimes occurs, gives rise to a particularly annoying pain and pressure. "Jumping toothache" originates in a peculiar state of the pulp caused by a very small orifice through the dentine, and the fact that this excruciating agony seldom re-appears in the same molar after having once subsided is explained, not as many persons suppose by the fact that "the tooth has jumped itself to death," but that the opening has been enlarged by the process of decay.

Inflammation is a frequent accompaniment to toothache, resulting in the formation of pus, or a "gum-boil," which may lead to serious disfigurement if it chances to open through the outer surface of the cheek, leaving a life-long scar. Where it opens inside the mouth the results are less serious, and in many cases an inducement to do this is about all that physician or dentist can effect till the pus has been discharged and the inflammation and swelling subside. In such cases the careful treatment of a dentist is indispensable. There is always danger that the pus may be discharged from the original sack in such manner as to be re-absorbed into the system, causing blood-poisoning.

The extraction of teeth is usually accompanied by a slight flow of blood, which ordinarily ceases before the patient quits the dentist's office. Where this is not the case, or where the hæmorrhage breaks out afresh when medical advice is not at hand, it should be borne in mind that the first and most natural check is the clotting of the blood in the cavity, and this should not be disturbed. If it is necessary to rinse the mouth, let it be done very carefully, so as not to dislodge the clot, if one is forming. Where this does not occur, the first recourse should be to an astringent, and tannin is the best of all. If that is not at hand, finely-powdered alum will answer very well, burnt cork may be sprinkled over the surface, or a little ball of spider's web,

lightly pressed into the wound, may answer the purpose when other means fail, as this pest of every housekeeper is an invaluable styptic. In addition to some of these, a compress may be necessary, and an article which will answer all purposes may be made for an emergency by cutting a V-shaped slit in a cork of the right dimensions to pass over the wounded gum. This may be lightly pressed into place by the teeth of the other jaw, and as it is applied, a pledget of lint or similar dressing may properly be fitted to the cavity, though often the compress alone will prove effectual. It is useful, also, in such cases to maintain an erect position of the patient, either sitting or standing. Warm foot-baths are also helpful, with friction of the lower limbs, to divert the blood from the head as much as practicable. These directions and suggestions apply, of course, to such occasions as require treatment in the absence, or awaiting the arrival, of the family physician or the dentist.

Powders and washes for the teeth should be used with great care. Regarding them, especially, the well-worn, but pertinent, caution to beware of strolling venders applies with deepest import. Everyone has a desire for white and beautiful teeth, and the itinerant who boasts loudly of the power of his preparations to "whiten the blackest teeth, to look like ivory in one minute!" catches the popular ear and sympathy on the spot. There is nothing remarkable in the fact that what he claims can be demonstrated. Any chemist or apothecary can concoct a preparation which will do all this—and more. If used but a short time it will destroy the enamel, and with it, of course, the entire set of teeth; since the phenomenal result is, and can be reached only by the destruction of a small portion of the outer surface of the enamel. The result is the same whether the agent be wash or powder, since the latter simply contains the chemicals of the former in an undissolved form. All strong acids or alkalis should be avoided in the mouth, and if there is doubt as to the composition of any preparation in this respect, let it be tested with a bit of litmus paper. This paper can be obtained of any chemist and is in two colours—blue and red. The blue, if dampened with an acid solution, will turn red, and the rapidity and intensity of the change will indicate the acidity of the solution. The red indicates alkali by changing to blue, in the same manner.

Tooth-powders, as a rule, should be soluble and slightly antacid. There is a class of insoluble powders which are of the most dangerous nature, of which powdered charcoal is a notable example. These consist of fine, sharp particles, which being pressed by the brush between the teeth and gums, or lodging between the teeth, may cause the most serious results, even to the destruction of the gums or the cement. The use of the brush in connection with powders, washes, or other treatment of the teeth, should be gentle. Bleeding of the gums is always a danger signal. It shows that the skin has been broken, inviting the absorption into the system of any poisonous or foreign matters which may be present in the mouth. If the gums are very tender, a soft brush should be used, and used very gently, till they have hardened sufficiently to withstand more vigorous treatment. Even then, the liability will be to err on the side of harshness.

Tooth-brushes should be used gently to remove adherent food and the discolourations of the teeth, system and not vigour being the guiding principle. The depressions of the molars should have attention, and a quill or wood tooth-pick should be employed to keep the interstices between the teeth clear and healthy. Lime-water—the taste being disguised by the addition of a small quantity of bruised liquorice root—makes a good wash; but a simpler preparation is made by adding a few drops of aqua ammonia to a tumbler of water; or a half teaspoonful of bicarbonate of soda may be used in place of the ammonia.

"A SIMPLE FACT ABOUT" KEATING'S COUGH LOZENGES. Ask throughout the world, in any country that can be named, you will find them largely sold. There is absolutely no remedy that is so speedy in giving relief, so certain to cure, and yet the most delicate can take them. One Lozenge gives ease, gold in 13d. tins.—[ADVT.]

"The FAMILY DOCTOR conveys to its readers much Useful Information."—*The Graphic*.



The systematic care for the teeth thus outlined costs very little in time, money, or skill; its value is inestimable. Broken-down neglected teeth are a source both of shame and of danger. We cannot address a friend, unless from behind his back, without revealing to him our imperfections of denture, if such imperfections exist; but this, while naturally mortifying, is the least of the company of evils. No sooner is the mastication interfered with, than disorganisation in the stomach, and related functions of the system begins. The growth may be slow, and the manifestations pass unnoticed, but the effect is none the less certain. That class of food best adapted to supply the wastes of the body, and to give, especially to bones, teeth, and brain, adequate nutriment, cannot be taken, because "something soft" must be provided to meet the imperfections of the denture. Thus the original trouble feeds itself. But there are other dangers. The food is often swallowed half masticated, and indigestion and dyspepsia raise their protest. Stomachic troubles of every kind are well known to result from imperfect teeth, which not only interfere with the digestion, but directly furnish poison to the lungs and stomach, affecting thus the blood and the brain, and disorganising the nervous system.

These considerations are independent of the fact of loss of beauty through loss or faultiness of the teeth; and it is also well understood that perfect vocalisation and enunciation depend upon the perfect equipment of the mouth. This may be well illustrated by observing the speech of a person with but a partial dental supply. A large part of the air from the lungs escapes unused, causing a disagreeable, hissing noise, a lack of volume and timbre to the enunciation, and the appearance of imperfect lung power. To "have teeth out," and supplant by an artificial set, should be the very last resort, though it often becomes a necessity. Even an imperfect set, as furnished by Nature, is inestimably better than the best that the dentist can supply. The latter may be mechanically faultless, their colour may be most immaculate, they may (though they do not often) fit the mouth perfectly; but their beauty is a tell-tale one. The constrained poise and contour of the mouth is sufficient and unmistakable indication of the secret it is intended to hide. The rippling laugh or the charming smile has been permanently laid aside, and the counterfeit which sometimes attempts to take its place deceives no one, for it never can carry the charm which has departed. The lesson, then, is simply—begin in childhood, and care assiduously for the priceless jewels with which Nature has furnished the mouth.

## SPECIALITIES.

### THE MASTICATOR.

WE have received from the manufacturers, Messrs. Fordham and Smith, of Wormwood-street, an instrument for the finer sub-division of meat, in cases where efficient mastication presents the difficulties due to imperfections, painful or otherwise, in the teeth or gums; or, where, from enfeebled digestion, it is necessary that the food should be reduced to as fine a condition as possible before being subjected to the action of the gastric juice. We have carefully examined the invention, and conclude from its ingenious construction that it is well-adapted for the accomplishment of the objects for which it is intended to be used. It is light, elegant, easily cleaned, and not liable to get out of order with ordinary care. We have pleasure in recommending "The Masticator" as a useful addition to our dietetic armamentarium.

SINCE every man who lives is born to die, And none can boast sincere felicity, With equal mind what happens let us bear, Nor joy nor grief too much for things beyond our care; Like pilgrims to the appointed place we tend; The world's an inn, and death the journey's end.—*Dryden.*

BIRDS of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.

## THE NOSE.

THE nose must be considered the unfortunate member of the countenance. It is bound to grow in any shape which pleases a capricious fate, subject to no rule or possibility of restriction. Its prominence has often to be deplored, especially when the contour is something that one wishes to have hidden; for there it stands, in the centre of the face, more prominent than a lighthouse off a rocky coast, the first to catch the eye of a friend, the last to arrest the attention of a casual acquaintance. Unlike some of its fellow members, it has no expression of its own worth speaking of; and what it has is of the reverse order. The plain mouth may break into a smile to touch the coldest heart with a gleam of sympathetic joy; the dullest eye may light up with a gleam of radiance wholly unlooked for; but any such attempt on the part of this awkward attachment only ends in distortion. The "expression" of the nose is best in its natural state and its normal condition.

There is, of course, the model nose, well-proportioned, in keeping with the features it accompanies, beautiful, even; but even then it gets no credit, painters do not dwell upon it, poets do not sing it, lovers do not apostrophise. The novelist simply describes it as "shapely," and passes on to other and more charming objects. Fortunately the functions of this organ are simple, and but few words are necessary in regard to its treatment, since the diseases to which it is subject are few.

The most frequent, especially in childhood, is bleeding at the nose, and that is rarely dangerous. It often relieves an overcharged blood-vessel, and ceases without treatment when the pressure of blood has been modified. If the hemorrhage seems excessive, allow a clot to form by gently stopping the nostril. The application of cool water externally is helpful, as it repels the blood from the head, and an upright position should be maintained. Rinsing or blowing the nose, while the bleeding is in progress, tends to aggravate the trouble. The hands and feet should be kept warm, to equalise the circulation, and hot foot-baths may be found very useful. The famous Dr. Agnew, of the hospital of the University of Pennsylvania, is reported to have recently discovered a simple means of stopping obstinate cases of nosebleed, which is so practicable in every household as to merit a trial. This was simply to press two cylinders of bacon into the nostrils, when the bleeding stopped at once. It was doubtless owing to the speedy formation of a clot that this result was reached; but whatever the philosophy, the simplicity of the remedy renders the trial easy.

There is another disease, well-nigh universal, which involves the mucous lining of the nose, in connection with that of the neighbouring parts—an obstinate and offensive one. Catarrh is called the American disease, and it is a very burdensome and repulsive affliction. Inasmuch as it baffles the skill of most physicians, and has filled the chemist with a multitude of would-be remedies, competent medical advice should always be sought at its first manifestations. Its cure, after it has been neglected and become chronic, is a matter of doubt. Competent medical opinion is not wanting, however, to the effect that a simple change of habit will do much as a preventive measure, and also to assist in the cure. "Let our people learn to breathe as Nature intended they should breathe, through the nose," said a prominent physician in discussing the matter, "and the evil of catarrh will speedily disappear." This may be a sweeping assertion, but it is worthy of notice that nearly all cases of this disease appear among those who habitually breathe through the mouth.

It may not be amiss in this connection, to advise the reader to avoid travelling pretenders and extravagantly puffed nostrums. In any serious disorder affecting any portion of the head, especially, one cannot afford to employ other than competent medical talent, since unskilled experimenting may result in life-long misery or something worse.

HE that wills a thing succeeds to it; but the most difficult thing in the world is to will.—*Le Maistre.*

## A HINDOO LOVE LETTER.

IN the *Indian Mirror* appears the following letter, which throws a curious light upon "match-making" in India. It is the letter of a lover to his would-be father-in-law:—"We have received your card. The points have been carefully considered, and brought to an amicable settlement. It is through my persuasion that the parents are ready to cast their only son in lot with your daughter. But, sir, I must ask you to be a little more liberal. I am a go-between, and concessions and compromise must be made in order that the matter may be brought to a head. Your are to bear the following expenses:—1. Rs. 1500 cash; 2. Rs. 1000 ornaments; 3. The whole charge of my education up to the B. L. Examination. Taking into consideration the time we live in, and the society we deal with, you are not to lose by the bargain. Rather we shall be lowered, and our prestige gone. However, we know not what mysterious attraction draws me to you. If you meet the above demand, I shall make everything square for you. My power is paramount, though I am obedient and submissive. I must call your attention to the importance of the third demand, made above. The other demands you will meet at the time of the marriage, and there is no danger, but the other demand, which is submitted through my express desire, is liable to run the risk of breach of faith. I will live with you under the same roof. I will be your son and you my father, and my whole prospect depends upon your honesty. My father withholds from me every expense for my college career, and you are entrusted with his honourable position. None will respond to the proposed match but my humble self, and the whole odium or praise which is to ensue as the result of the match shall fall upon my head. Therefore, I urge you to think over the matter, for we are proceeding to a very solemn problem of life. The problem must be solved, and it is to be done through your unlimited benevolence. Tell me, sir, most candidly, how does your daughter look? Is she really a beautiful girl of eleven? For upon this fact depends the whole question. If your daughter be not a fair lady, it would be of no avail. Everything shall be undone, but I hope you are strong in that point, as you have often asserted it to be. Reply sharp, and write on a stamped envelope, otherwise the letter will fall into the hands of my father. Be up and doing, and write me quick. For, upon the receipt of your letter, we will start and see your daughter, and bring the matter to a close."

## GLEANINGS FROM FAMOUS AUTHORS.

THE soul without imagination is what an observatory would be without a telescope. As the imagination is set to look into the invisible and immaterial, it seems to attract something of their vitality; and though it can give nothing to the body to redeem it from years, it can give to the soul that freshness of youth in old age which is even more beautiful than youth in the young. It always seems to me that, before we leave this realm, deep affections take hold of the life to come by the hands of ideality, so that this quality in the old hovers upon the edge and bound of life, the morning star of immortality. Thus it is with men as with evening in villages. The lights in some dwellings are extinguished soon after twilight, in others they hold till nine o'clock; by one they go out, until midnight; but a few houses there are where the student's lamp, or lover's watching torch, holds bright till morning pours their light into the ocean of its own. So, such men bring through the flooded hours of darkness the light of yesterday into to-day, and are never dark, and never die.—*H. W. Beecher.*

LONDON'S STREET MUSIC.—Do you know that music of the obscure ways to which children dance? Not if you have only heard it ground to your ear's affliction beneath your windows in the square. To hear it aright you must stand in the darkness of such a by-street as this,



and for the moment be at one with those who dwell around, in the bleak-eyed houses, in the dim burrows of poverty, in the unmapped haunts of the semi-human. Then you will know the significance of that vulgar clanging of melody; a pathos of which you do not dream will touch you, and therein the secret of hidden London will be half revealed. The life of men who toil without hope, yet with the hunger of an unshaped desire; of women in whom the sweetness of their sex is perishing under labour and misery; the laugh, the song of the girl who strives to enjoy her year or two of youthful vigour, knowing the darkness of the years to come; the careless defiance of the youth who feels his blood and revolts against the lot which would tame it; all that is purely human in these darkened multitudes speaks to you as you listen. It is the half-conscious striving of a nature which knows not what it would attain, which deforms a true thought by gross expression, which clutches at the beautiful and soils it with foul hands.—George Gissing.

## NEURALGIA. HOW TO TREAT IT.

**F**ACIAL neuralgia, which is also known as "tic-doloureux," is much more prevalent among women than men, and is usually caused by some nervous strain, exposure to cold, or mental excitement. Neuralgic pains may be distinguished from most others by not being associated with inflammation, fever, or any structural change in the parts affected. We simply know they are in connection with a weak condition of the nerves, for we can trace the pain along the course of the nerve. Neuralgic pains are mostly felt in the head or in the abdomen. If they result from cold the local application of menthol or some stimulating liniment will usually be found to give relief, and oftentimes dispel the pain altogether. But when the pains are the result of a weakened condition of the nerves, internal remedies must be resorted to. At the same time we generally find a weak state of the nerves means imperfect bodily health, so that it is advisable to strengthen the system generally. For temporary relief I know of no remedy to equal the resinoid obtained from the root of the yellow jasmine, and known as Gelsenun in combination with quinine. Given in the form of one or two Quinine and Gelsenun "palatinoids" every three hours, their effect is sometimes almost magical. These palatinoids, which afford a tasteless method of administering the drug, may be obtained from any chemist. At the same time remember that the action of these is to afford temporary relief only, and systematic tonic treatment must on no account be neglected. For this purpose you cannot do better than take that most excellent tonic and restorative, Cream of Malt with Oil and Hypophosphites (Oppenheimer's). Take it regularly, not by fits and starts, it will form flesh, make bone, and thoroughly strengthen the nervous system. It is this preparation which is given to consumptives, to the debilitated, and to sick people during convalescence. Hot and cold water douches over the course of the nerve have been recommended, while the Turkish bath and massage have many advocates. Take a good morning walk in the fresh air, which, while refreshing, will greatly aid medicinal treatment in the cure of the complaint.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

EARTH-TO-EARTH BURIAL AND CREMATION  
TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I shall thank you heartily if you kindly allow me to write in your columns the substance of what I said during the debate on the disposal of the dead at the Church Congress. The Burial Service is the Church's authoritative document on the subject of the disposal of the dead. The first rubric permits the body to be carried direct to the grave, instead of into the Church, when there is danger of infection; while other rubrics manifestly enjoin a mode of burial which, if properly carried out, is in conformity with sanitary law. This being so, it may be inferred that all other supplementary, or exceptionally necessary, precautions are to be welcomed and acted upon. Mourners are not expected to do anything, or leave

anything undone, to the imperilling of their own welfare, or that of the public at large. The disposal of the dead is in the main a sanitary question. Consequently, if sanitary authorities are at one in deeming the burial of infective germs fraught with danger to the public health, there is no reason why such germs should not be destroyed before burial, by the use either of some chemical compound or of fire. In this connection the words of committal, "Earth to earth, ashes to ashes, dust to dust," are suggestive. While, however, cremation seems admissible under exceptional circumstances, it is quite certain that simple literal "earth-to-earth" burial is the mode contemplated in ordinary circumstances. The rubrics, "while the body is made ready to be laid into the earth," and "while the earth is being cast upon the body by some standing by" are conclusive upon this point. It only remains for sanitary authorities to set forth for general acceptance a scientific mode of burial which shall be innocuous. To this end the deputation of the Church of England Burial, Funeral, and Mourning Reform Association last January urged the Home Secretary to institute, not only an inquiry into the better certification of the cause and certainty of death, which that gentleman graciously promised to do, but also an inquiry into the effect of "earth-to-earth" burial upon the water courses below, the soil around, and the air above, burial places. There is every reason to be thankful for the Parliamentary Committee of Enquiry which has issued so admirable a report. An appeal will be made to the Government to continue its good work by instituting an inquiry into the whole question of interment. With many thanks for your courtesy.—Yours, &c.,  
F. LAWRENCE, Hon. Sec.,  
Church of England Burial, Funeral, and Mourning Reform Association. Westow Vicarage, York.  
Oct. 10th, 1893.

### EARLY TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.  
SIR,—I think if tight-lacing is begun early it becomes second nature to a girl to live in tight corsets. My husband is an enthusiastic admirer of a tight-laced figure, and corsetted my daughter in whalebone stays when barely eight years old. They were laced fairly tight, sufficient to clasp the figure very firmly. At the age of eleven, she wore beautiful long-waisted, heavily-boned corsets, which were laced tightly, and made her figure like an hour glass. They did not affect her health in the slightest, but merely prevented her playing and romping about. She is now a fine large girl of sixteen, and wears of her own accord exceeding tight-laced stays, which keeps her figure in perfect shape, and are so boned as to force her well-formed bust upwards, and outwards. A lady, who saw her photo, remarked that a girl laced so tightly must be in torture; however, when she met the girl, she changed this idea. My daughter has become so used to the life-long corset pressure and restraint that, out of a tight-laced corset she would be most uncomfortable. I may mention that within the last day or two, her father is getting her winter-dresses made, and to please him she is measured in extra and smaller wasp-waisted corsets. Her father allows her always to wear gloves and high-heels.—Yours &c.,  
MARY T.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

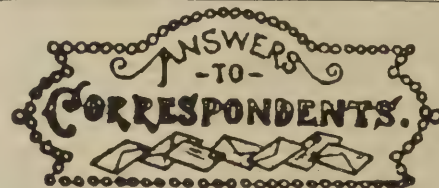
All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

GRAPES.—Is the bloom on the fruit injurious to health, and should it be wiped off before eating? Or, on the other hand, is it something which is beneficial to be eaten with the grape?—J. Doulton.

### ANSWERS.

TURKISH BATHS.—In answer to "Novice" I may say I am a great believer in Turkish baths, and take them regularly, and find them of great assistance to me. I do not go to a public bath, but have a cabinet one in my room, and in many ways I think this is best. One advantage and a great one is, that you get into bed as soon as it is over, and therefore neither risk cold nor feel done up by it. I gave fifty shillings for my bath second-hand, and have used it a great deal, both for myself and others. It is wonderfully useful in cases of almost any kind of pain. I shall be happy to write to "Novice" if he likes to ask me any questions.—Rev. H. S.



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR OF THE FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

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### ADVICE GRATIS.

By A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS their ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

X. Y. Z., Belfast.—We have too much respect for water, and you swallow too much albuminous food to the exclusion of farinaceous diet. Take no porridge, give up the cocoatina, and eat less meat. Drop the Turkish bath, which evidently does not do you any good. Take the following pill daily with dinner: Blue pill one grain, compound rhubarb pill two grains, pill of colocynth and henbane one and a half grains, and the following mixture before each meal: Dilute hydrochloric acid ten minims, chloride of ammonium ten grains, sulphate of soda fifteen grains, tincture of gentian half a drachm, water to half an ounce. Try this method for a month, taking your weight row and at the end of the time. Eat plenty of stale bread, but avoid coffee and sugar. Weak tea with milk will suit you very well at breakfast and bedtime, and were you not an abstainer an occasional glass of good bitter ale with meals would have been of service to you. The varicose can only be cured by operation; the palliative measures suggested in your case are utterly useless where the condition is pronounced.

SUFFERER.—Your case is undoubtedly accessible to remedies but not those drugs generally in use. You had better send a stamped addressed envelope reminding us of your case, and we will write and advise you.

DEBILITY.—It is most unfortunate that you should have married while suffering as described. Doctors who recommend that step exhibit only ignorance or carelessness in doing so, as it is calculated to intensify the conditions from which you were already suffering. You must live apart for three months, meanwhile you had better consult a specialist, as medicines would be useless, and you probably require active electrolytic treatment.

G. M. No. 2.—It is utterly impossible to gather the present state of your health from the scanty information with which you have supplied us. In fact, we very much doubt whether you could supply as much information as would be necessary to enable us to treat your case properly. Nothing short of seeing a doctor will be any benefit to you. You had better send a stamped envelope and we will tell you where to go.

PERPLEXED.—There are so many of you who are "perplexed" that your perplexity will be increased when the replies to your queries arrive. After having tried everything else, you have a choice of two more remedies, one or both of which may be employed—viz., circumcise and galvanism. You appear to have exhausted all other treatment.

J. HAWKINS, London.—We do not see what connection the one can have with the other. She had better try a poultice or two over the painful part, or a belladonna plaster, and take the following medicine: Bromide of potassium one and a half drachms, syrup of oranges two drachms, chloroform water to six ounces. One sixth part three times a day. If this does her no good it would be better to see a doctor.

SATIS SUPERQUE.—The headache is of course due to indigestion. Of course you can sing and marry too. Probably both will benefit. With the mixture we should suggest your taking the following pill: Arsenious acid one-thirtieth of a grain, carbolic acid one grain, extract of gentian one grain, to make one pill, to be taken three times a day with a dose of the mixture.

A. STUART.—Take the following pill daily with your dinner: Colomel one-third grain, extract of gentian three grains, extract of nux vomica one-quarter grain. This should be taken daily for a month, when you ought to report again. As a gargle use a teaspoonful of common table salt to a quarter of a pint of water once or twice a day.

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AND  
HUDSON'S DRY SOAP.

WILL NOT JAG YOUR JOINTS

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"The FAMILY DOCTOR contains a vast amount of really Practical Information."—Reynolds.



# DISINFECTION.

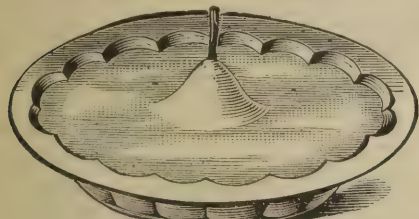
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**THE SANITAS Co., LTD.,**  
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(Sole Manufacturers also of the famous "Sanitas" Disinfectants.)

C. H. G.—We are glad you have given up the objectionable habits, for they are physically and morally pernicious. But you must not give way to melancholy as you appear to be doing. Take the following mixture three times a day, and if not better in six weeks, write again: Carbonate of ammonia three grains, bromide of sodium twenty grains, sulphate of magnesia half a drachm, infusion of gentian to half an ounce. Keep up the cold bathing, and comply with the other suggestions alluded to.

N2 EAGLE X.—You have omitted to mention your age. You need not fear any dislocation of the thigh bones, as you would find that exceedingly painful and it would be impossible to walk. The chances are that you are growing very fast, and the strength of the ligaments surrounding the knee joints does not keep pace with the development of the legs themselves. Very little can be done in the matter, you may bathe the knees with salt water and rub vigorously with a rough towel. Take a teaspoonful of Pariss's Food three times a day immediately after meals.

ANOTHER SUPPHER.—If the powder we recommended has not produced beneficial results we should advise you to use zinc ointment, containing five drops of creasote to the ounce. This must be applied night and morning, having previously washed off the former application with warm water. If this does no good you had better see a skin specialist. Take at the same time the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia three drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

130th Thousand Post free of Author, 2s. 6d.

## THE CURE OF CONSUMPTION

CHRONIC BRONCHITIS, ASTHMA, & CATARRH.  
By E. W. ALABONE, M.D. Phil., U.S.A., F.R.M.S., Late M.R.C.S. Eng., late Consulting Surgeon to the Lower Clapton Orphan Asylum, &c., Lynton House, Highbury Quadrant, London, N.

By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous. I had no less than 60 cases of cure last year."

ROSIE.—You have not given us many details of your case, though we appreciate the difficulty of stating it as well as if replying fully in these columns. If you will send us a stamped addressed envelope with a letter containing full details, we will reply to you by post. Meanwhile take the following mixture night and morning: Bromide of potassium twenty grains, carbonate of ammonia three grains, glycerine twenty minims, tincture of bark half a drachm, water to half an ounce.

A. T.—We have no personal knowledge of this gentleman's skill, either as an aural surgeon or as an electrician. It is not usual for medical men, in consulting practice, at any rate, to sell surgical or medical appliances *verbum sap.*

MARY ELLEN.—You have our sincere sympathy in the terrible series of afflictions undergone by the unfortunate patient. The original trouble did not follow small-pox, nor are the more recent pains "the after-effects of influenza." The history is perfectly clear, and in reply to your question as to whether "it is of any use having further advice" we have no hesitation in replying in the affirmative. Much good may be done by a prolonged course of specific medicines, but the dose and character of these can necessarily only be determined after personal examination of the patient. We think that had a proper diagnosis been made in the first instance, and the requisite treatment administered, most, if not all, of the ravages of the disease might have been nullified. If you wish to communicate with us further please enclose a stamped envelope with your letter, and we shall be happy to reply privately.

PUZZLED.—There appears from your letter to be no obvious cause for the conditions, and in order that something may be done for it, a personal examination of the parts is necessary. If you send us a stamped addressed envelope restating your wish, we will give you the address of a physician making a special study of such cases, and who will exercise the greatest delicacy of treatment, and will respect your susceptibilities.

J. F. V.—As you discharged yourself from the hospital without the advice of the surgeon, your doubt is probably well-founded, and we should recommend you to see the same surgeon as soon as possible. Reference to his notes and the present state will soon place the trouble in a clearer light.

G. M. B.—Your symptoms appear to be all attributable to the same cause. 1. Yes. There can be prevented, partial by general treatment, entirely by local electrolytic measures. 2. Use hot water with good soap (Terebene or Juvenia); rub the face thoroughly with the towel after drying. Before each meal take the following mixture: Dilute phosphoric acid ten drops, tincture of nux vomica five drops, water to half an ounce. 3. Yes, unless treated by a properly qualified medical man. 4. Not generally, though it might have some influence on their nervous systems.

POTTERIES.—No doubt you will require a good deal of the proper kind of treatment for such cases, but that treatment does not consist in drugging yourself with all kinds of nauseous medicines. The treatment will have to be local and directed to one point, by means of an electric current. You may not be able to obtain this treatment where you are; if not, we shall be happy to tell where you can.

A. X. S.—You do not allege any reason for the frequent losses which are usually the result of former indulgence in bad habits. Learn to pass a bougie (No. 9 English) twice a week; do not sleep on your back, pass water when you first wake in the morning, take plenty of outdoor exercise, take no heavy suppers nor anything to drink after nine p.m. Take also twenty-five grains of bromide of potassium each night at bedtime in an ounce of camphor water. If you do not rapidly improve, you had better consult a London specialist physician.

DESponding ONE.—You probably require change of air and scene. Take a cold bath every morning having first washed down afterwards with a rough towel. Get plenty of regular active outdoor exercise every day, not walking, but gymnastics and athletic sports. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Your meals must be regular and consist of plain nourishing food. Your health will not improve in strength and quantity until your bodily health is restored. The more applications you make to it, the more likely is it to come off. Go on with the Fellow's Syrup.

PERPLEXED, Dublin.—You will be very foolish indeed if you do not accept the offer. Do not trouble about your mother. That may or may not have been so.

ANXIOUS.—Take a cold or tepid bath every morning and keep the bowels freely open. Avoid spirits if they have the effect upon you that you complain of. Give yourself a rest in the matter and do not indulge too frequently. Take the following medicine: Dilute phosphoric acid one drachm, sulphate of quinine six grains, tincture of cantharides fifteen minims, tincture of nux vomica half a drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals. It is this does no good, send stamped envelope.

A. CONSTANT READER.—You have evidently caught the infection by contact with some person or thing already infected. It is easily cured by washing thoroughly with hot water and soap (twice a day), and when dry applying some ointment of ammoniated mercury (not too freely) over the itching surface. Two or three days should suffice to get rid of the trouble. Of course you must change your underclothing frequently.

PALE ANNIE.—You will always be pale while you continue to eat raw rice. Give up the habit at once, for it is likely to lead to much more serious consequences than are at present perceptible. When you have done so you will be ready for the iron and quinine medicines which the doctors have already ordered for you.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those who have been unable to get suitable glasses elsewhere), should consult Mr. Bluett, who has had thirty years' practical experience in making and adapting Spectacles for every form of Defective Eyesight, and for which he has received numerous unsolicited testimonials.

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Plays Hymns, Popular Airs, Quadrilles, Waltzes, Hornpipes, &c. A mere child can play it. Cash or easy payment. List of tunes and full particulars free.

DRAPER, ORGANETTE WORKS, BLACKBURN.

J. S. McMILLAN.—You take too many eggs and not sufficient meat. A vegetarian diet? Certainly not, unless you wish to aggravate all the conditions. Vegetarianism, for anybody, is a grievous mistake, and those people who advocate it forget that our digestive organs are not those of herbivorous animals. Eat your food slowly, drink only after meals, and take the following mixture night and morning: Bicarbonate of potash fifteen grains, sulphate of magnesia seventy-five grains, tincture of gentian half a drachm, cinnamon water to half an ounce.

WEARY ONE.—Pass the bougie twice or three times a week, and take the following medicine: Sandalwood oil half a drachm, mucilage of acacia half a drachm, cinnamon water to half an ounce, three times a day after food. If you have a varicose, it will be necessary that you undergo an operation for its radical cure.

HOMER.—The cause is dryness of the scalp and skin of the neighbouring parts due to the proximity of the lamp to your head for so many hours. Try the effect of keeping the head constantly greased with the following: Blistering fluid half a drachm, lanolin four drachms, white vaseline an ounce.

JANE DUNN, Etc.—Take ten grains of sulphonal every night at bedtime. Try this for a fortnight, not longer.

J. CLARK.—In reply to your former letter, we wrote to the address given, and are astonished to find that you did not receive our communication, as it was not returned to us. The appliances named would be useless in your case. If you wish for the other information, it would be better that you should send us an envelope addressed so that it should reach you. Is it possible that our former letter to you was opened by someone else?

DONNE.—The abandonment of the pernicious habit depends upon your own strength of will. There are, of course, artificial aids, such as blistering, &c. But without determination on your part they can only be disappointing. The operation of circumcision, however, is pretty effectual, and if you find other measures useless, you will do well to arrange for the performance of that operation.

W. M.—Avoid all beer, wine, and spirits. Keep the bowels freely open by means of a teaspoonful of liquorice powder nightly. Take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals.

ONE IN GREAT TROUBLE.—You had better place her under the care of a doctor, because, even if you use sulphur ointment, you will not know when the disease is cured; you may use too much of the ointment and produce eczema. It is not improbable that the boy has caught it, though we could not tell without examination. For yourself, you should avoid all beer, wine, and spirits, and take the following: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, peppermint water to six ounces. One-sixth part three times a day.

PERPLEXED.—Of course the best thing you can do to satisfy yourself is to see a specialist. Send a stamped addressed envelope, reminding us as to what your trouble is, and we will recommend you one. The condition is due to your state of health, it does not, therefore, follow that you should be like all this your life.

G. M. M.—1. Ammoniated tincture of quinine is the best thing. 2. Either will do, the combination does not act better than one alone. 3. Not that we are aware of. 4. Yes.

ENGINEER.—We do not think there is anything to prevent your passing the physical examination. However, to make sure, perhaps it would be better to see someone.

DUBO.—1. Take a cold bath every morning and get plenty of active outdoor exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Take the following medicine: Bromide of potassium one drachm, syrup of oranges two drachms, chloroform water to six ounces. One-sixth part three times a day. 2. We know nothing about it. 3. Yes.

SARLET.—1. Wash the head with a little warm water once a fortnight, thoroughly dry and apply a lotion like the following every morning: Spirit of rosemary three drachms, dilute acetic acid one and a half ounces, tincture of cantharides six drachms, tincture of nux vomica half a drachm, tincture of capsicum one drachm, aqua of roses two drachms, rose-water to six ounces. To make a hair wash, to be used every morning. 2. Take three grains of calomel every other night, followed by a scidlitz next morning. Avoid beer, wine, and spirits in any shape or form; also sauces, pickles, &c., &c. Take plenty of active outdoor exercise and a cold or tepid bath every morning, using plenty of soap. The carbolic acid lotion is useless. Take sulphur ointment, one drachm, carbonate of magnesia two drachms, peppermint water to six ounces. One-sixth part three times a day.

TOO LEAN.—If you do not get fat on your present form of diet there must be some good reason for it, such as inherited thinness. If, however, you are thin by inheritance, we very much fear nothing will make you stout, especially as you have to take so much exercise. With regard to your hair, light hair frequently becomes darker with years. We do not think you can do anything to make it lighter, unless you use a bleaching agent.

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## ECZEMA.

SIR,—After TEN YEARS suffering and irritation your "VELVET" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS FOVANT.

"VELVET," a beautiful Cream for Eczema, and all roughness of the skin. 134d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury. Please mention this paper.

**EPPS'S**  
GRATEFUL—COMFORTING.  
**COCOA.**



**C. A.**—Take baths during the winter at the temperature of the room in which you sleep; no necessity to take them absolutely cold. You should keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals. Give up the hot water drinking, you have tried that long enough.

**OLD MAID.**—Every night at bed time take a small teaspoonful of compound liquorice powder in water, and during the day fifteen grains of bicarbonate of soda, dissolved in half an ounce of peppermint water, an hour after each meal.

**T. WILSON.**—1. Yes. Chest-expanding braces, made by Bailey and Son, Instrument makers, Oxford-street, London, W., will help you in the matter. 2. We do not understand the description given of the legs. 3. Bathe eyes if you like, but neither bathing nor all the internal medicine ever ordered will do away with the necessity for glasses which you allege. Take ten drops of tincture of perchloride of iron three times a day with a sufficient quantity of water—say, half an ounce.

**DITTIERS.**—1. Your food is altogether with the exception of the meat and butter, practically "preserved food." You want fresh fish, fresh green vegetables, fresh fruit, and occasionally some poultry. Too much farinaceous food—as you appear to have—is a mistake, and is apt to constipate. You had better carry out the suggestions made, and take one teaspoonful of Epsom salts, dissolved in hot water, a short time before going to bed each night.

**AGGY.**—It is quite likely the poor child is suffering from worms, but we are not in a position to say so without an examination. Besides, the treatment for worms requires the superintendence of a medical man. The symptoms you allege may all be attributable to the presence of worms. You had better take her to a good doctor, and let him prescribe for her. It is very dangerous for you to be giving her worm powders on your own responsibility.

**FOUR-INCH.**—This black deposit on the inner side of the teeth is tartar, a deposit of salts from the saliva. The only way to remove it is to go to a chemist and have it scraped off. It is better to have this done than to allow it to remain there, because the enamel under the tartar becomes destroyed, and decay of the teeth may set in. 2. This boughie should go in for about eight inches, but if you cannot use it without pain you had better leave it alone, or you will do yourself more harm than good.

**ICONOCLAST.**—We are not prepared to give a diagnosis on such scant information as that you have afforded us. A "pain in the back" need not necessarily imply disease of any organ. Cold, fatigue, rheumatism, or injury may also cause it. You had better keep the bowels freely open, rub the back with a little liniment of any sort, and wear a flannel bandage round the body. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

**JOHN M.**—You are probably suffering from dyspepsia, but not from that alone. There is little doubt that you have also some enlargement of the prostate gland, which should be properly treated by a qualified medical man, and not by resort to quacks and patent medicines. The continual desire to pass water is due to mechanical reasons, which will have to be overcome mechanically. For the dyspepsia, you must look after your diet, eating only the lightest and plainest food, and take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals. Keep the bowels freely open, and mind you take plenty of active outdoor exercise.

**SCOT.**—This may be due to dyspepsia. You must see that your food is light and nutritious, and take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, chloroform water to six ounces. One-sixth part three times a day, immediately after meals.

**A NEW READER.**—Why should you not eat the ordinary bread as sold at any respectable baker's? With regard to food, eat what everybody else does, unless there are any special reasons why you should not. You talk of a pain at the bottom of the ribs, as if that meant any definite position. If any one said this to you, what would you understand by it—right, left, back, or front?

**PAYTHORN LADDER.**—We have examined the sample and nothing abnormal about it. Take a cold bath every morning, and keep the bowels freely open by means of a little liquorice powder. Take plenty of active outdoor exercise.

**GEORGE THOMAS.**—Take a cold bath every morning and keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Wash the face with soap and water three or four times a day, emptying the yellow pustules by means of a sharp needle run into the base. Take care that you eat light, nourishing, assimilable food regularly for your meals, avoiding much potato, bread, pastry, and puddings, beer and wines. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

**DEPRESSION.**—We should advise a cold bath every morning with a good rub down afterwards. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed for your meals by a mild dose of aperient fruit salts. Probably you require some change of air and scene if you have not had a holiday for some little time. Have your meals regularly and eat only light nourishing food. If you are anxious about your condition see some good physician who may be able to put you on the right track.

**A. DEPRESSION.**—We very much doubt whether what you feel, namely, the oozing, is actually in consonance with the real facts. It is very unlikely, but of course may be so. If it is so, you should see a good specialist. Send a stamped addressed envelope and we will recommend you one. In the meanwhile, you must avoid sleeping on your back at night while asleep, which may be prevented by tying some hard substance in contact with the back. Keep the bowels freely open, and take a cold or tepid bath every morning.

**IVY MAY.**—You must be careful to take a full glass of the slippery elm to a pint of water, if you must use this preparation. You can get all these things at the chemist's, and he will give you all the information you desire. You can have the castle soap scented if you like, but you must also use super-fatted soaps which are better, and will be supplied by your chemist.

**TREMULOUS.**—Continue to carry out our instructions with regard to the nocturnal trouble, although it has been greatly modified. For the general nervousness you had better take a teaspoonful of Parrish's Food three times a day immediately after meals. This must be continued for a considerable time, as the nervous condition is generally obstinate. Be careful to keep the bowels freely open by your chemist.

**M.A.**—Be very careful to keep the parts scrupulously clean with plenty of soap and water, drying thoroughly. Avoid all beer, wines, and spirits, and take the following: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus three drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals.

**DURHAM.**—It is absolutely necessary that you should have medical attendance. If you cannot afford to pay a medical man it would be better for you to get a parish order and be visited by the district medical officer. We cannot prescribe for you while you are in such a dangerous condition. If you cannot sleep you had better go to a hospital. For the other matter, one drachm, syrup of orange two drachms, chloroform water to six ounces. One-sixth part three times a day. Take only light food—such as broth, beef tea, and milk—for the present.

**W. F. R.**—You must be careful to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Have a cold bath every morning. Avoid all beer, wines, and spirits, and eat only light food. The prostatic fluid escapes on account of the straining. The other matter would require special treatment for some time and you would have to see a specialist.

**L. L. L.**—If your eyes are affected, you should certainly see an oculist, and go to some ophthalmic hospital. For the other matter, that is easily seen, light. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia three drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day between meals. Take plenty of exercise and do not eat any farinaceous food, such as potatoes, bread, pastry, and puddings.

**LOVED SINCERELY.**—We know not whether we have lighted upon merely a scrap of your correspondence or whether the few inches of paper we found constitute the whole of it. At any rate, the information contained therein is insufficient to make any practical medical use of. You must write more fully and we will help you to the best of our ability.

**CLIVEDEN.**—We think the only thing that can be used beneficially for your complaint is galvanism. Drugs are of no use whatever. The best thing you can do is to get into some good London hospital or infirmary and place yourself under treatment. At home you will never get better.

**NERVOUS ONE.**—Obviously the only thing for you to do is to go to a good dentist and have them properly attended to. We cannot tell what their condition is merely through correspondence; hence we cannot say whether they should be pulled out or left in.

**GOLDEN HAIR.**—The condition of your skin is dependent upon the condition of your health. You must keep yourself in thoroughly good order if you would remain well and clear-looking. The bowels must be attended to, plenty of exercise indulged in, and suitable food eaten. It is of no use paying attention to one point unless you pay attention to all. It is of no use devoting your cares to the state of the skin when the general condition of the constitution is faulty.

**ENQUIRING.**—You should change the socks every day, and dust powdered boracic acid into the boots and shoes every time you put them on. Take a cold bath every morning, applying soap universally with a liberal hand. Attend to the state of the bowels, and let your diet be light, nourishing, and taken at regular intervals. Get plenty of active outdoor exercise of an athletic kind. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

**HAROLD.**—No. No sign of consumption—but of indigestion. Eat your food slowly, drink only when each meal is done, and take the following medicines: A teaspoonful of Epsom salts each morning in water; and before each meal: Dilute hydrochloric acid ten minims, spirits of chloroform five drops, tincture of gentian half a drachm, water to half an ounce.

**GENERAL GORDON.**—You might take another cartload of medicines and apply an equal number of appliances named without relief. The varicocele must be treated by operation and the other condition by electrolytic measures. If you yourself do not know any surgeon to consult, if you let us know your address we shall be happy to recommend you a suitable man.

**A. L.**—The disagreeable sensations of which you complain may be due to polyposis or to the disease known as oozema. It is impossible to say which without examination; you had better consult a surgeon to one of the throat and nose hospitals. That at Gray's Inn-road (The Central) is as good as any.

**HARBOUR.**—A soft toothbrush is best, and camphorated chalk is as good a dentifrice as any. We have never used the substance you mention, and hence cannot speak of it personally. Wash the teeth after each meal.

**LOCK-OUT.**—We think that under the circumstances you had better continue the treatment already initiated by the gentleman named in your letter. We must confess to some surprise at the display of his qualifications, however, and we may add that as the above "physician" is considerably larger than the sum named, and does not include any medicines at all. However, the doctor is evidently well qualified, and you must be content to follow his or some other good advice for from twelve to eighteen months longer if you wish to be permanently rid of the disease.

**PRINCE.**—You had better take the following mixture regularly three times a day between meals: Sandalwood oil half a drachm, mucilage of acacia forty-five minims, peppermint water to half an ounce. You must turn testotaller, smoke very little, and keep the bowels acting regularly.

**ARISTICUS.**—Yes. It is quite possible. The probability, however, is, that in your friend's case the malformation is only apparent—not real. The other organ may still be connected with the abdomen, and that is, it may not have descended in the usual way to its normal position.

**NASAL CATARRH.**—You had better use the following lotion: Borax seven grains, bicarbonate of soda and chloride of sodium of each seven grains, powdered white sugar fifteen grains, to make one powder to be dissolved in a half-tubful of warm water, sniffed into the nostril and brought out of the mouth after traversing the nostrils. Take also a teaspoonful of Fellew's Syrup three times a day immediately after meals.

**NINA.**—We do not encourage the employment of cycles by either sex; in fact, we think they are responsible for a great many maladies. This observation applies to married women as well as to single ones. Most people can take this medicine if necessary, but it would be absurd for you to take it if it were not necessary. You had better see a doctor.

**WREKIN.**—You are evidently very much out of sorts, and require a complete change of air and scene. The bowels should be kept freely open, and you should drink plenty of good Burgundy. Take also the following medicine in the shape of pills: Sulphate of quinine one grain, extract of hux vomica quarter of a grain, aromatic acid one-sixth of a grain, extract of hyoscyamus one grain, to make one pill, to be taken three times a day, immediately after meals. These should be taken for some considerable period.

**Z. Y.**—Obtain Dr. Pye Chavasse's book on "Advice to Mothers." It is quite cheap, and may be obtained anywhere.

**T. C. S.**—We do not think that indigestion of diet will help you much—the trouble is not due to indigestion, but to that state of nervousness incidental to the period of adolescence. As you grow older you will find your difficulty disappear without needing to resort to any of the suggested drastic measures. Mix as much as possible with your fellows, make up your mind that you can easily overcome the tendency, and take the medicine herewith prescribed twice or three times each day: Bromide of potassium twenty-five grains, carbonate of ammonia three grains, glycerine twenty minims, tincture of gentian half a drachm, water to half an ounce.

**STELLIA ADAMS.**—You are suffering from leucorrhoea, which may possibly be suggestive, under the circumstances, of pregnancy. But there are many other causes, and without a full investigation of the case it would be impossible to say definitely which was responsible. However, there is no reason why you should not use a lotion containing one teaspoonful of sulphate of zinc to a pint of warm water—twice daily as an injection. Keep the bowels acting with a dose each night of liquorice powder, one teaspoonful, and if there is any further difficulty, send us a stamped envelope for reply by post.

**YEAST.**—The only way in which yeast is sometimes used by medical men is as a poultice to clean sloughing ulcers. Internally its use is valueless, though it has been tried in diabetes and other saccharine diseases. You had much better use peppin in ten grain doses after meals, or take the following: Subnitrate of bismuth one drachm, mucilage three drachms, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**THERMO.**—A discharge of this kind may accompany almost any malady connected with the nasal organs, whether it be due to a polypus, hypertrophied mucous membrane, disease of the bone, or what not. You appear to have used the right kind of thing, but not thoroughly. The chloride of ammonium inhaler must be never-used with, and the antiseptic solutions must be made to traverse the whole length of the nostrils (and brought out of the mouth). The most satisfactory way of going to work is to consult a good specialist and find out what is really the matter.

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Conditions of the system arise when ordinary foods cease to build flesh—there is urgent need of arresting waste—assistance must come quickly, from natural food source.



## Scott's Emulsion

is a condensation of the life of all foods—it is cod-liver oil reinforced, made easy of digestion, and almost as palatable as milk.

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**IT'S WELL** to know a GOOD THING when you see it;  
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**WORTH a GUINEA a BOX.**

**LIFE IS TOO SHORT.**

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No. 452.—Vol. XVIII.      SATURDAY, OCTOBER 28, 1893.      PRICE ONE PENNY.

**DOMESTIC SURGERY.**  
**Useful Hints for the Housewife.**



FIG. 24.—BANDAGE FOR INJURY TO PALM OF HAND.



FIG. 25.—FOR THE FOOT.

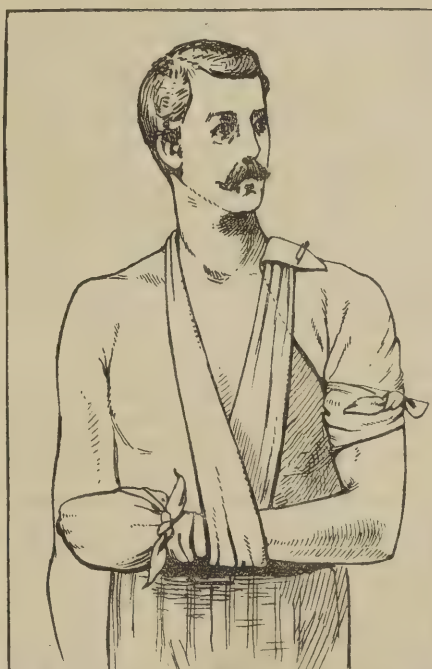


FIG. 26.—SHOULDER AND SLING, AND ANOTHER FORM OF HAND BANDAGE.



FIG. 27.—FOR THE ELBOW.

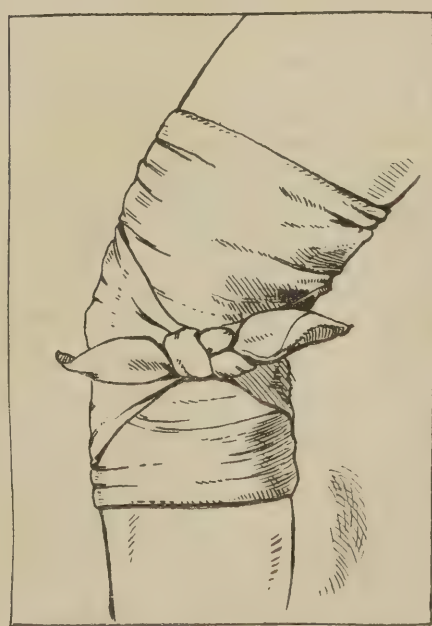


FIG. 28.—KNEE BANDAGE.

**READ SPECIAL ARTICLES THIS WEEK.**



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## CONTENTS.

PAGE.	PAGE
Domestic Surgery (Illustrated) .. 129	Is Life Worth Living? 136
Editorials .. 130	The Care of the Head and Hair .. 137
Specialities .. 130	Cremation at the Church Congress .. 138
Domestic Surgery .. 131	The Degradation of Modern Athletics .. 138
Race .. 131	The Girl That Will Be Wanted .. 138
The Eye .. 132	Cookery and Ethics .. 139
The Finer Nails .. 132	Blaud's Pills .. 140
The Pure and Natural Man .. 132	Our Open Column .. 140
The Sleep of Death .. 133	Notes & Queries .. 140
Recipes for the Table .. 134	Answers to Correspondents .. 140
Household Hints .. 134	.. .. .
Two Magic Squares .. 134	.. .. .
The Mother's Page .. 135	.. .. .
Bath Rooms .. 135	.. .. .

## EDITORIALS.

**NO NEED TO DIE YOUNG.**—Bismarck says that he owes his rugged old age to the practice of bathing regularly and freely in cold water. Gladstone ascribes his longevity to the regularity of his habits. Tennyson believed his good health was due to his not having worried about the small affairs of life. Von Moltke thought his ripe old age was owing to temperance in all the affairs of life and plenty of exercise in the open air. De Lesseps thinks he owes his advanced age to like causes. Taking all these life-giving agencies together, and considering how easy they are of attainment, there does not seem to be any good and sufficient reason why we should die young.

**SWEAT** consists of nearly 99 per cent. water and a little over 1 per cent. of saline matter.

An operation for appendicitis upon a patient revealed the fact that the disorder was due to the presence of tooth-brush bristles. "Cheap tooth-brushes," remarked the surgeon who had charge of the case, "are responsible for many obscure throat, stomach, and intestinal ailments. The bristles are only glued on, and come off by the half-dozen when wet and brought in contact with the teeth."

**PURE** water and a good brush are the only things absolutely necessary for keeping the teeth in a wholesome condition when the digestion is good, and the teeth have once been thoroughly cleaned. A little fine soap or soda is useful in acid conditions of the mouth; and a powder, such as precipitate of chalk, is valuable when the teeth have been neglected. "Salt is also highly recommended, and acts as a disinfectant."

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln.

In a square inch of the human scalp the hairs number about one thousand, and the whole number on an adult scalp is about one hundred and twenty thousand.

**PAPER** stockings are a new German invention. A Berlin shoe trade journal says that the stockings are made of a specially prepared impregnated paper stock, which, it is claimed, has an extraordinary effect on perspiring feet. The moisture is absorbed by the paper as rapidly as it is formed, and the feet remain dry and warm, while the constant temperature maintained in the shoes is said to be a great preventive of colds.

**THE DANGEROUS NUTMEG.**—Cases are not infrequently reported in which children, and sometimes grown-up persons, are poisoned by the free use of nutmegs, it not being generally known that this article of common household use is really a deadly poison. This is true, in fact, of most common condiments, but when misused these articles, such as pepper, capsicum, &c., are so obnoxious to the taste, excepting when taken in very minute quantities, that the consumer is warned in a very positive manner before he has had an opportunity to do himself serious injury. This is not the case, however, with the nutmeg. This nut, which contains a poisonous principle of a very deadly character, may be consumed without inconvenience in quantities sufficient to produce fatal consequences; and it is surprising, not that death occasionally occurs from its use, but that deaths are not more frequent.

A **WELL-KNOWN DOCTOR**, speaking of the contagiousness of common warts, says that common warts appear to arise by implantation of some contagious material at one or more points on exposed parts of the skin. There is also some idiosyncrasy, for whilst children especially are very liable to warts, others, though living under precisely the same conditions, never suffer from them. From the original wart or warts thus produced others may, by local inoculation, be set up just in the immediate neighbourhood. At any period he believes that communication to another person is possible by ordinary contact, though a somewhat close contact appears to be necessary. As to the local treatment of warts, the commonest mistake is to attempt to destroy the wart at once by some powerful caustic, this process being often painful, and, if successful, apt to leave a scar. A better method is to apply several times daily some light caustic, as concentrated or glacial acetic acid, and in this lies the main secret of successful treatment.

**MEMORY.**—Of all the wonderful miracles of Nature, animate and inanimate, there is perhaps none so perfectly and inscrutably marvellous as the human memory. We do not refer to the specially cultivated, gifted, and trained memories of exceptional geniuses; we are alluding merely to the common average human being whom we meet at every turn, whose simple innate power of recollection and reminiscence seems to us almost the very gravest marvel in the museum of the physical universe. Even the meanest memory is stored and stocked, in all its numberless cells and pigeon-holes, with such an endless collection of facts and ideas as might appal the heart of the most ardent statistician. Most people, for want of "analytical" habits, greatly underestimate the extraordinary storehouse accommodation of their own memories, and we believe the merest child or the most ignorant peasant knows and remembers a number and a variety of things which, when collected, would readily surprise the most learned and thoughtful. Where the room can be found in one small brain to stow away so many facts and fancies is a puzzle of no small magnitude. Cell after cell and fibre after fibre in the innumerable minute elements of the brain have been indissolubly connected by channels of nervous communication impressed and modified by acts and ideas, till the whole has become a supreme register of past experiences ready for reference at a moment's notice by the wonderful power of association.

**HOW WE TASTE.**—Strictly speaking, with the tip of the tongue one cannot really taste at all. If you put a drop of oil of bitter almonds on that part of the mouth you will find that it produces no effect of any sort; you only taste it when it begins slowly to diffuse itself, and reaches the true testing region in the middle distance. But if you put a little mustard or cayenne on the same part, you will find that it bites you immediately—the experiment should be tried sparingly—while if you put it lower down in the mouth you will swallow it almost without noticing the pungency of the stimulant. The reason is that the tip of the tongue is supplied only with the nerves of touch, not nerves of taste proper; they belong to a totally different main branch, and they go to a different centre in the brain, together with the very similar threads which supply the nerves of smell for mustard and pepper. That is why the smell and taste of these pungent substances are so much alike, as everybody must have noticed, a good sniff at a mustard pot producing almost the same irritating effects as an incautious dose.

**LAUGHTER.**—Laughter has often dissipated disease and preserved life by a sudden effort of nature. We are told that the great Erasmus laughed so heartily at a satirical remark that he broke a tumour and recovered his health. In a singular treatise on "Laughter," Joubert gives two similar instances. A patient being very low, the physician, who had ordered a dose of rhubarb, countermanded the medicine, which was left on the table. A monkey in the room, jumping up, discovered the goblet, and, having tasted, made a terrible grimace. Again putting only his tongue to it, he perceived some sweetness of the dissolved manna, while the rhubarb had sunk to the bottom. Thus emboldened, he swallowed the whole, but found it such a nauseous potion that, after many strange and fantastic grimaces, he ground his teeth in agony, and in a violent fury threw the goblet on the floor. The whole affair was so ludicrous that the sick man burst into repeated peals of laughter, and the recovery of cheerfulness led to health.

**HONEY AS A FOOD.**—Many people are aware that honey, either simple or prepared in combination with other ingredients, is a desirable medical agent in certain cases, as in diseases of the throat, especially those of a mild nature, like hoarseness and a dry, inflamed condition; but not so many are aware that as a regular article of food it has a prophylactic and even a therapeutic value which can scarcely be over-estimated. Most sweets are to be taken with caution, as they are liable to impair the action of the stomach, or otherwise injuriously affect the system; but honey may at any time be eaten freely, according to the taste of the recipient, and will be found corrective and beneficial. In some cases, especially where the appetite has been pampered and demoralised by hurtful indulgence in unwholesome sweets or other foods, the taste for honey will need to be cultivated; but it will almost invariably grow with the restoration of the general physical tone, and become an individual characteristic.

## SPECIALITIES.

### DUNN'S FRUIT SALINE.

**WE** have received for investigation a sample of Dunn's Fruit Saline, and have submitted it to personal trial. The flavour is very pleasant, and the effervescing character of the preparation renders it especially agreeable. Its composition is that suggested by its title—namely, a combination of natural organic salts. The endosmotic action characteristic of such salines is usually painless, and the specimen under consideration is no exception to the rule. We have, therefore, much pleasure in recommending the Fruit Saline as an elegant, efficient, and even attractive preparation eminently suitable for the purpose for which it is intended.

Mrs. S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.

"The Family Doctor contains a vast amount of really Practical Information."—*Reynolds.*



[SPECIAL ARTICLE.]

**DOMESTIC SURGERY.****USEFUL FOR THE HOUSEWIFE.**

Written and Illustrated by a SURGEON.

(See Frontispiece.)

**TRIANGULAR BANDAGE—(Continued).**

[N further illustration of this very valuable and simple bandage we give a series of diagrams which will explain for themselves the methods of applying.

Fig 24 shows a bandage used for injury to the hand—back, palm, or fingers—by placing the middle over the injury and crossing; then take a turn round the wrist and tie.

The foot bandage (Fig. 25) should start with the centre of the base under the instep and the point directed beyond the toes, over which it must then be folded. Then cross the ends and pass them round the ankle, returning to curve over the instep, and after a turn round, ends to be tied on top.

The shoulder bandage (Fig. 26) is placed with the centre of the base against the arm below the shoulder, and the point passing upwards towards the neck. When the sling is adjusted the point can be turned round it and pinned.

The bandage for the elbow (Fig. 27) is easily applied, and explains itself. May be fitted to any other part of the arm in the same way.

The knee bandage (Fig. 28) requires some little care in adjusting, or it will be inclined to slip down.

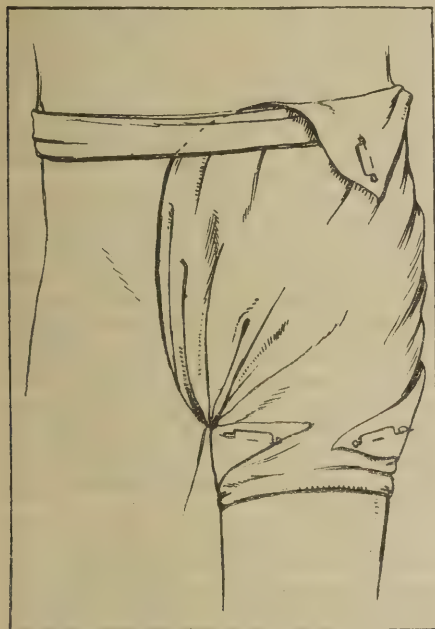


FIG. 29.—HIP AND WAIST BANDAGE.

In applying the hip and waist bandage (Fig. 29) the same process is observed as for the shoulder, the corner of the point passing under the waistband instead of the sling, and the ends, not usually being long enough to tie, are pinned separately. For keeping poultices and other dressings to the hip nothing could be better if carefully covered with this bandage.

(To be continued.)

If every man's internal care  
Were written on his brow,  
How many would our pity share,  
Who raise our envy now.

IMPORTANT DISCOVERIES OF GOLD are no doubt of great value to society, especially at a time like the present, when the money market is so tight and poverty so distressing. Still, however, there are some things in this world far more precious than gold, in spite of the immense influence it wields over mankind. Health, for instance, cannot be purchased for money, but it may be preserved and secured by the use of Holloway's Pills. No family should be without them, as they are equally good in their effects for either old or young. No complaint can for long withstand their healing power. They drive out all impurities from the blood, strengthen the digestive organs, and cleanse the stomach.

**REST.**

"LEAVE HURRY TO SLAVES."

By H. M. POOLE.

[N all the world there is no lovelier object than a healthy child who, after breakfast, plays with his toys for a while and then sinks into smiling slumber. Rosy, happy, winsome little cherub, whose rounded limbs grow in health and beauty day by day, your life is an example for children of a larger growth! For adults also ought to alternate between exercise and recreation, eating and sleeping. As for work, what is that except a serious recreation which calls into action one or more sets of faculties and the physical organs through which they operate? True, they are often over-exercised. Moderation is not the virtue of the nineteenth century. Men, and women too, often fail of high development simply through inertia. For we are so constituted that all portions of the frame and all faculties of the soul only maintain their equilibrium through alternate rest, recreation, and nutrition. To know how to secure their equipoise is to know the secret of health.

"That may be true in theory," a critic responds, "but what woman can govern her time? Life is the running of a race, in which every organ is strained to its utmost. They who lag behind lose everything. Woman, either as bread-winner or wife and mother, cannot stop to inquire whether she needs rest, or food, or sleep. She must simply keep on going as long as she lives. If she stops to take care of herself, she is a failure."

Only to a certain standard. The world spins dizzily down the grooves of time, and so its inhabitants suffer from nervous diseases, neuralgia, and heart-failure. But the exaggerated tendencies of the time will be understood; when they are, it will not take very long to overcome them; until then, if we cannot stem the current, we can at least refuse to be drawn into the thickest of the swim. It is necessary to be neither the hare nor the tortoise. Said Emerson, "Let us leave hurry to slaves." In fact, hurry implies slavery to the operating cause. In mind, as in matter, whatever is gained in celerity is lost in power. God is never cheated, though trying to do thirty hours' work in twenty-four is a foolish attempt.

In connection with physical habits it is well to consider the philosophy of rest, the very core of which is sleep. Everywhere there swings a law, like a mighty pendulum. "Polarity, or action and reaction," writes the philosopher, "we meet on all sides. . . . An inevitable dualism bisects nature so that each thing is a half and suggests another thing to make it whole—as spirit, matter; man, woman; subjective, objective; motion, rest. . . . Whenever the impulse exceeds, the rest or identity insinuates its compensations. After every foolish day we sleep off the fumes and furies of its hours."

All change is produced by the "vital force," the mysterious power which is known only by its effects. During waking hours it flows in a mighty, continual stream from its centre, the brain. The spinal column is its main channel, and through the nerves this vital force nourishes every atom of the human frame. Passing through the muscular system it is translated into action: passing through the brain it engenders thought. During the day we are either thinking or acting, or engaged in doing both.

Now comes in the "inevitable dualism." The pendulum can swing only so far before returning upon its path. Just the amount of nervous force which has been spent must, in compensation, be gathered from food and air. And it can only be collected during rest, recreation, and sleep. To keep the perfect balance, that which is exhausted during one day or week or month, must be replenished during another. Just so a reservoir is fed in the night time, when few demands are made upon it, only in one case the action is mechanical, in the other vital.

It follows that during sickness and after a period of exhaustion, rest is imperatively demanded. There are exceptions; the sickness

may be caused by indolence or by sedentary pursuits, or by over-exercise of only a part of the body. In either of these cases common sense teaches that rest has degenerated into stagnation. The sewing-woman suffers from over-rest of the trunk and limbs. On the other hand, the second-girl of a large city house, like the hard-working mother of a family, has need of just that kind of rest which is in excess in the former case. Grave diseases follow if either are long continued. To distinguish between the two, it is only necessary to observe if an invalid feels over-weary after a little exercise. If so, every motion is an indiscretion. Rest in an incumbent position, to her, and to the weary house-keeper, is the best of tonics. The spinal column, that main channel of vitality, is thus relieved of the strain put upon it in standing and walking.

If tired mothers only realised the recuperative power of horizontal rest they would so simplify work as to enable them to throw themselves upon a lounge from forty to sixty minutes every day. The dress should be loosened, the room darkened, care banished, and the mind withdrawn from external things into that sweet calmness which quiets the pulse and hushes into the region of ineffable peace. Then from its secret chambers the indwelling life breathes in that divine "oversoul," which envelops us like a finer atmosphere, and all the jarring wheels glide smoothly over their invisible pathways. Then the way-worn mother feels how sweet it is to have

"Round our restlessness His rest."

She rises from her couch with the throbbing pulse cooled down from the fever heat, refreshed through every fibre of her body, does Tom and Bessie run in from play with torn clothing and soiled faces, and perhaps angry and quarrelsome? In her repose she has gathered an equipoise which they intuitively feel. She has strength to deal with them justly and tenderly. And that she would have lost in keeping on at work, making cake for tea or embroidering a new dress for Bessie.

On the contrary, the sedentary person gets rest by a brisk walk. During several years I employed the same sewing-woman every spring and autumn—a stout, healthy, country-bred girl, who needed a good deal of exercise. After one o'clock lunch I used to urge her to walk about briskly for a while before going back to her room, but she always declined.

"No," said she, sadly; "women do not understand their own needs. I have tried to take exercise once or twice a day, but had to give it up. Most of my patrons thought I was cheating them out of their time. They forget I sit still till it seems as if my feet were paralysed. I could do more work and better after a run about the lawn, but they are jealous of the half-hour that would give me so much vigour. If I should exercise now it would only make me miss it more in other places where it would not be allowed."

The result is seen in the breaking down of that strong frame. She has not been able to work for many months, and her physician fears that she has consumption. To sit, year in and year out in a close, stuffy room, bent over her needle, is enough to kill the stoutest woman. In such cases rest means change of occupation.

Many times rest is the only medicine needed by the sick. If a dog is ailing he rolls himself into a ball in a warm corner and eats little or nothing till he is well. Quiet and warmth are the medicine of the four-footed philosopher. The biped loses the instinct of the animal; fumes, frets, takes stimulants and medicaments, and gives no chance to the recuperative forces of Nature. If he, too, would retire to his chamber, keep warm and eat next to nothing, those waste and poisonous matters which produced the disorder would be expelled, in due time, through the organs of secretion. That machinery which carries on involuntary motion when the body is at rest, pushes out of it from two to eight pounds of waste material in every twenty-four hours. The physician of experience says so. He also says that, with

"A GREAT COMFORT."—Yes, it is often misery for a person to cough and cough until it distress both himself and friends almost beyond endurance, but KEATING'S COUGH LOZENGES would stop all that; they are simply unrivalled; one alone affords relief. Sold everywhere in tins, 134d. each.—[ADVT.]

"The FAMILY DOCTOR is stored with useful Hints for the Preservation of Health."—Daily Chronicle.



bathing and half-fasting, the system, in ordinary cases, will take care of itself.

That wonderful healing power which is only secondary to the creative power is to be respected and encouraged. If it be diverted into action it cannot be employed in self-cure. The injured shrub or tree heals itself. It is the force within the man which cures him; the doctor only superintends. After the late Franco-German War marvellous recoveries were told concerning soldiers who had been left to die after the carnage of a battle. There was inability to move during many days, and rigid, enforced fasting in the open air. The inherent vitality had nothing to do except to purify itself and repair gaping wounds. How successfully it was done thousands of veterans can testify.

Several years ago a schooner was shipwrecked in a great storm. During eight days the captain and four of his crew clung to the rigging, without having a mouthful of food or a drop of water. When rescued they were but just alive and had to be fed like infants. Before the storm the captain weighed twelve stone; after it, eight stone.

This example only goes to prove the waste going on in the system during rest and while fasting. When the system is "out of sorts," rest enables it to attain its normal equilibrium, which is health. After a time, if the machinery has not been diverted to other uses, the body is relieved of its load. It calls for more food, for vigorous exercise, and demands fuller expressions of life. Rest has had its legitimate use.

"What you write on this subject is all true," observes a friend at my side, as I read to her the foregoing; "but what can we busy house-keepers do about it? There are only so many hours in a day and there is just so much work to be done. Shall we neglect our households—pass lightly over our duties to husband and children?"

"Not at all," is my reply. "But the first justice of all is self-justice. You cannot do your duty in your family unless you are able to be, in the main, fresh, self-poised—a centre of power, a tower of strength. A weak, sickly, hysterical, nervous wife and mother is a pitiable object. Not only does she fail in physical stamina, but she fails in moral force. She is no longer capable of being the wise mentor, the friend, and companion of those she loves so well. She ceases to command respect; she attracts only their pity and sympathy; and pity and sympathy are insufficient to keep the family circle bright and happy, to say nothing of the wise guidance needed from their cradle by undeveloped children."

"I see but one way in which the wife and mother can retain her poise, and continue to meet the strain imposed on her by modern life. That way is to simplify the habits of the members of the household."

"In what respect?"

"In almost every respect. No rest is possible to her who is determined to keep up with all the multitudinous requirements of what is termed advanced or cultivated social life. You are acquainted with our neighbour, Mrs. Jones? No? I had forgotten that she has been an invalid ever since you came to town, and makes no new acquaintances. In fact, she is often confined within doors during months at a time. Well, Mrs. Jones is one of those victims to house-keeping who never had time to take a moment's rest. She has two daughters, her husband earns only a moderate income, and she determined to have everything in what she called 'style.' If she had company, the table must be spread with a profuse variety of dishes, the most of which she herself was forced to cook. I have been there to tea with three or four other guests, and the repast was one which should be only undertaken by an establishment having three or four domestics. It would be more than foolish even then. There were jellies and preserves of every variety, and no less than five kinds of cake. The supervision, if not the entire labour, fell upon her. Think of the mental, no less than the physical, strain to which she was subject!"

"Everything within her province was carried on in the same manner. Her standard of house-keeping is still so high that life is one long martyrdom. A little wholesome neglect of non-essentials, clothing more simply made for her daughters and herself, and fewer dishes,

and those simpler, for the table, and she would have had time to rest. As it is, she is lost to the girls just at the age when they most need a mother. After she broke down nervously from the need of rest, Mrs. Jones was confined to her room for many months. Things went by "sixes and sevens" below stairs, and when she was able to crawl down once more the miserable condition of kitchen and dining-room so affected her shattered nerves that she was thrown back into the same state of body and mind. And Mrs. Jones will never be a sound woman again. Let us simply live, then, and take needful rest."

## THE EYE.

### TO REMOVE SOLID PARTICLES FROM UNDER THE LIDS.

FROM the lower lid it is sufficient to pull the lid away from the eye, and to wipe the body with a piece of moist paper or the corner of a handkerchief; if it is under the upper lid, grasp the lid firmly between the thumb and finger, lift it from the eyeball, and draw it down over the lower lid, and then allow it to slide slowly back to its natural position. The foreign body will be scraped off on the lashes. The operation may be repeated several times. Or, lift the lid from the eyeball, allow the tears to accumulate beneath the lid, and forcibly blow the nose. Or, place in the eye a few grains of flaxseed, which forming a mucilage will probably bring relief. Or, place across the upper lid the point of a pencil or bodkin, and turn the lid back over it; in this way the foreign particle is brought into distinct view and can be readily wiped away.

Lime and Roman cement are very destructive to the eyes if permitted to remain any considerable time. Wash the eyes immediately with water, then with water containing vinegar or lemon juice.

For acids in the eye, wash with water containing a little ammonia or baking soda.

For alkalis, wash with water containing vinegar or lemon juice.

## THE FINGER NAILS.

A FASHIONABLE manicure declares that finger nails grow more rapidly in children than in adults, and that both in childhood and age they grow faster in summer than in winter. In one instance a nail that required 132 days to renew in winter, renewed in summer in exactly 116 days. During both seasons the patient upon whom this experiment was made enjoyed normal health. The method of testing this growth was in each instance the same. The nail was pared close and slightly notched at the quick. Both the right and the left hand were studied, with the result that he affirms that the growth of the finger nails is more rapid on the right hand than on the left. As the person was right-handed it is presumed that the contrary is true of left-handed individuals.

One peculiarity of the growth of finger nails in addition to those stated is that the period of renewal differs proportionately with the length of the fingers. Thus it is more rapid in the middle fingers than any other. In the fingers on either side the middle finger the period of renewal is about equal and slower. It is even more slow in the little finger, and slowest of all in the thumb. Comparing the same fingers of the different hands, the person who discovered these curious phases of growth states that on an average the nails on the left-hand fingers of a right-handed person requires eighty-two days longer to renew than those of the left hand. In one particular the growth of the nails and hair and beard are governed by the same law, that of growing more rapidly in summer than in winter.

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## THE PURE AND NATURAL MAN.

### AN EXPERIMENT IN WHOLESOME LIVING.

OF all unreasonable people, your logical man is the most extravagant. My friend the Logician—he is an altogether different person from Bob Logic, of immortal fame—is a case in point. He began life with a profound distrust of the common sense of humanity, and early constituted his mind a kind of Lydian stone for all mortal customs and observances. Consequently he is a faddist of the most encyclopædic kind—a veritable museum of fads. For some inexplicable cause, he simply will not take the world as it is. "We are in a period of transition," is one of the foolish sayings he has acquired. Just as though the world had not always been, and will not always be, in a state of transition from yesterday to to-morrow. And "We lead such artificial lives," is another.

There is always some great movement on which is presently to end the transition stage and inaugurate an epoch. Sometimes he is going to advance humanity by means of all-wool garments, and sometimes by putting Mrs. Logician in trousers, and wearing petticoats himself. Sometimes it is by legislating against children eating buns, and sometimes by a ladies' league against kissing. Possibly it makes him more entertaining than he would otherwise be.

However, the attitude he has recently assumed with regard to soap and water is, socially speaking, unfortunate for him. He seems to have at last definitely devoted himself to offensive martyrdom—the fashionable martyrdom of the age. He has held his new opinions now for, perhaps, a couple of months, so that as yet he is not so completely isolated as he must ultimately become. As yet, his personal appearance, though uninviting, is not altogether prohibitive of intercourse, and his hesitation to rigorously carry out his theorem, so far as it effects his clothing, has been decidedly in his favour.

But already he begins to savour a little of the Oriental saint, and an olfactory nimbus will presently fend him off with growing completeness from common unreasonable men. We shout our arguments now in brief snatches of interview, standing, as it were, on the shore of the corrupt, and watching him recede from us, whither we cannot follow, upon a voyage to health, longevity, and purity; for it is at these things that he aims in his singular way. While an exchange of thought is still, in a broken manner, possible, and with the memory of former discussions fresh in our mind, we may, perhaps, set down here the ground he stands upon, and the line of investigation that he has followed thus far.

For private reasons, into which we have never pried, the Logician sets great store upon the duration of his life and the efficiency of his interior economy. To a large extent, we believe this tendency was inherited from, and further in early life fostered by, the Logician's widowed mother. We remember while at school the Logician evinced a most singular care of the food he consumed and the clothing he wore. He would reject green apples as not being "good" for him—as though anything could be evil or unwholesome for a healthy boy; and he would change his boots if his feet got wet; and cheerfully and even eagerly take physic, and do many like things unnatural and even abominable to the youthful mind. And his favourite reading was among books of physiology and medical pamphlets and advertisements; and concerning ventilation and food, and of all that might inwardly corrupt or establish him; and of the dangers of draught and damp and bacillus, that beleaguered his poor body without. And he would sit on a fence in the shade and meditate on sunstroke, and on his private symptoms, while we played cricket in the hot sun. Such was the Logician as a boy, and the boy was father to the man.

He early became sceptical of the science of the common medical man, and followed after strange physicians. He had—and who has not in these days of mental and moral unrest?—his

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period of doubt and denial. Was oatmeal porridge exceptionally nutritious, or did it irritate the coatings of the stomach? at one time agitated his mind; and, again, Should one drink during, or immediately before, or some time after, a meal? Then, Is white pepper a poison?

Endless questions like these rose up and were grappled with external authority and common usage not helpful, vague, or even conflicting; but he struggled on towards conclusions that he felt were true. Alcohol he was so happy as never to have tasted. A great crisis of his life was, of course, his decision on the question of animal food. A perverse propounder of paradoxes had afflicted him for some time with the suggestion that the diet most easily assimilated and most nutritious must of necessity be that which resembled his own substance most nearly, and abruptly urged him to a private practice of cannibalism. "Start an orphanage, a home for waifs and strays," said this Mephistopheles, "and say they are gone to Canada"; but the Logician, recoiling from these temptations in horror, took refuge in the position of a moderate vegetarian. He lived largely for a considerable time on (boiled) milk from his own cow, stewed greengages, and rice, and it was while subsisting on these stimulating things that his mind evolved the great theory of the pure and natural man.

Directly he propounded this he saw that he had struck the clue to his life's problem. Slowly and steadily, while in a search after single isolated hygienic truths, he had worked his way to the *one* hygienic truth, the underlying principal of all healthy living. Briefly, the view was this: The essence of all civilised ills, is the fact that man is leading an entirely artificial life; all around him is concocted, unnatural, and impure. The Logician put it in this way: "He drinks fermented and similarly vitiated fluids; he not only slays, but preserves, pickles, and drugs his food; he toils into the middle of the night, and sleeps into the heat of the day, and he whets his appetite with condiments. Nature rebels against these things, and then he seeks refuge in adulterations. He takes wilfully adulterated food—bread deceitfully whitened, for instance—and he seeks adulterated sleep in narcotics. No wonder his teeth decay; no wonder his nerves are unsteady; no wonder he is early bald, and always melancholy!" The scales fell from the Logician's eyes. Man must return to Nature, whose law he has despised.

And so the Logician resolved to bring back the long, healthy days of Methuselah, by reverting again to the natural life. "To rise with the sun, and sleep at sunset; to consume, unspoilt by cookery, the spontaneous fruits of the earth; and to sleep on the ground in a shed open to the air," were the first results of this discovery. The weather was hot when he began, and we were almost tempted then to follow his example.

The Logician was zealous and active to defend his thesis. Sitting in his shed, he gathered support from temperance tracts and Herbert Spencer, from physiological text-books, travellers' tales, and books of sermons. He talked of the healthy and largely vegetarian negro, and of the beauty and strength of the South Sea Islanders in their unsophisticated days. Then he would denounce our diet, in biblical phrase, as carnal and impure. Then, deftly turning to Herbert Spencer's "Data of Ethics," he would explain that man, through his rapid civilisation, was living in a new and strange "environment," to which he was imperfectly adapted. His true sphere yet, in spite of the virus of cities, was under the open sky. "Come out of your pantry catacombs," cried the Logician; "come out of your stifling houses; crawl out of those husks of dead beasts (your clothes), and be pure and natural men once more!"

But at first the Logician washed much with soap and water throughout the day. The paradoxical friend it was who led him beyond that. He put his finger with silent questioning upon soap, and the Logician, confounded for a moment, bowed himself to the unavoidable. The life to which man is naturally adjusted, he perceived, could certainly have no soap in it. "It is a compound of alkalies and fatty acids, devised in cities, and boiled in sweating factories beside polluted rivers. It can mean

only evil to the finely-adjusted organisation of men. The fine-built negro, the interesting Indian, the smiling, white-toothed gipsy know it not."

"Moreover, the skin of the civilised man is unnaturally clean, cruelly exposed to any change in the temperature of the air, its cuticle abnormally thinned by potash." The Logician turned the matter over and over again, and the thing seemed true; he felt it *was* true.

Going further with the impetus of the idea, "Is it natural," he asked, "to wash at all? Possibly it is in South Sea Islands, but is it in this temperate clime? Did our bare-sark fathers wash? Do the Esquimaux?" It was a new line for the Logician, but he held to it sternly.

Suddenly he perceived the reason for all the coughs, colds, and consumptions that afflict us—we are without our "natural covering." He sighed, for he had regarded cleanliness as next to godliness, and went and flung his soap out of the shed.

And thus it came about that he severed himself from us, and is now living apart. He may or may not be right, like anybody else in this liberal age, but he is certainly getting very unpleasant. He holds now that washing has led to clothing, as one crime leads to another; man stealing the skins of dead beasts, and fluff from seeds, and the bark from plants to make up for the "natural covering" he removes from himself. The Logician anticipates that now, very shortly, he will be able to do without his present hygienic all-wool habiliments altogether—his own natural crust being restored; but this, we anticipate, will bring him into conflict with the vulgar in his village who are already greatly exercised about him, and so lead to a crisis in his mission.

And really he is so reasonable, too. Anyone can say "rubbish"; but not everybody will be able to assail with success this position of his. Is soap a wholesome thing? At any rate, is it natural? It is certainly alkali—the very name is horrible—combined with animal fat. A Kaffir would be as contemptuous as you are, dear reader, if you assailed his custom of smearing himself with unpleasant compounds. We must confess that we still adhere to the new practice of washing, but we certainly fail to see where the Logician is wrong. His views are placed before the reader in the hope that here and there some poor soul, tiring of teetotalism and vegetarianism, and sighing for some virtuous novelty a long the same line, may find a use for his idea, and gain, by abstinence from soap and clothes, a pleasurable sense of superiority over the indulgence, weakness, superstition, and stupidity of common men.—*Pall Mall Gazette*.

MEN who have lived in crowded, pent-up streets, through whole lives of toil, and never wished for change; men to whom custom has indeed been second nature, and have come almost to love each brick and stone that formed the narrow boundaries of their daily walks—even they, with the hand of Death upon them, have been known to yearn at last for one short glimpse of Nature's face, and, carried far from the scenes of their old pains and pleasures, have seemed to pass at once into a new state of being, and, crawling forth from day to day to some green, sunny spot, have had such memories awakened up within them by the mere sight of sky, and hill, and plain, and glistening water, that a foretaste of Heaven itself has soothed their quick decline, and they have sunk into their tombs as peacefully as the sun, whose setting they watched from their lonely chamber window but a few hours before, faded from their dim and feeble sight! The memories which peaceful country scenes call up are not of this world, or of its thoughts and hopes. Their gentle influences may teach us to weave fresh garlands for the graves of those we loved, may purify our thoughts, and bear down before it old enmity and hatred; but beneath all this there lingers, in the least reflective mind, a vague and half-formed consciousness of having held such feelings long before in some remote and distant time, which calls up solemn thoughts of distant times to come, and bends down pride and worldliness beneath it.—*Charles Dickens*.

## THE SLEEP OF DEATH.

Two hands upon the breast, and labour is past.

—Russian Proverb.

A MUTE despair, from thought of dying throes,  
Broods o'er the heart at times; a phraseless fear

Of griding pangs englooms that rayless mere  
'Tween life and breathless stillness and repose.

For most, the fear of dying, not of death,  
Enthralls. But calm as crestless seas, sun-smoothed

From storm that grooves the deep, so calm and soothed,  
So face-composed seem they of vanished breath.

The dead as restful lie as though sweet sleep  
Had smoothed their pillows for a dreamless night,

And sealed their fallen eyelids softly tight,  
Then bade the voiceless silence vigil keep

Till new day reign. Nay, life that once is here  
Lives on for ever. There exists no law  
Of waste and void to veil the soul's clear awe  
Of all that lies beyond the pall and bier.

For love denies that life hath end for those  
Whose tired hearts have sunk with weariness  
To sleep—a rest as safe as in caress  
Of parent's arms is infant's hushed repose.

As night's thick darkness soothes to stillest rest

The day-worn labourer, till blush of skies  
Steals soft and slow upon his veiled eyes,  
And wakes him to the dawn refreshed and blest,

So hath the soul it raptures still and deep,  
Nor fears life's sunset verge, nor earth's good-night.

Though darkness falls without, within there's light  
From Him who giveth His beloved sleep.

When heaviest sobs the heart, the soul doth glow  
All luminous with God. Yon star-robed skies

On blackest nights bend nearest human eyes,  
And fairest shine when darkness reigns below.

Though all at last with sovereign death must trace

His passage-ways which slope to nether gloom,  
Yet faith, as Christ's, unbars their rayless tomb

And robes them with His resurrection face.

Then sweep your earth-worn hearts and make them clean

Of smileless memories of shroud and knell;  
For from the starry fane the vesper bell  
But rings thee rest within its aisles unseen.

—PHILIPS.

WHEN the great Father, in His everlasting watch, paces His daily and nightly rounds, and through these lower mansions of His gathers in the offered desires of His children, *where*, think you, does He hear the tones of deepest love, and see on the uplifted face the light of the most heartfelt gratitude? Not where His gifts are most profuse, but where they seem most meagre. Not where the suppliant's worship glides from the cushion of luxury, through lips satiated with plenty and rounded by health. Not within the halls of successful ambition, or even the dwellings of unbroken domestic peace; but where the outcast, flying from the persecution, kneels in the evening upon the rock whereon he sleeps; at the fresh grave where, as the earth is opened, heaven, in answer, opens too; by the pillow of the wasted sufferer, where the sunken eye, denied sleep, converses with a silent star, and the hollow voice enumerates in low prayer the scanty list of comforts, and shortened tale of hopes. Genial, almost to miracle, is the soil of sorrow; wherein the smallest seed of love, timely falling, becometh a tree, in whose foliage the birds of blessed song lodge, and sing unceasingly.—*James Martineau*.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

### NOURISHING SOUP FOR INVALIDS.—

Time, two hours. Two pounds of lean veal or beef with a quarter of a pound of pearl barley in a quart of water, boil very slowly until it becomes the consistency of good cream, flavour it with a little fresh celery, or celery seed, and salt. Strain it when done through a fine hair sieve and serve. This soup will not keep till the next day, therefore not more than the quantity required must be made.

**BOILING-WATER SCONES.**—Half-pint of cold water, one ounce fresh butter, half teaspoonful of salt, one teaspoonful of brown sugar, enough fine flour to make a thick paste, then put on the fire, and stir till it boils. Let it boil a few minutes till it is as thick as a roly-poly pudding, stirring it all the time, and turn it out on the board. Cut the lump into four pieces, and roll out one very thin, and cut it into shapes; do the same to the others, then put them into the frying-pan without suet, just as the "coarse flour scones," and leave them till the under side is a little browned, then turn them, and when the other side is a little baked put them on a plate one above another.

**FLOUR SCONES.**—One pound of fine flour, one teaspoonful of carbonate of soda, half teaspoonful of salt, one teaspoonful of brown sugar, one tablespoonful of vinegar, mixed with a breakfastcupful of milk to make a substitute for buttermilk. (If buttermilk can be got the vinegar is not required.) Mix all together in a bowl with a wooden spoon. Then roll it out on a board, cut it into shapes, and bake them in a large clean frying-pan (fire not too strong) for about four minutes.

**CREAMED OYSTERS.**—Heat one pint of cream in a double boiler, with a little mace and slice of onion. Heat one quart of oysters, skim liquor and take from stove, removing oysters. Mix one tablespoonful of flour with one-third of a cupful of milk, and when cream is hot, add to the liquor, and that to the cream. Cook eight minutes; strain, add oysters and seasoning. Serve with toasted crackers.

**BREADED TROUT.**—Roll in crumbs, dip in egg, again in crumbs, and fry in deep lard. Lay on brown paper, to absorb any grease, and serve with sliced lemon.

**BROWN STEW OF HEART.**—Brown one sliced onion in butter, dredge with flour, stir smooth, add one pint of hot water, then sliced heart, one sliced carrot, salt and pepper. Simmer till done. Remove heart, thicken gravy, if required, strain and serve.

**CALF'S HEAD AND TOMATO.**—Brown one tablespoonful of braided flour, add one cupful of pot liquor, one cupful of tomato (juice strained), and meat from boiled calf's head. Season, simmer five minutes and serve.

**TRIPE AND OYSTERS.**—Cut tripe small and boil ten minutes. Add one small tablespoonful of braided flour, pepper and salt. When it boils up again add twelve oysters.

**PIGEON STEW.**—Simmer jointed fowls till tender. Add one teaspoonful of braided flour, pepper and salt, and boil up; add one-half cupful of cream and serve.

**ROAST TONGUE.**—Sprinkle salt, pepper, and one teaspoonful of ginger over the tongue, and stick in four cloves. Cover with thin slices of bacon, and bake. Squeeze one-half of a lemon into the pan ten minutes before serving. Simmer to one-third, and serve gravy separate.

**CHICKEN A LA ROYALE.**—Season and roll boiled chicken in flour, and brown in butter. Serve with sauce of two tablespoonfuls of braided flour, three cupfuls of chicken stock, one-half bay leaf, one teaspoonful each, celery, salt, and chopped parsley. Boil twenty minutes, strain, and add eight chopped mushrooms. Cook ten minutes. Add the yolks of two raw eggs and the juice of one-half of a lemon.

**BIRDS AND OYSTERS.**—Cover small birds in pan and roast, basting often with a little water and butter. Roll one large oyster in melted butter, and put inside each bird.

**RABBIT STEW.**—Joint rabbits, fry in hot bacon fat with one sliced onion. Cover with one quart of boiling water, add one sweet pepper (cut small), three cloves, salt and pepper. Simmer till meat is tender, add one tablespoonful of braided flour, and parsley.

**RABBIT PIE.**—Cut in pieces; brown in hot pork; add chopped young onions and mushrooms, and fry five minutes. Sprinkle with one tablespoonful of flour; mix well, moisten with one glassful of white wine, one pint of stock, add salt, pepper, nutmeg, and simmer one-half hour. Add parsley and take from fire. Line a dish with paste, put in a layer of rabbit and pork—strained from stock. Strew with sliced, hard-boiled eggs. Continue layers till the dish is nearly full, pour gravy over, cover with paste and bake.

**GAME PIE.** (Best made of two or three kinds of game).—Put the trimmings, giblets, &c., on the fire in one and a half pints of water. Stew one hour. Line a dish with paste. Lay in the birds—jointed and covered with tiny strips of pork. Season well. Make forcemeat of a little minced pork, stewed livers, herbs, and crumbs, moistened with broth. Strew this on each layer, add one glassful of wine to strained gravy, and pour over the birds. Cover with crust and bake slowly.

## HINTS FOR THE HOUSEHOLD.

IT IS WELL TO REMEMBER that flannels should always be washed by themselves in a suds prepared for them; on no account be rubbed on the board unless very dirty. That the suds should be pleasantly warm to the hands, not too hot, and no hot or cold water be added while the flannels are in the tub. That they should be rinsed in clean water of the same temperature as the washing suds, and as many waters used as may be necessary to take all the soap out, as the flannels will never be soft with the soap left in them. That they should never be blued. That they should be pulled in shape before hanging; undershirts being hung from the shoulders. That they should never be hung out of doors in freezing weather, but quickly dried before the fire, or, better, over the register, and pressed as soon as dry enough. That black woollen and cotton hose should be washed by themselves (so as not to get lint on them), pulled in shape, hung on the line from the toes, as then the drip will go down, instead of remaining in the toes and shrinking them.

In drawing-room furniture white and gold are the favourite combination of the day.

WHEN the kernels of walnuts have become too dry, let them stand in milk and water over night. They will then be as fresh as when new.

A LUMP of sugar saturated with vinegar will cure hiccoughs.

A LITTLE paraffin rubbed on screws will make them enter wood more easily.

FLAT-IRONS should be kept as far as possible removed from the steam of cooking, as this causes them to rust.

DRY the leaves and left-over stalks of celery, and keep them in a self-sealing glass fruit jar, to flavour soups with.

DON'T throw away a lamp-wick as soon as it is short, but wash it, baste a strip of white muslin to the lower end, and use it a week or two longer.

If hard soap is taken from its wrappings and stood edgewise on a shelf in a warm room, or put in a bag and hung behind the kitchen range for a few weeks, it will last decidedly longer than otherwise.

TO CLEAN BOTTLES.—Unclean bottles litter cupboards and shelves so hopelessly that we have

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 14d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, E. T. Towle, Chemist Nottingham. Beware of imitations, injurious and worthless.

learned to make a yearly collection of same, commencing usually with the house cleaning. We have a big box in the pantry, placed there especially for receiving this collection of sticky, greasy, gummed glassware, and whenever, during our house-cleaning raids or between them, we run afoul empty, uncleaned bottles, or bottles with contents spoiled and so useless, or bottles of unlabelled, forgotten medicines and so worse than useless, we empty all such vials that only lumber the shelves and invite possibilities of delay and danger, and consign them to this box of dirty bottles. It fills fast, and why should it not, with every mantle and closet and bureau and shelf contributing its share? When house cleaning is finished, and we are positive every unclean vial has been dumped with this collection, we fill our boiler with cold water, add a generous pint of soft soap, and immerse the bottles in it, gradually bringing the water to a boil. The lye cleanses the vials perfectly, eating away grime and grease and poisonous sediments and sticky gums that may smear the bottles. When boiled free of impurities, we rinse each vial till it shines clear as crystal, then drain in pans and stow away in the back pantry on the "clean bottle shelf," in readiness for the many demands made upon it.

## TWO MAGIC SQUARES.

CONSTRUCTED BY A GERMAN MATHEMATICIAN OF THE LAST CENTURY.

HERE are two magic squares that show some interesting features. They were constructed by Euler, in 1759:

23	18	11	6	25
10	5	24	17	12
19	22	13	4	7
14	9	2	21	16
1	20	15	8	3

In this square we begin with 1 in the lower left-hand corner. The other numbers are placed just as a knight would move on a chess-board—viz.: two squares one way and one the other. The last number, 25, comes in the opposite, or upper right-hand corner. Another curious feature of this square is the fact that the sum of any two numbers on opposite sides and equi-distant from the centre figure, is its double. The middle number is 13; 23 and 3 equals 26, twice 13; 5 and 21 equals 26, twice 13; 19 and 7 equals 26; 22 and 4 equals 26, and so on.

30	21	6	15	28	19
7	16	29	20	5	14
22	31	8	35	18	27
9	36	17	26	13	4
32	23	2	11	34	25
1	10	33	24	3	12

In the above even square the figures are again placed as a knight moves, and the knight returns to its starting point in a square of six. In this square the difference between the pairs of numbers opposite to and equi-distant from the middle point is always 18. The sum of the numbers in all the rows, vertically, horizontally, and diagonally, is 101; 1 and 19 are equi-distant from the centre point of the square, and their difference is 18; 30 and 12 are equi-distant, difference 18; 21 and 3, 29 and 11, &c., are equi-distant from the centre point on opposite sides, and their difference is 18 every time.

BIRDS of a feather flock together. The first grey hair will soon have companions, unless their coming be rendered impossible by the use of Mrs. S. A. Allen's World's Hair Restorer.



# THE MOTHER'S PAGE.

## MOTHERS SHOULD KNOW SOMETHING OF THE RULES OF HEALTH.

"If I had only known a few of the facts about simple medical practice," said a young mother, "I might have saved myself months of suffering, and an enormous doctor's bill. But I was brought up to think that girls should not know about such things, and to send for the doctor whenever anything happened. Indeed, the stereotyped phrase: 'Send for the doctor at once,' is tacked on to all directions and advice of all sorts wherever one may find it. I see no necessity whatever for this everlasting racing after a physician, when a little common-sense on the part of the mother of the family would set everything right, and save money and misery, as well as time and trouble. I think every woman should have, at least, a limited course in simple medicine and surgery. Any girl who is old enough to marry and assume the duties and responsibilities of that relation is old enough to understand the fundamental rules of health, and should be expected to know what to do in ordinary emergencies. Instead of this, the idea is carried that she must under all circumstances call in a doctor and follow his advice, with a goodly bill to pay afterward. Of course, doctors have to live, and it is only natural that they should discourage household medication. All the same, there ought to be a young mothers' school of medication, in which physiology, hygiene, and the symptoms of the more ordinary diseases could be so explained and demonstrated, that the woman would know what to do in case of sudden illness or accident. It is not reasonable to say that such knowledge would in any way prove disastrous. The more familiar one becomes with disease and its indications the more readily one can form an idea of the necessities of the case. No rational person would, of course, advocate neglecting those who are sick. In most cases, neglect comes from ignorance of the fact that medical assistance is required. Someone is ailing, but in the absence of clearly defined knowledge of the requirements of the situation the disease is allowed to run on until it assumes some serious phase. If the father or mother understood enough of existing conditions to realise there was danger ahead, many lives might be saved by the timely application of suitable remedies. It is therefore urged, and with great show of reason, that very much more attention to everyday medical study be given. Any person of average intelligence can readily master the primary rules of the profession, and can educate the eye and perceptions to such an extent, that the symptoms of disease may be detected at once.

"Having gone that far, practical every-day observations will supplement the knowledge already acquired, and enable the parents to understand when the necessity of calling in medical counsel exists. It is often the case that for lack of this knowledge, disease gets such a hold on the patient that all the skill of the best practitioner is powerless to combat it."

## FOOD AND CLOTHING.

It takes both to keep us warm. In tropical climates clothing is not necessary, food is sufficient; but in this climate, where the temperature may go down to 80 deg. below the body temperature, and where the average temperature is nearly 30 deg. below the body temperature, clothing is a necessary condition of life. In the colder weather the clothing should not only be thicker, but should fit more closely.

On ordinary occasions it should be loose enough to allow free circulation of the air to carry off the moisture; but if one is going out in a cold, high wind, one should have the openings in the clothing, especially around the wrist and neck, securely covered, in order to

prevent the too rapid circulation of air. This is the sum and substance of rules for clothing.

As to materials, they will vary according to the season, &c. Loose woollen is the warmest goods; it has air spaces in its fluffy texture, and the air is the best non-conductor of heat that we have. However, there is another side to the question of material for clothing, and that is keeping it clean.

Not only is water constantly given off by the body, but the surface is constantly shedding scales, as an animal sheds its hair; and this material is organic matter and dead material, which is no longer of any use to us. And not only that, but is a positive danger under certain conditions, so that whatever clothing comes in contact with our body should be frequently washed and should be capable of being washed without injury.

## A WORD TO MOTHERS.

Do not always be a drudge in your own household. Rest a little whenever you can, and allow the younger members of your family to do some of the work. Have a chair by the fire, and when you peep into the oven sit while you look, yea even a moment after; you will work all the faster for the short change of posture. While mending have your chair in the cosiest corner, where good light will come in, and let the sun strike upon you, if possible, so that you may get the strengthening, health-giving influence of it. Drop your hands occasionally, and let them rest. Let your eyes wander out through the window-glass as far as possible, and rest your eyes by looking at something interesting out of doors. Drop the reins of household government for a little while, unbend yourself, and sit down on the rug and play with the children, and, as it were, become again a child. Economise your strength. Sit when you can. Do not hold the baby when it can rest, and grow just as well in its crib. By resting when you can, by planning the work to be done, and by being systematic and orderly in all things, a woman's work at home is more easily done.

## WHEN MY WEE BAIRNIE'S A MAN.

I SIT i' the gathering shadows,  
Wi' my bairnie close clasped to my breast:  
He's capered a' day like the lambkins,  
An' now my sma' laddie must rest.  
An' I sit i' the little, low rocker,  
An' hush 'im to sleep, an' I plan  
O' a' the great comfort he'll bring me,  
When my wee bairnie's a man.

We'll dwell i' a snug, cosy cottage,  
Wi' the ivy vines clamb'rin' about,  
An' the sweetest an' freshest o' posies  
Abloomin' within an' without;  
An' the birds will come chirpin' an' fluttrin',  
An' chatterin' gay as they can,  
To make their soft nests i' the roses,  
When my wee bairnie's a man.

An' a' the dear, bonny bairnies  
From over the green, grassy lea  
Will love to stop at our cottage,  
An' talk to my bairnie an' me.  
Their bright, little innocent faces,  
That I an' my darlin' will scan,  
Will cheer us, an' we'll be so happy,  
When my wee bairnie's a man!

Fair, little, slumb'rin' laddie,  
You're a' the wide country to me,  
An' a kiss from your lip red as roses  
Is sweeter than honey can be.  
Sleep sweet, my dear, little bonny,  
An' grow just as fast as you can,  
For O, a' the world 'ill be joyous,  
When my wee bairnie's a man!

## HOW TO BREAK UP BABY'S COLD.

WHEN I find baby has taken cold, says Clarissa Potter, not so feverish and sick as to require packing, which one dreads to do because of the increased danger resulting from any exposure afterward, but a smart cold in its first stages, with red eyes and running nose, and stuffed

head, I take the little one in my lap several times through the day, and again at bedtime, and, removing boots and stockings, rub the little feet—soles and tops and ankles—with sweet oil, or goose oil, and then heat them long and well before an open fire till the skin will absorb no more oil.

Then I bathe and rub the little bared back from neck to hips, especially along the spine, with oil also; shielding baby's back from cold drafts, and letting the warm rays of fire light and heat it just right, chafing and thoroughly heating till skin will absorb no more oil.

Wrapped in flannel and tucked away in her warm nest for the night, baby often wakes in the morning with but little trace of her cold.

If there is hoarseness in connection with other symptoms of an oncoming cold, for a simple remedy, I like to give baby a few teaspoonfuls of onion syrup made of sliced onions and brown sugar, which helps to soothe the throat and clear the bowels, carrying away, perhaps, the aggravating source of the cold.

## BATH ROOMS.

IN my lady's bath room the furnishing is an important factor, and in new dwellings these rooms are artistically equipped. They are of good size, the walls are painted in a shade of delicate French grey, or in some place they are papered to resemble tiles; either is acceptable. They generally have one window of ordinary size, which is dressed by a white or linen shade. There is a stationary basin, with small closets underneath. The marble bowl is of good proportions, while it adds greatly to the effect if the faucets are nickel plated.

The variety of toilet articles offered by shops and stores is great; soap jars, cups, and toothbrush-holders can be purchased at a reasonable price. As for towels, the bath room should have a bountiful supply. The Turkish-bath towel is an indispensable adjunct, and in homes where taste is exercised the elegant towels of the day have prominent place. Towels with borders of different colours can be bought at extremely low prices. Monograms are in vogue, and the letters can be embroidered in different shades of silk. The price is high, while the drawn-work can be done at home as fancy dictates. The good huckabuck is always sought after, and there is always endless variety in towels.

All the plumbing arrangements of the bath room should be carefully perfected, and the traps should be continually watched, as sewer gas is an exceedingly fruitful source of disease. The utmost cleanliness should be preserved, and this apartment of all others on cleaning day should not be neglected. There should be ventilating shafts and everything provided to ensure a healthful condition.

A good oilcloth will make a suitable floor covering, as it will not be injured by water from the tubs. A large sponge should be fastened by a hook near the tub, on the wood-work above, and should be carefully dried after being used.

In many houses, where room is limited, the hamper for soiled clothes has a place in this room. A good-sized bracket is desirable in every bath room. One of the three-cornered kind is best. On it can rest the lavender water, bay rum, vaseline, tooth powder or any of those toilet accessories which are called for in connection with the bath.

Before the bath-tub a carpet-mat should be spread, which is more agreeable to the feet than oilcloth. The brasswork should be cleaned weekly, and care taken to keep everything neat and tidy.

In severe weather, when the thermometer runs low, the water from the faucets in the tub should be left running over night, in a small stream, to prevent the pipes from bursting and playing havoc with the ceiling below.

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Waltham, Surrey. Sold everywhere. *See the EE in Steedman.*

TO TOBACCONISTS (commencing).—Illustr. Guide, 2-9 pages, "Post Free." How to Commence. £20 to £1000. Tobacco's Outfitting Co., 186, Euston Rd., London. Manager, Hy. Myers. Est. 1866. Smoke "Pick-Me-Up Cigarettes."



[SPECIAL ARTICLE.]

## IS LIFE WORTH LIVING?

A REPLY TO SIR EDWIN ARNOLD.

By "H., M.D."

THE oft-repeated question, "Is life worth living," has been put and answered by no less an authority than Sir E. Arnold, and this is what, according to the *Times* report, he is stated to have told the members and students at the inaugural meeting of the Midland Institute, on October 10th:—

"If they would have the patience to listen, he would have the courage to speak, and his address should be upon some aspects of human life, free, of course, from all theology and politics. I fear," he went on, "that I must alienate certain friendly minds, and appear to commence by presumption when I say that I return to Birmingham just as convinced of what can never be proved as when I left it. *I have found life in the highest degree charming and interesting, and this, notwithstanding an ample share of what are styled, sometimes, I think, a little too querulously, its 'pains and sorrows.'* I quitted Birmingham in the pleasant beginning of my days, glad to live; I come back to it, after much experience and many labours, glad to have lived—well satisfied with my share in the world, and a resolute philosophical opponent of those who love dismal dialectics, and drape the universe in the black hangings of pessimism."

The italics are mine. Sir Edwin added, "Look at common modern existence as we see it, and note to what rich elaboration and large degrees of comfort it has come. I leave aside for the moment uncivilised nations, and the bygone struggles of our race. I invite you briefly to contemplate an artisan's existence in your own Birmingham. Let alone the greatness of being an Englishman, and the safety and liberty of his daily life, what king of old records ever fared so royally? What magician of fairy tales ever owned so many slaves to bring him treasures and pleasures at a wish? Observe his dinner board. He can fare at home as no Heliogabalus or Lucullus ever fared, and then, for a trifle, his daily newspaper puts at his command information from the whole globe. At work, machinery of wonderful invention redeems his toil from servitude, and elevates it to an art. Is he fond of reading? There are free libraries open to him, full of intellectual and imaginative wealth. Is he artistic? Galleries rich with beautiful paintings and statues are prepared for him. Has he children? They can be excellently educated for next to nothing. Let fancy fill up the imperfect picture with those thousand helps and adornments that civilisation has brought even to lowly lives; and does it not seem stupid and ungrateful to say—as some go about saying—that such an existence, even if it were transitory, is not for itself distinctly worth possessing? But will it last?"

We will dismiss the last question, "Will it last," by the note that *the present* concerns unhappy living mortals most.

No question can be of greater interest to human beings whose lot it is to bear some infirmity of the flesh, whose skeleton in the cupboard is that he or she or some loved one is afflicted, and I take it that the majority of my readers, especially those who seek the skilled free advice columns of this periodical, are so situated, that the question comes home with peculiar directness. Sir Edwin Arnold has resided a great part of his life in the East, and has returned home to find himself at the highest pinnacle of fame, and although, perhaps, they are known to few, we will grant him a fair share of the troubles and tribulations of life, yet the fact remains that he is now an eminently successful man, and he can afford to look on the world at large through rose-tinted spectacles, yet we shudder to think what would have been his answer that the "crosses" he may have had to bear bore him down, say, to a sick bed, and the finger of fortune held aloof. Yet such is the lot of numbers in our midst, to whom the wonders of our civilisation is an empty boast.

The woman in child-birth labours and groans, but the pain is soon forgotten in the joy at seeing her first born, but if from some anatomical defect, the labour is prolonged beyond due time, and human skill gives no relief before exhausted nature gives up the unequal struggle, small comfort to the sorrowing husband to hear the doctor proclaim that the death was caused by the effects of civilisation. Purchased at such a price we had better undergo a process of involution if the magical word evolution means in the result the destruction of a human being by an agonising death.

If it be true that the present miner's strike is brought about by the effects of competition amongst coal owners, who themselves declare it to be inevitable, and that they cannot go on and pay a fair wage upon which the miner can support life, which he, in his turn, avers is all he is seeking, then our civilisation must indeed be a success (?).

And these advantages which Sir Edwin pictures so well, if a number of our citizens cannot support life, cannot even purchase the bare necessities, what a cruel blow it must be to such a one to spend that "trifle," so ill spared, to purchase a newspaper, which, when he opens he is told he "can fare at home as Heliogabalus or Lucullus ever fared," on the authority of a great man. Fancy the agony on the poor wretches' face as he lights his last portion of adulterated "bacon," or munches his portion of crust smeared with margarine, to contemplate the situation. He thinks of that labour-saving machinery—which does, indeed, save labour, and produces such a quantity of manufactured goods from the raw material, that there is ever and anon a "glut" of the goods in the market, and the employer either ceases to produce for a spell, or puts the workfolk on such short time that they find they cannot live, and then they strike, adding thus to their miseries, meanwhile, the employer is gladdened, and gets rid in due course of his overplus, and then, after a show of resistance, he comes to terms, for he knows full well that there can be no wealth without labour. Labour-saving machinery must be a great success if it be true that this is a result, and I know of no one fit to be at large who is bold enough to deny it, but the workman only takes four letters from the word "success" and adds one, and spells it "curse."

Those "galleries rich with beautiful paintings," and whatnot, which open at 9 a.m. and close in the majority of instances at 5 p.m., purchased and kept up out of the poor labourer's hard-earned wages, perhaps not directly, but the fact remains that all wealth accrues from labour. They must look grand buildings viewed from the outside on a wet, cold morning as the artisan hurries to his work on the stroke of six, and equally interesting must be their closed doors at 5 p.m., as this atom of humanity trudges his weary way back to his fireside. But if, perchance the fellow is out of work, with leisure, it must, indeed, be a pleasure to contemplate those grand works with an empty stomach, and, perchance, to contemplate an "Ecce Homo," divinely painted, which brings home to him the words he heard the Sunday school teacher tell him. This man said: "Do unto others as ye would be done by," and "love one another," and mentally he hears the groans of his "missus," and the cry of the children for food. The writer knew a poor fellow who was out of work for no fault of his own, who, returning home after a fruitless search for something to do, found one of his children stricken down by typhoid fever, contracted by the child innocently playing in the gutter near a defective drain, in the richest city in the world. Civilisation had arranged a death-trap close to his house door.

"Civilisation" manufactures sweets and toys from poisonous materials to kill our children with, and *humanity* passes a law to prevent such things being sold, and *human nature*, in the person whose duty it is to put in force that law, winks at infractions.

"Civilisation" says that all things shall be pure and good, and milk must be sold pure and unadulterated, less the children suffer, and when the *maximum penalty* is enforced on the breaker of this salutary law it is frequently calculated that the offender has, spite of fine and costs, made a handsome profit from the

amount disposed of the day the milk-seller was detected.

"Civilisation" has given us railways that destroy more human lives in a year than the old coaches did in a generation; but the speed with which you are hurried to your destination is a compensation in the eyes of the majority, forgetting that this eternal hurry-scurry shortens human life, and begets neurotic ailments unknown in the last century.

"Civilisation" has much to answer for in lying prospectuses put forward to puff "Liberator" swindles and the like, and not suppressing them; and when the bubble is pricked, after the mischief is done, allowing the offenders to escape, and failing to bring them to justice.

"Civilisation," I am told, is not to blame, it is lying human nature and greed, but if the nineteenth century breeds such lying specimens of our race, perhaps it would be well to turn the handle of time back a century or two. Swindles have always been afloat, but civilisation increases the means of enlarging their dimensions and the catch of the net.

"Civilisation" has brought us in its train, new diseases, less security for human life, new anxieties, strikes, adulterated foods, new engines of war, which will destroy more lives in an hour than were killed on the field of Waterloo; it has bred anarchists, dynamitards, and revolutionists, all allowed, in this country at least, to air their dangerous doctrines without let or hindrance, lest freedom of speech be violated. The catalogue is long enough, but it could be added to indefinitely. Let Sir E. Arnold boast, when human ills are lessened, not manufactured, where there are no empty stomachs, and when men apply at the union for assistance they are not met with such a rebuff as the one noticed in *Truth* this week, thus:—

"The truly sympathetic spirit which pervades the administration of the Poor Law in the Epping Union was indicated at a meeting of the Guardians the other day. A labourer named Savill applied for relief, stating that he had been earning fifteen shillings a week, but had been discharged from his situation owing to shortness of work. 'Have you any money in the bank?' asked the chairman (Mr. G. Johnson), and Savill regretfully confessed that he had not. The irony of the question will be appreciated when it is explained that, upon the income mentioned, the man had to maintain himself, his wife, and four children. He added that they had no food whatever in the house, whereupon the chairman remarked: 'If you can't get work, you had better move on somewhere else. If you stop here, we can't help you and your family; and, what's more, we shan't.' As an exposition of good old-fashioned Bumbleism, these utterances of Mr. G. Johnson will not easily be surpassed."

When men, whatever they may think of Christ's divinity, live nearer the "Sermon on the Mount," and carry out its precepts, then it will be time to boast of our civilisation. Lastly, I would add, I do not object to be called a "pessimist," but a life amongst the poor and suffering, especially the latter, in the practice of my profession, has led me to answer this day-dream of a great thinker, who cannot, judged from his utterances, have any true knowledge of destitute suffering England. *The satisfaction with which he views civilised life is the measure of his success.*

We may take pride in being English, but do not let us forget that there are two sides to every question, and however distasteful it may be, the reverse as well the obverse should be studied, and the question to be viewed rightly must be kept free, as Sir Edwin indicates, from the dogmas of theology and the cries of the politician.

THE taxes are indeed very heavy; and if those laid on by the Government were the only ones we had to pay, we might more easily discharge them; but we have many others, and much more grievous to some of us. We are taxed twice as much by our idleness, and three times as much by our pride, and four times as much by our folly.—*Benjamin Franklin.*

"The FAMILY DOCTOR. Truly an Astonishing Pennyworth."—*Knowledge.*



[SPECIAL ARTICLE.]

## CARE OF THE HEAD AND HAIR.

MORE appropriately than many a kindred term is used, a woman's hair has been very properly called a "crown of glory." However plain and unharmonious her features, under whatever other defects she may suffer, the one who is blessed with a beautiful head of hair can never be wholly unattractive. This is well illustrated among the German peasantry, where the young women, though possessing few other attractions, have hair which is the envy of many a modern belle, and which very often, indeed, in a second-hand arrangement, forms part of the personal adornment of the "society" woman. It is very natural that this beautiful gift of Nature should be highly prized, and the woman who possesses a fine growth of luxuriant hair has a crown of beauty which she may well hold above price. In our country really beautiful heads of hair are comparatively infrequent. It might, perhaps, be gallantly urged that English ladies have so many attractive features that it would be unjust to the rest of the world that they should also excel in this direction; but whatever the cause of the deterioration, if such be the case, we should certainly seek to preserve and beautify as far as possible.

Physicians assert, and it seems at least reasonable, that the condition of the hair is an index to the health of the owner; that a scanty growth indicates impaired vitality, that where the hair is thick, glossy, and rich in colour, it indicates bodily vigour and health, and this is undoubtedly true. Another alleged cause for the scanty growth is the custom of keeping the head closely covered, and this is supported by the fact that the peasant women of the Continent, who work all day in the fields with little or no covering to the head, have the most luxuriant growth of hair. It is quite probable that both of these hypotheses are correct. Certainly the Breton peasant girl, toiling in the fields with the brawn of muscle and of endurance fully equal to that of her brother, enjoys a degree of health greatly superior to the larger proportion of our countrywomen—although we are not quite prepared to adopt that form of life, no not even for the sake of beautiful hair; but it is quite possible, by care and painstaking, to preserve and improve that which we have.

It does not matter whether the colour of the hair be the shining black, now comparatively rare in this country, and evidently becoming gradually more so, the rich chestnut brown, with its glossy sheen, the golden strands of which take a thousand new hues in as many different conditions of light, or the pale blonde which, possessing little of colour, has still an indescribable glory of its own. Each of these, with all the varying gradations of hue, if properly kept and attractively worn, has a beauty of its own, not by any means to be despised. Fortunately our people seem to have realised, for a time, this fact. We have had the craze for black, brown, and gold, but just now the sensible person seems to have reached the conclusion that Nature understands this matter pretty well after all, and that the colour she furnishes is the most appropriate.

Possibly the fact that black is becoming less prevalent, and the lighter shades are taking its place, may be accepted as an evidence of the advancement of the race intellectually, since scientists tell us that as a nation grows in civilisation the colour of the hair of its women becomes proportionately lighter. This may be merely scientific theory, but the thoughtful reader will immediately recur to the fact that in most savage races the black hair is a universal feature. However that may be, we must drop the theory before we get to individuals, because, as often occurs, a family of sisters possessing the same traits and dispositions and like degrees of refinement, may, in complexion and hair, present the most striking contrast. Usually, of course, the complexion, the eyes, and the hair correspond in hue. The black hair and eyes and olive complexion are naturally associated, while in the blonde we expect to see the hair and the skin in harmony,

with the eye of light blue or grey; yet this is by no means invariably the case. Black hair and blue eyes are not infrequently met, especially among the Irish, and there is sometimes a combination, such as hair of fiery red, with very light eyes, brows, and lashes, combined with an unpleasant complexion, which renders the possessor miserable. The texture of the hair depends very much upon its colour, and of a normal head the average thickness of hair is about 400 to the square inch; but the blonde is finest, with the brown, black, and red growing coarser in their order, so that it is estimated that the finest texture gives a total of about 140,000 individual hairs to the head. The brown would count up some 110,000, the black more than 100,000, while the red will fall below 90,000. These are approximate figures; any one wishing to obtain greater exactness can do so by a little patience and a careful count. A moderate estimate is that any of our readers, in their morning toilet, will dress from forty to fifty miles of hair in the very few minutes usually given to that necessary operation. As the ordinary hair has a breaking capacity of about four ounces, a rope composed of all the hairs growing from a single well-covered head would be strong enough to lift at least 25,000 pounds, or about 200 times the weight of the wearer.

The first and most important condition of preserving the health and attractiveness of the hair is that it shall be kept scrupulously clean, yet in many cases this is not by any means an easy task. There is nothing for which dust has a greater affinity than a thick head of hair, especially when slightly damp or oily. The flying particles lodge indiscriminately among the most attractive tresses or the unkempt shock of the careless labourer, and once lodged they cling with greatest persistence. Especially when travelling, the exposure to dust necessitates constant care in keeping the head and scalp clean. The face would tell its own story after a week or so of exposure, but the scalp is covered and the hair is a partner in untidiness. Usually hair which is brushed for a few minutes, night and morning, will require comparatively little extra care to preserve it in beauty and cleanliness. The brush is very much more efficient than the comb, but of course a time comes when neither will meet the requirements; and at reasonable intervals, depending on circumstances, a careful washing of the hair and scalp is necessary. This will be greatly assisted if a little ammonia or borax is added to the water, which should be merely warm, neither hot nor cold. Another very excellent application in this connection is an egg thoroughly beaten and well rubbed into the roots of the hair, which, of course, must be immediately and carefully rinsed, else the last condition will be worse than the first. It is a mistake to suppose that any hair-dressing, pomade, or other application of that sort, will cleanse the scalp. They merely add another element of vexation, attracting and holding the dust and the dirt, which a dry brush would very generally remove.

Promiscuous washing and frequent wetting of the hair is very detrimental, especially sea-bathing, unless the salt water should be carefully washed out of the hair with fresh, soft water, and the hair carefully dried. Keeping the hair damp has an especially injurious effect, not only rendering it brittle and rough, but causing a disagreeable odour, which is annoying to every one, and which can be easily prevented. When the head is to be washed, warm soft water with castile soap should be used. The hair should be immediately dried. An occasional shampoo, with a vigorous rubbing of the scalp with the finger ends, not only removes dirt and dandruff, but assists the circulation and promotes a healthy condition. As soon as the hair has been dried it should be carefully inspected. The broken ends should be clipped to promote the growth, and this can generally be as well attended to at home as at the hands of a professional hair-dresser.

Children's hair, of course, needs peculiar attention. That of the boys may be kept closely cut, so that it will present no problems to the mother or maid; but with girls it is quite different. After their hair has been allowed to grow long, it should not be cut, according to good authority, as it will never afterwards attain the length it would have

reached; yet many a mother thoughtlessly allows the hair of her little daughter to be shorn in order to save trouble in properly caring for it. In the case of children, even more especially than of adults, a frequent and thorough brushing of the hair is essential to its best condition. The brush should not be too harsh, and should be judiciously used. Under these conditions a child will delight in the proper care, rather than be repelled. A few pleasant words, with a gentle deftness in the manipulation of comb and brush, do wonders toward lightening the task.

For adults, as well as children, a universal motto should be "more brush, less comb." Gentleness and care in the use of the proper implements will make all the difference in the world in the condition of the hair. The brush should be fitted with natural coloured bristles, and it need not, for ordinary use, be very expensive. It should be firm enough to penetrate through the hair to the scalp, and not so harsh as to leave a smart following its use. This is one reason why the brush is better than the comb—especially the "fine-tooth comb," which should be pretty much relegated to oblivion. Its excessive use often leads to serious diseases of the scalp, the skin being broken, and particles of poisonous dust being pressed into the wound, causing soreness and sometimes serious results. A rubber comb is best, as the softness of its teeth is its recommendation. Any comb should be used very little except for parting the hair, but whether a comb or a brush be used, surely no wearer of long hair need be told that they should begin operations at the ends, and not near the roots of the hair, as by the latter method it is very easy to break and tear away the new hairs with a great detriment to the whole. Above all, do not fear to use the brush too generously. A recent writer tells of a school for young ladies where the requirement was that each student, before retiring, should give her hair 100 good strokes with the brush. Doubtless there was more or less murmuring, and perhaps some rebellion, but the fact remains that every one of the inmates had a beautiful head of glossy hair. If metal and horn combs should be tabooed, the metallic hair-brush and kindred contrivances should keep them company. Use brushes with bristles of moderate stiffness, use them faithfully but gently, and the result will not be disappointing.

There is another consideration in connection with the use of the hair-brush, which, though it may scarcely need mention, should not be overlooked. The brush should be kept clean. It gives one a shudder to see the brushes and combs that are sometimes supplied at places of public resort. No one should ever think of using a public hair-brush, unless it becomes a matter of absolute necessity; but the fact remains that the individual article requires to be properly cared for, else it becomes an instrument of danger rather than delight. If the case is not very aggravated the bristles may be washed in lukewarm water, to which a few drops of ammonia can be added. This will clear away the accumulated dust and dirt as by magic. The bristles can be rinsed in pure water, and allowed to dry in an airy place; the brush should not be exposed to the sun, nor should the back of it be wet at any time. Soda and soap soften the bristles, and if the back of the brush be of ivory it will turn yellow by their application. For general use it is better economy to buy a cheap brush, and, after using it for a reasonable time, throw it into the fire and start afresh.

Most of our readers will prefer to care for their hair at home, either themselves or at the hands of a maid or a family friend; but sometimes it is desirable or necessary to employ a professional hair-dresser. Fortunately these are now to be found in all towns, and even villages of a moderate size, and most of them are quite proficient and trustworthy. It is a part of their profession to attend ladies at their residences, where it is preferred, and in case of any affection of the scalp, it is very often desirable to have such services, which may be as effectual as those of a physician.

So much for the general care of the hair in its normal condition. There are other considerations which should be briefly referred to; and while some of them may conflict with the demands of fashion, they should nevertheless



be urged upon the attention of the thoughtful woman. If rough use of the comb or the brush be deprecated, what shall be said of many of the methods of curling and crimping the hair, by the use of hot irons and other appliances, in which the life is roasted out of it, its gloss and beauty destroyed, and its growth paralysed, in order to produce a supposedly "charming effect"? "It is the fashion!" is an answer which admits of no argument. But the fact remains that if the real beauty of the hair is prized, the hot iron and its kindred accompaniments should be pitched out of doors. Soap is sometimes used as an assistant in curling and crimping processes, but that also is injurious; the least harmful is the white castile soap, on account of its small percentage of alkali. Cold tea is well known as an aid in curling the hair, and a simple decoction may be prepared by simmering an ounce of quince seeds in a quart of water for twenty minutes, straining and bottling for use, the liquid being scented with some favourite aroma, if preferred. The white of an egg is also sometimes used, or a thin solution of isinglass. All of these are harmless in every respect.

(To be continued.)

## CREMATION AT THE CHURCH CONGRESS.

IT is a somewhat curious illustration of the advance of the modern cremation movement, that between three and four columns of last Saturday's *Times* were filled by a report of a discussion at the Church Congress on the disposal of the dead, in which cremation was chiefly concerned. Dr. Bostock Hill, Professor of Public Health in Mason College, Birmingham, the Rev. Brooke Lambert, and Sir Douglas Galton all advocated cremation very forcibly, while Mr. Seymour Haden and Dr. Poore opposed cremation and advocated earth-to-earth burial. The Rev. F. Lawrence, the indefatigable Secretary of the Church of England Burial Reform Society and Sanitary Association, in a sermon on behalf of these societies, preached during the Congress on the text, "A sower went forth to sow" (Matthew xiii), said that such as the sowing was such would the harvest be. From the seeds sown of diphtheria, consumption, and other diseases communicable by germs, the harvest of deaths in 1890 in England and Wales alone was nearly 70,000. Such seeds should be destroyed, and in their place the seeds sown of health, strength, and long life. But these could grow only in an environment of cleanliness, fresh air, pure water, dry soil, and wholesome dwellings.

We are glad to welcome such teaching as this from the pulpit, and also to find that at a meeting during the Congress of the Church of England Sanitary Association it was resolved to send the following memorial to the President of the Local Government Board:

"Your memorialists represent a society which has for one of its objects to aid in securing for all the greatest possible immunity from infectious diseases; your memorialists ask you to take such steps as shall render imperative by law destruction before burial of the infectious germs remaining in the body when death has arisen from cholera or from any other disease communicable by germs."

The Cremation Society of England has never endeavoured to make cremation compulsory. It has very wisely been content with the attempt to influence public opinion by making known the evils which must follow burial in the earth of the entire dead body, even when death has not been caused by infectious disease. Of course the argument is strengthened when a body full of infected germs is buried, and the advocates of cremation use this as the chief objection to the earth-to-earth system. But it would, we think, be very unwise in the present state of the public mind to attempt to enforce cremation, even during the spread of an epidemic of infectious diseases. Let the public once become convinced that their health and lives are endangered by the burial, near the living, of poisonous dead bodies, and the demand for protection would come from them. This would be far better than compulsory legislation.

It has been said and repeated of late that our Cremation Society has not done much good, and that the movement has progressed very slowly. In our opinion this reproach is absolutely unfounded. It is not yet ten years since the first human body was cremated at Woking, yet since the first in 1885 till the end of last June, more than four hundred have been reduced to ashes there. A crematorium has been finished at Manchester, where more than twenty bodies have already been cremated. At Glasgow and Liverpool works are in progress. Even if nothing more had been done, we think that the society has a just claim upon the gratitude of all who are interested in the promotion of public health. At first the society encountered and overcame the opposition of Government; it proved that cremation was not illegal; and it answered a variety of objections, sentimental and so-called religious; and, most important of all, the medico-legal charge that it might conceal poison or murder, and so act as an incentive to crime. Anyone who will refer to the report which we give in another column of the Birmingham meeting, may judge without any help from us how much the cremation movement has been advanced of late. What the Government may do upon the report just issued of the Select Committee of the House of Commons upon Death Certification remains to be seen; but we trust that in the hands of Sir Walter Foster and Sir Charles Cameron the scandalous negligence so common in the United Kingdom will lead to more careful inquiry in every case of death, and more accurate certificates, before either earth burial or cremation be permitted. The discussion at Birmingham must be regarded as a distinct encouragement by all advocates of cremation.—*British Medical Journal*.

## THE DEGRADATION OF MODERN ATHLETICS.

WE are, says the *Lancet*, so firmly convinced that the reasonable pursuit of athletics—that is, a pursuit that makes only such demands upon the time and health of its votaries as they can afford to honestly give—must work for good amongst all classes that we are very sorry to have to endorse the strictures which have lately been published upon the tendencies of certain modern athletes. The athlete in England has hitherto enjoyed a high reputation for purity of motive in his struggles. Many of us—probably those who knew least to the most marked degree—have believed that the chief reward in the athlete's eye was the sensation of honourable distinction in a competition promoted, secondarily perhaps, for the distribution of prizes or the gaining of challenge-cups, but primarily for the maintenance by healthy rivalry of a high physical standard. But coincidentally with the enormous increase in the popularity of football and of public athletic meetings, there has come to light the existence of a widespread tendency to make the practice of athletics a source of livelihood, and some of the methods pursued with that intent go far to show that the healthy body of the athlete may envelop a mind in a considerable condition of moral disease. This much is generally conceded; what remains to be found is a remedy. It is not exactly our province to suggest expedients for the remedy of this state of affairs; but one thing seems to us certain—that the purification of the running-path and of the football field can only come about by the co-operation of the gentleman and the player. In cricket the paid and unpaid work together in harmony, and it seems to us that the same spirit ought to prevail in other departments of athletics. Believing, as we do, that a certain amount of game-playing is a serviceable factor in English education, it is a matter of no little concern to learn that two important branches of athletics have been seriously impeached; and it will please us proportionately to hear that united effort on the part of some of the more distinguished athletic clubs is to be taken to remedy the evils.

NOTHING is felt more keenly than the malign shafts of calumny, and even the worthiest man is hurt if they reach him.—*Thales*.

[SPECIAL ARTICLE.]

## THE GIRL THAT WILL BE WANTED.

BY A COUNTRY PARSON.

THE coming woman is anxiously awaited by the twentieth century. She is but a slip of a girl now, but when the new century dawns, with all its gracious promises, she will be there to meet it, equipped for its victories and its defeats. Indeed, is it too much to say that the girl, a woman then, may do much to prove that life is worth living in the new century? Society and civilisation are to be determined largely by women. Whether they be allowed to vote or not, they will have a part in moulding of human life. This is a strategic point—the training of our girls. Mothers have a large responsibility put upon them in the nurture of their daughters. It is becoming increasingly difficult to lead them along the perilous path to a gracious womanhood.

What shall be the characteristics of the girl that will be wanted in 1900. (1.) Genuine modesty; an intelligent purity of thought and act. Innocence is not prudery, ignorance is not virtue. Our girls should understand the perils and dangers that beset this temple of the body; they should have an exact and truthful knowledge of the mysteries of physical life. The bloom of the blushing peach is not impaired by insight into the mystery of prenatal life, birth, and progress toward maturity. No shadow will lie on the consciousness of any maiden, because she is perfectly aware of the obligations the fact of her sex has conferred upon her. She should have a frank and genuine interest in those questions which the vile may have distorted to their own evil purposes, but which are a legitimate subject of thought. An honest, intelligent contact with physiological facts will be as a corset of steel to protect her maturing life.

Modern life threatens genuine modesty in our girls; ignorance is often allured by flippant word into unwise thought. Modesty is the basis of all noble womanhood; it is the flower of maidenhood, the inexpressible charm of every young girl. It is not ignorance, a simpering prudery. It is the citadel of a pure heart.

(2.) A robust physical life; less nerve, more muscle. If the coming girl is not to be a "bundle of nerves" in 1900, the basis of a healthy, physical life must be laid now. The nervous system is abnormally developed to-day; the body is allowed, often, to adjust itself to the heavy demands made upon it. The girl that will be wanted by and by must have more muscle. Invalid women are the rule in every community of life. Is it a dispensation of divine providence that such is the fact, or are there purely physical causes that have much to do with the frail tenure many of our women have upon life? Is this deterioration of physical fibre to go on, the house of clay but a weak and shaking structure for life, attenuated to the very last degree of sensitiveness? Misery, madness, and death lie along this line. There will be room enough for the girl who has a robust, physical life, whose body is not the asylum of a tortured spirit. Culture that neglects the body is preparing a scorpion whip that will lash the physical life into despair. A sound body will be the crying need of a coming age. The coming girl will be handicapped by generations behind her, but something may be done for her. The extreme finish of her culture she may spare, but not a particle of vitality.

(3.) "Faculty." Ability to turn one's self, power of adaptation, skill, knack, the happy turn to meet the present moment. How much it can accomplish sometimes! Its presence or absence may decide grave questions; often, the girl that has it, in that century so soon to be ushered in, will find a large place to fill in life, and duties rich in results to her hand. Its possession is more valuable than the polish of foreign travel, the veneer of society contact. It is indispensable to the mother of the home, if she is to reach the large ideal of her life. Its absence has rung the knell of domestic peace in many a home. Only the school of experience will teach it, the seminary and society cannot



## COOKERY AND ETHICS.

By EDOUARD LOCKERY.

It is not only politics that retard the social question, it is also hygiene and medicine.

To regulate the rate of wages, the duration of hours of work, to prevent accidents, and to offer indemnities to women about to become mothers, is all very well. Parliament is quite adequate to regulate questions of this kind. But to preserve the vigour and elasticity of individuals, to maintain health, and to prolong life, is the business of science; here deputies and even senators are of no avail. Universal suffrage, though of paramount importance, does not give them this authority.

This is very important matter, nevertheless for before we live well we must exist, before winning our bread by work we must first be able to work. A philosopher has said, "Health is the first of all gifts," and he was not mistaken, since without it it is impossible to enjoy others.

Now the first condition in order to live and maintain the health is to eat well. That does not necessarily imply to eat much. No; to eat well implies eating so as to restore strength, to repair the tissues which life consumes, and to give internal heat necessary for action. To do this—and this is what the German, Professor Sée, has recently demonstrated in an admirable little book—it is necessary to choose one's food. The most suitable are often, it may be remarked in parenthesis, the commonest, and those which are to be found in the best markets. The fare of the poor appears at first sight to be infinitely more hygienic than that of millionaires.

About the middle of the present century science recognised that heat and motion were two identical things, or rather were one and the same thing. Heat is transformed into motion and motion into heat. This is *kif-kif*, as the collegians call it. To give heat to the human body, is then to give it force, or if you wish, power to act and move. Our food contains more or less heat; this heat has been measured. It is expressed in "heat-units"; a heat unit is the amount of heat necessary to increase the temperature of one pound of water by one degree Fahrenheit. Experience has shown that albumen contains almost as many heat units as starch or sugar, and that fats contain as much again as sugar, starch, or albumen.

And from that, therefore, it is possible to conceive an entire nutritive system. Unfortunately, the human mechanism is a mechanism of a very particular order. You have often seen locomotives; they are fed with coal. There, again, heat produces motion. But in the case of the locomotive, the fuel alone burns and becomes cinders and smoke, whilst the connecting rod, cylinders, all the parts in short—castings, iron or steel—remain intact, whether at rest or in motion, they have nothing to fear from the flames within.

It is different with man, who, from a certain point of view, may, perhaps, be considered as a locomotive; this locomotive thinks, speaks, takes up science, politics, literature, art, and many other things besides, but after all, it lives like other machines. It has even in one respect a deplorable inferiority; its organs burn and destroy themselves continually, be they in action or repose, the fire within devours them.

Since the locomotive is such, suppose a locomotive whose different parts disappear in cinders and smoke at the same time as the coal during the journey. It would be necessary in that case to supply the machine, not only with combustible material necessary to propel it, but also with castings, iron and steel, to make up in proportion to the metal lost. This is precisely what one does for man, or rather what man does for himself. He replenishes the organ destroyed by means of food, and the albuminoids are charged with this daily reparation.

Not to continue the metaphor any longer, the albuminoids are first of all fibrin, which meat contains; caseine which is found in milk, cheese, and dry vegetables; lastly, albumen, which is in the white of an egg. All these things serve to re-make our tissues in order to replace those which are consumed. It goes without saying that we "burn" much more during work than

when in repose, consequently a manual worker, even an intellectual one, finds it necessary to restore himself more abundantly than a man who does no work. Look at the man who tills the ground all days, or tows boats along a long river, he burns without appearing to do so, like a simple contraband match—for one knows that those of the excise never take fire—and, unhappily, no effort of the fire brigade can put him out. Albuminoids are most necessary to him when the night comes, in order to replace those which combustion has dissipated for him.

Formerly 118 grammes was the quantity of albuminoids considered necessary for the daily replenishing of an adult. The German, Professor Sée has reduced that proportion almost half. It appears that about fifty grammes is sufficient. The experiment has been tried, and it is conclusively proved. Let us keep to fifty grammes. To go further, as the most experts *survants* of France and Germany, say, "It is to waste albumen." Now in human economy as in political economy, waste is absolutely to be condemned.

But if one reduces the absorption of albuminoids to any great extent, it is necessary to augment those of fats or sugars. The fats have that property of preventing the albumen of the tissues from being heedlessly consumed. They are the saving of food. Gelatine, which is found in the cooking of meat, or which is found in broth, renders the same service. You have a chimney drawing very hard, and where the wood is consumed very quickly. You place coal there, and the combustion of the wood is relaxed. The coal in this case plays the part of gelatine and of fats.

Do you know one very curious thing? That is, that alcohol perhaps renders services analogous to those of gelatine. I have been very much struck lately to see that science is extolling broth and re-establishing brandy. People say to you, no doubt, that this poor broth—the broth of our fathers—this broth that we consider so inoffensive and beneficent, has been the object of a great examination on the part of certain doctors, one of them has gone so far as to call it a "solution of poison," one accuses it of containing too much potash. But lo, M. Bouchard, absolves even potash! Potash! Why spinach, cabbage, chicory, and even potatoes, are full of it! Surely, then, one can drink broth with a clear conscience, and without dread of intoxication.

One may even drink alcohol. At any rate alcohol, which without doubt has its inconvenience, has at the same time great advantages. In the new book of M. Sée, of which I spoke just now the *formulary of nutriment, old and new*, which is a complete treatise on the matter, written by one of our great medical men, alcohol is much better treated than I should have thought. Perhaps one should not believe all the evils hygienists have to say of it. And, besides, it possesses a quality of which Professor Sée does not speak, and which I for my part appreciate; it brings plenty of money to the State, and helps us to balance the budget.

Fish, too, have been very much maligned. Much has been said of the evils of turbot, herring, salmon, &c.; it is necessary to fall back upon it, and their flesh is worth as much as meat. Bass, among others, give more albumen and gelatine than beef.

Veal sweetbread is perfect, and the brain excellent. One can only speak well of butter. Peas and lentils contain up to twenty-four and twenty-five per cent. albuminates.

Macaroni is not wanting in merit. Potato soup is very nourishing, and milk appears altogether admirable. The eggs of tenia are found in salads, and even in cabbages and radishes. Chocolate has more nutritive value than cocoa, from which it derives its origin. Coffee is eminently useful.

Of a truth, all depends upon temperaments and stomachs. What suits one does not always suit another. One ought, however, in a given time to arrive at an exact determination of the allowance necessary for each man; as one calculates beforehand the amount of coal which an engine requires to set it in motion. That will be a great step. And when we have the solution of the problem in our hands—we shall claim for workers, in the name of humanity, as in the name of public prosperity, not only the right to work, but also the right of logical nutriment.

impart it. A girl has never "finished" her education until she has something of it. It will often supply the place of technical knowledge, and enable one with limited parts to occupy responsible places in life. The coming girl needs this above all—"Faculty." Will the training of to-day evolve these characteristics? Some facts intimate the negative.

*The character and atmosphere of our fiction.*—There is much of the fiction of the present day that distils poison. It leaves a subtle blight upon the half-open rose. It destroys the frank gaze of childhood. It suggests the question often—"is life worth living?" Genuine modesty is not fostered by much of our popular literature. It breeds discontent, it sugar-coats evil, it covertly sners at virtue. Healthy, inspiring fiction always has its place. It is peculiarly attractive to girls; but when genius casts a glamour over evil, and hides it under the witchery of words, no girl can breathe the vitiated atmosphere and have a healthy, moral life. The book in the hand will undo the training of years. Motherhood, with all its sweet influences, is no match for brilliant genius, suggesting evil, in a fascinating book. We do well to exercise a wise caution in the books we allow our daughters to read; a serpent may be concealed between the attractive covers.

*The neglect of health-producing habits and sensible physical culture.*—Late hours, hot rooms, continued excitement are doing their work. Even the sea, the fashionable spa, the grand tour, will not replace exhausted vitality. The girl buds into the woman in a moment, and her physical life is not prepared for the new demands then to be made upon it. The habit of life which the English girl has acquired will never produce a sound mind in a sound body. She neglects her body fearfully, and she gives little attention to systematic, scientific training of her corporeal life. These facts have their exceptions, but the custom of the age is true to these statements. The temple of God is fast losing its divine outline. When it shall become fashionable to make physical health of the first consequence, and adopt a scientific culture to that end, there will be the promise of a generation of girls that will be wanted.

*The failure to put personal responsibility upon our girl.*—She is guarded too closely. She is sheltered too carefully. I know a young lady, happily married, who boasted, soon after, that "she did not know how to do housework, and she was not going to learn." What a future there is for such a girl! The mother who neglects to teach her daughter in household lore, who never places responsibility upon her, who makes a baby of her until she is married, is guilty of a grave mistake. She has much to answer for. The social and domestic tragedies that are so frequent might, perhaps, have been avoided, if the mother had really been a mother to her child. Most homes offer a school for the growing girl where she may develop a helpful life, if the mother, at the expense of her own life, does not bear all the domestic burdens.

The girl that will be wanted will have much to do in moulding a nation yet unborn. If she have genuine modesty, united with a robust physical life, and possessing faculty, she may do much in making this old earth an Eden.

In the vain and foolish exultation of the heart, which the brighter prospects of life will sometimes excite, the pensive portress of Science shall call you to the sober pleasures of her holy cell. In the mortification of disappointment, her soothing voice shall whisper serenity and peace. In social converse with the mighty dead of ancient days, you will never smart under the galling sense of dependence upon the mighty living of the present age. And in your struggles with the world, should a crisis ever occur, when even friendship may deem it prudent to desert you, when priest and Levite shall come and look on you and pass by on the other side, seek refuge, my unfailing friends, and be assured you shall find it, in the friendship of Lælius and Scipio, in the patriotism of Cicero, Demosthenes, and Burke, as well as in the precepts and example of Him whose law is love, and who taught us to remember injuries only to forgive them.—John Quincy Adams.

"The FAMILY DOCTOR ought to have a very Wide Circulation."—*Weekly Dispatch.*



## BLAUD'S PILLS.

THE uselessness of the iron combination usually known as Bland's pills has been long recognised by the medical profession, for to get the iron absorbed by the blood such enormous doses have to be taken as to seriously affect the system. They cause indigestion, besides being very liable to set up an obstinate constipation, which to the delicate female is a most injurious symptom. Now, the object of the inventor, Dr. Bland of Paris, was to administer perfectly pure carbonate of iron; but this salt is so extremely delicate, that unless the pill is taken immediately it is prepared it becomes oxidised, and useless. One of the most ingenious devices that has ever been placed before the medical profession is the "Bipalatinoid," for the formation of perfectly pure carbonate of iron in the stomach. In appearance the Bipalatinoid is similar to a very elegant pill, but upon opening it we find a thin septum of jujube stretching across the centre, thus preventing the salts acting one upon the other. But when the liquid contents of the stomach are reached, hey, presto! the capsule opens, the two salts re-act, and pure carbonate of iron results. A most clever and excellent idea. Recently some most remarkable results have been recorded in the Medical Annual for 1893. Thus people with extreme anæmia, or bloodlessness, with pale cheeks, blue lips, listless manners, and dull eyes were treated and restored to a perfect state of health with the rosebud of health upon their cheeks, cherry lips, and all the other symptoms of a healthy condition of the blood in three weeks only by the use of two of the Bipalatinoids of Carbonate of Iron three times daily. These are the most astonishing results ever recorded. It does not matter for what purpose you take Bland's pills, iron pills, steel pills, or other forms of iron, replace them at once by the Bipalatinoid. The medical profession have long since given them the preference, for they are never associated with the disagreeable symptoms of other preparations of iron. They never constipate, they never cause indigestion, they never discolour the teeth; above all, they can be much more easily swallowed than pills; even children, and those who experience difficulty in taking pills, swallow these Bipalatinoids of Carbonate of Iron without effort.

## OUR OPEN COLUMN.

## CORRESPONDENTS' OPINIONS.

## MUSICAL DRILL.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I should much like to write a few words in reference to the advantages of musical drill. The benefits gained in health and figure from such a wholesome and pleasing exercise are considerable. Many lads are not able to take their part in the energetic games of football and cricket, and musical drill supplies a capital exercise; and even those who can go in for more vigorous athletics would be all the better for a spell of it, as the harmony and stateliness of the required movements are excellent remedies for uncout and rough manners.

I have for some time introduced this admirable exercise into my school with marked success, and my pupils—lads from twelve to nineteen years old—go through it three times a week. It has had a marvellous effect on their figures, and their parents are much pleased with the results. My wife superintends the class, and on these occasions the boys wear a pleasing uniform, which adds to the grace of the performance. When their young mistress has inspected the class she gives the signal to the music master to commence a lively tune on the piano.

It is an interesting sight to see the perfect and regular order with which they swing their bodies and go through the movements, each holding a pair of dumb-bells suited to their individual strength. My wife stands before the class, and frequently takes a pair of light dumb-bells and shows her pupils what she wishes them to do. She considers an hour and a half sufficient drill for the juniors. The elder boys go on for half an hour longer, and sometimes she gives

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any of the latter who have failed to please her an extra hour with really heavy dumb-bells.

A propos of the subject of tight-lacing, she give the exercise while wearing her tightest corset, and yet she can sway her slender figure in the easiest and most graceful manner. The movements of the feet as well as the arms form an important part of the drill, consequently my wife wears for drill the same costume she wore at school for such an exercise. She is only eighteen, and therefore has had quite recent experience at an establishment where such a pleasing exercise was taught. As the short days are drawing near, many of which will be quite unsuitable for outdoor recreation, may I strongly advocate the more frequent use of musical drill as an invigorating exercise.—Yours faithfully, EXERCISE.

MILITARY TIGHT-LACING IN RUSSIA.  
TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—As I promised in a previous letter, I have translated the following account of the lacing practised in the Russian Military College at Moscow in 1890. The author, Tschikagow, in describing his life as a cadet, states:—"My body was then compressed in a long corset of a strong cotton material full of bones, which had been made for me on arrival at the college. We stood in a row, and each hooked together the front of his corset, and we were then, in succession, laced up till the corsets met behind. The corsets came nearly up to our armpits, and lessened our waists by about one-fourth of their circumference. Our young bones at fourteen years of age offered but a poor resistance to the practised skill of the corset makers, who drew us in with a rapidity that made us breathless, and then knotted the lace. The tailors then measured us for our uniforms, which fitted over the corsets with extreme tightness. Our civilian costume was then sent to our homes, so that from that time we could not wear anything but our uniform, and that only by the aid of the stays. We laced each other up in the morning, and severe was the punishment we received if our uniforms were strained by an insufficiently-laced corset. We felt little pain at our outdoor work, but sitting at our desks numbed and scored our young bodies terribly. The senior cadets delighted to inflict on us all the rigors they had themselves endured, and punished any breach of cadet etiquette by lacing us in very small corsets they termed the 'tortmentors'. Once these were fastened they were kept unloosed for days, when they well earned their name of 'tortmentors'."

Further on the author describes two years later, when the vanity of young men led to extraordinary extravagance, but of this more anon.—Yours truly, A. WILLIAMS.

## Notes &amp; Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

DOG.—Could some reader advise? I am a little puppy ball-terrier, three months old, of lively disposition, but every four or five days I suffer from nausea, and vomit, which lasts till noon and I am right again. I am also affected with worms; I am told to take some santolin and calomel, but no one can induce me to take anything.—YATES.

HOUSE AGENT.—Must a licence be taken out for conducting this business, if no selling takes place but simple letting? If so, what is the fee?—JONES.

## ANSWERS.

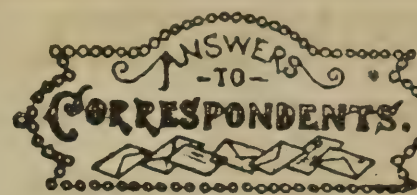
PALL MALL.—Is so called from a game of that name played there, Mall being a species of bat, and Pall another form of the word ball. How the pronunciation ever came to be mall, I think must be referred to the caprice of fashion, which has no rule. Webster gives the pronunciation as mall, short. We say, "I met such a one in the Mall." But at the same time Pall Mall, which took its name from the walk in the park adjacent, is always Pallmal when named. This defies all law and rule.—Thompson.

LOAN.—An I O U cannot be used as a receipt; it is merely an acknowledgement of indebtedness, the effect of which is to throw on the person giving it the onus of showing (if he can) that he was not indebted according to his own statement. It is not conclusive, for the giver may be able to prove that it was given inadvertently or was inaccurate.—Tim.

RUPTURE.  
ATKINSON'S PATENT TRUSS  
For the RADICAL CURE OF RUPTURE  
IS A  
Certain Remedy.

REPORTS OF LANCET, BRITISH MEDICAL JOURNAL, HOSPITAL GAZETTE, MEDICAL PRESS, PRACTITIONER, CHEMIST AND DRUGGIST, HOMOEOPATHIC REVIEW, ILLUSTRATED MEDICAL NEWS, &c., post free on application.

B. F. ATKINSON,  
7 Mill St., Hanover Sq., London, W



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c. :—

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

CHARLES POWELL.—You must avoid all hot things, and if there are any bad teeth in your mouth you must have them attended to. Take the following medicine: Iodide of potassium one drachm, chlorate of potash two drachms, decoction of bark to six ounces. One-sixth part three times a day. Refrain from all smoking and alcoholic beverages; otherwise live as well as you can afford, and get plenty of fresh air.

SPASMODIC.—You had better take a cold or tepid bath every morning, and get plenty of active outdoor exercise—not merely walking, but running and jumping, gymnastics and athletic sports generally. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, followed the next morning by a mild dose of aperient fruit salts. When you go to bed at night be careful to refrain from sleeping on your back. This may be accomplished by your tying a cotton-reel in contact with your back, so as to prevent your sleeping on it. Be scrupulously clean, washing the parts regularly with soap and water. Take a teaspoonful of Easton's syrup three times a day immediately after meals.

MIGNON, G.—Excessive standing is in your case, as in so many others, the cause of your troubles. That is more than proved by the relief obtained after your short holiday. You should try to obtain an hour's rest on your back each afternoon, commencing three days before the period, and continuing altogether for six days. Take the following mixture at 8 a.m. and 10 p.m., as well as once during the day if the pain is excessive: Bromide of ammonium twenty grains, fluid extract of black-willow half a drachm, tincture of oranges half a drachm, water to half an ounce. Keep the bowels acting with a nightly dose of compound liquorice powder (one teaspoonful, more or less), and let us know the result in a few weeks' time.

S. A. H.—This is a very common complaint among young women, and the best thing for her to do is to sit in a warm bath frequently and take twenty grains of bromide of potassium with ten drops of chlorodyne three times a day. Massaging the abdomen is of no use at all. With regard to the other matter, we should advise the injection of alum in water or lime water, a quart or so three or four times a day. Spraying is of no use whatever—in fact, more harm than good.

130th Thousand Post free of Author, 2s. 6d.

THE CURE OF  
CONSUMPTION

CHRONIC BRONCHITIS, ASTHMA, &amp; CATARRH.

By E. W. ALABONE, M.D. Phil., U.S.A., F.R.M.S., Late M.R.C.S. Eng., late Consulting Surgeon to the Lower Clapton Orphan Asylum, &c., Lynton House, Highbury Quadrant, London, N.

By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIRN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous. I had no less than 60 cases of cure last year."



# DISINFECTION.

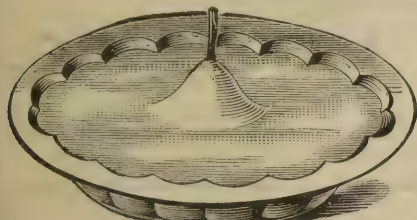
## KINGZETT'S

(PATENT)

### SULPHUR FUMIGATING Candles ARE PERFECT

And afford the best means of Preventing and Arresting the Spread of Cholera, Fevers, and all Infections by Fumigation with Sulphur.

They can be lighted with the greatest ease, and burn steadily and thoroughly.



6d. Size.



1s. Size.

Full Particulars will be Sent on Application.

## THE SANITAS CO., LTD., BETHNAL GREEN, LONDON.

(Sole Manufacturers also of the famous "Sanitas" Disinfectants.)

**EMMELINE.**—The additional information was not at all unnecessary; on the contrary, it is of great importance in giving the clue to the causes of the difficulties. Take liquids only after each meal is finished, eat your food slowly, and take the mixture ordered for "Mignon" in this column. Use also every morning a tepid injection containing a teaspoonful of powdered alum to each pint of water. In order that this may be done effectually, you must obtain a Higginson's enema syringe with a properly-adjusted nozzle (any chemist will supply one for three or four shillings).

**KATHLEEN.**—We would much rather you had given us a description of the rash which appears on your face, instead of calling it erythema, almost erysipelas. The probabilities are that you are generally very delicate, that your nerves are out of order owing to constitutional changes or other causes. You must have your diet regularly, and refrain from hot tea in excess. Take plenty of active outdoor exercise, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take the following medicine: Bromide of potassium one drachm, syrup of oranges two drachms, chloroform water to six ounces. One-sixth part three times a day between meals.

**SHIPWRECKED.**—In the first place, who told you you were suffering from the disease you mention? What are the symptoms you refer to, and why do you consider them to be those of the trouble you mention. In any case, the treatment would be exactly similar to what you are doing, so you cannot do better than go on with it.

## EASTON'S SYRUP.

**WHENEVER** this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon Road, London, E.C., who will forward either sized Bottle free by post for three extra stamps. Or any Chemist will procure it. Sold in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d. 16-oz. bottles, 4s. 6d.

**POPGUN.**—We cannot prescribe for this state of things, for, even it were likely to be efficacious, which it would not be, it is strictly illegal. You must put up with the consequences of self-indulgence.

**RAWDON.**—You have not attempted to give any description of the state of affairs. How are we to know what is the matter if you do not tell us?

**CLOUGHANE.**—You had better take the advice we have given to "Naomi" with regard to your hair. It is impossible to ascribe a cause when we know nothing of the local conditions. With regard to your teeth, the best thing you can use is precipitated chalk powder with camphor. Take a tonic as indicated.

**F. M. D.**—You have omitted to tell us what your habits and occupation are. We should advise you to take a cold bath every morning, and to get plenty of active out-door exercise during the day, not merely walking, but gymnastic exercises and athletic sports. Refrain from eating too much bread, potatoes, pasta, and puddings. Keep the bowels freely open by means of the following pill: Extract of socrine aloes one grain, extract of nux vomica half a grain, extract of belladonna quarter grain. The pill to be taken every day immediately after dinner. Eat lightly cooked food, boiled fish or fowl, green vegetables, &c., and take the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**WALTER.**—Take the following powder: Powdered borax seven grains, chloride of sodium and bicarbonate of soda, of each, seven grains, powdered white sugar fifteen grains. Dissolve in a half tumblerful of warm water and sniff up into the nostrils and out through the nose. Repeat the operation every day. Keep up your general health and take a teaspoonful of Easton's syrup three times a day immediately after meals. Keep the bowels freely open.

**H. A. F.**—There is no drug which administered internally will produce the effect you desire. If you should, at the desired time, find yourself wanting, if you place yourself in communication with us we shall doubtless be able to suggest some satisfactory form of treatment. As a matter of fact there is only one form of treatment for complaints of this nature, and that is by electricity.

**NAOMI.**—Either you are considerably below par or else your loss and early greyness of hair must be due to hereditary causes. All applications made to the hair are likely to do more harm than good if used without sufficient reason. That is to say, that you ought to consult someone who has special experience of hair troubles and can judge of the actual condition of the scalp. Meanwhile, live well, get plenty of fresh air, keep the bowels freely open, and take regular exercise; also a teaspoonful of Parrish's Food three times a day immediately after meals.

**COLIN.**—You had better go on with the treatment as hitherto advised. If another month or so does not effect any improvement, we should advise you to send a stamped envelope, and we will advise you whom to consult. You speak of enclosing an envelope in your present letter, but have either forgotten to do so or it has accidentally disappeared, for we do not see it.

**MISERABLE.**—We are very much afraid we cannot do anything very satisfactory for your blushes. This extreme sensitiveness, you will find, will disappear with the accumulation of years and knowledge.

**B'HAM.**—You will never be able to cure this by means of suspensory bandages, supports, &c., which will, it is true, support, but will not finally remove the diseased veins. It would be better for you to have them operated on before taking the serious step you contemplate. The operation is simple, painless, and will not necessitate lying up. You had better send a stamped addressed envelope, and we will recommend you a surgeon.

**PAINTER.**—You should wash the feet every night and morning in cold water, using plenty of soap, and, after thoroughly drying, dust the boots and socks with boracic acid powdered. Wear clean socks every day, and have different boots every day. Look after your general health by means of cold baths, plenty of exercise, good food, and a teaspoonful of Easton's syrup three times a day immediately after meals.

**DEBILITY, Notts.**—The fact is, you are suffering from indigestion, and that gives rise to symptoms in all directions. You should take a cold bath every morning, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Have your food quite regular, and see that it consists of plain nutritious food. Take plenty of active outdoor exercise and the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**BUSINESS.**—You had better see a medical man about yourself, if you think you are deformed. We cannot tell you whether you are or are not without a personal examination, nor can anyone else. Who put the idea into your head?

**FRANK VERNON.**—We are unable to state what is the condition of the fluid you speak of without a proper examination. You must, of course, give yourself a rest and be less indulgent. The best and we think the only satisfactory form of treatment for you would be electricity. But this cannot be applied by anyone. You must go to a specialist. In the meanwhile, keep the bowels freely open, take plenty of active outdoor exercise, and take a teaspoonful of Easton's syrup three times a day immediately after meals.

**HOPEFUL MAN, W. H.**—You had better note our reply to "Frank Vernon" above. The same form of treatment is about the only one from which you are likely to experience beneficial results. However, you can try the line of treatment we have pointed out to him, and watch what the results are.

## FADING EYESIGHT.

Thirty years' practical experience has proved Mr. Bluett's system of sight testing by examination of each eye separately to be the only perfect method of accurately determining the lenses required to restore the vision, and make reading or working a pleasure.

Consultations Free. Spectacles at Store prices.

**F. J. BLUETT,**

Specialist in Spectacles, and author of "Defective Vision, its Cause and Cure."

8A, GT. PORTLAND STREET, LONDON, W  
(FOUR DOORS FROM OXFORD STREET.)

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver, Purifies the blood and is delightfully refreshing. Through Chemists and Stores.

**SPECIAL OFFER.**—To prove its efficacy, 1s. 6d. bottle will be sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON

**WILLIAM.**—You are doubtless suffering from chronic colic. The best thing for you to do is to dress yourself as warmly as possible in woollen garments, eat plenty of good food at regular intervals, take plenty of active outdoor exercise, not merely walking, keeping the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Internally you had better take a teaspoonful of Easton's syrup three times a day immediately after meals. Locally use the following lotion: Powdered borax, chloride of sodium, bicarbonate of soda, of each seven grains, powdered white sugar fifteen grains. The powder to be dissolved in half a tumblerful of warm water and sniffed up into the nostrils three or four times a day being brought out of the mouth.

**F. S. R. S. C.**—Take a cold bath every morning, and get plenty of active outdoor exercise during the day. Keep the bowels freely open by means of a three-grain aloes pill taken every other night, followed by a colditz in the morning. Eat lean meat, boiled fish or fowl, very little bread or potato, plenty of green vegetables, no puddings of butter or suet, and very little sweet fruit. Take the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, peppermint water to six ounces. One-sixth part three times a day.

**MRS. POOLE.**—We are quite unable to tell you the treatment until we know the kind of disease. Skin diseases are very numerous, and the same remedy will certainly not be identical for all. You had better see some good medical man on the subject, inasmuch as the mere application of a medicament may be the least important point of all. We mean that internal medicine and sundry regulations in diet may have to be prescribed.

**ZILLAH.**—The best treatment for these is to keep the bowels very clear, and that not by taking internal aperients, but by using frequent large injections of warm water into the lower bowel: say a quart or even more at a time. After this has been done thoroughly every day for a week, then you may begin by taking small doses of Epsom salts or fruit salts every morning before breakfast. Be very careful to use plenty of soap and water to the face frequently during the day, and squeeze out any visible blackheads. You must refrain from beer and spirits, also much hot strong tea, sweets, fat things, and made-up dishes generally. Plain living, such as boiled fish or fowl, ordinary roast and boiled meat is the best. Not too much bread or potatoes, but any amount of green food. You may take five drops of Fowler's solution thrice daily immediately after meals.

**R. W. L.**—We must know the exact condition of the parts before treating them satisfactorily. If eczema is the malady, then beer and your employment in an iron foundry are absolutely the worst things for you, but we are unable to suggest anything definite. You had better take the advice with regard to diet that we have given to "Zillah" in these columns, as well as the medicine. With regard to the emptying of the bowels, that must be duly attended to also, but whether in the same way or not, we cannot advise because you have said nothing about the matter. Anyhow, you can try this treatment and watch the effect.

**835.**—We are very pleased to hear we have done you so much good, and thank you for the kindly expression of good wishes and gratitude mentioned in your letter.

## Easily Taken Up.

Cod Liver Oil as it appears in Scott's Emulsion is easily taken up by the system. In no other form can so much fat-food be assimilated without injury to the organs of digestion.



## Scott's Emulsion

of Cod Liver Oil with Hypophosphites has come to be an article of every day use, a prompt and infallible cure for Colds, Coughs, Throat troubles, and a positive builder of flesh.

Prepared by Scott & Bowne, Ltd., London.

Sold by all Chemists and Vendors of Medicine at 2/6 and 4/6.

# "MALT-COFFEE"

(PATENTED.)

Prepared from delicious Mocha Coffee and nourishing Malt. Taken at breakfast fortifies the system for the day; taken after meals, without milk, prevents and cures INDIGESTION. Does not excite the nerves and cause sleeplessness, like ordinary coffee or tea, or affect the liver like chicory. It is as nourishing as stout or ale. It goes much farther than any ordinary coffee; therefore it is cheaper, but by far superior. Highly recommended to invalids recovering and ladies of delicate health. Of Chemists, Grocers, and Stores, or send 12 stamps for a sample tin.

MALT COFFEE CO., MONUMENT BUILDINGS, LONDON, E.C.

"The Family Doctor is a Popular Periodical, and contains many useful Notes."—Morning Post.



## EYESIGHT PRESERVED.

# MR. AITCHISON, OCULIST OPTICIAN,

SHOULD BE CONSULTED BY ALL PERSONS SUFFERING FROM DEFECTIVE EYESIGHT.

**NEARLY ALL DEFECTS OF VISION CAN BE CORRECTED BY MEANS OF PROPERLY ADAPTED SPECTACLES AND EYE-GLASSES.**

THE FAMILY DOCTOR AND PEOPLE'S MEDICAL ADVISER, October 14th, 1893, page 101, column 3, says:—"It is impossible for sufferers to know, without skilled aid, the glasses that will correct Defective Eyesight. MR. AITCHISON'S SYSTEM OF SIGHT-TESTING is the Most Perfect in Existence, for he has studied the subject in all and every detail."

ALL PERSONS SUFFERING FROM DEFECTIVE EYESIGHT SHOULD CONSULT MR. AITCHISON.

A personal visit is, of course, most desirable, but those who cannot, by reason of distance or infirmity, call at—

**47, FLEET STREET, or 6, POULTRY, LONDON, E.C.,**

SHOULD WRITE FOR INFORMATION.

Mr. Aitchison's System of Sight-Testing by Post is a very satisfactory one, and it is far better to give it a trial than to buy Spectacles of unskilled Traders, who know nothing of Optical matters.

*The following are some Letters which have been received from Persons who have been Suited by Post, without an Interview.*

From GALWAY, IRELAND. Mr. Thos. Healy writes:—"I am glad to say that the Spectacles I have received from you give me *entire satisfaction*. I doubt whether you have ever met with any sight so weak as mine at my age."

From GUERNSEY, CHANNEL ISLANDS. Mr. F. M. Wade writes:—"I have received the pair of Spectacles; I can see distinctly with them, and in every respect I am *highly satisfied* with them."

From BRIDGWATER. Mr. A. Leversha writes:—"After two years' use of the Spectacles which you supplied me through the post, I write to say that I am now able to go without spectacles, the benefit I have obtained from those you sent have been so great. I may mention that before applying to you I was treated at the Bristol Eye Infirmary and the Taunton Eye Infirmary, with no good result."

**GIVE MR. AITCHISON'S SYSTEM A TRIAL.**—Write and explain the defect you complain of, as well as you can, and your letter will receive careful attention, without any charge whatever.

ALL LETTERS TO BE ADDRESSED:

NOTE.—Any person who has been supplied with Spectacles by Post can have a Personal Consultation if they should at any time come to London, and any Alteration required will be made in the Spectacles without charge.

POSTAL  
DEPARTMENT.

**MR. AITCHISON,  
OCULIST OPTICIAN,  
47, FLEET STREET, LONDON, E.C.**

**YELLOW S.**—The technical name of the conditions described is "chronic bronchial catarrh" with addition, probably, of pleurodynia—secondary to indigestion. We should advise you not to pay too much attention to phenological prognostications, nor to worry yourself, quite needlessly, about approaching paralysis. Use the terebene, and see to the indigestion by cautious dietary, with an occasional morning dose of our good old friend, Epsom salts.

**T. A. LLEWELLYN.**—The pain is partly the result of the second cause mentioned—partly lumbago. Avoid the excess; keep clear of damp in all forms both internally and externally. Apply half a mustard leaf on successive nights to the right and left sides of the part, moistening the leaf first, and keeping it in contact with the skin for from twenty to thirty minutes. Take one teaspoonful of sulphate of soda in a wineglassful of water each night and morning, and should there be any obstinacy, write us again.

**F. T.**—1. Yes; it is probably another abscess, and you had better have the decayed tooth extracted without delay. 2. The only plan of helping to reduce the superabundance would be by massage, systematically applied by a trained masseur for a period of three or four months.

**S. G.**—The history of your case is very curious, and in face of the conflicting opinions of several medical men, it is impossible to cut the gordian knot without seeing you. It would be better that you should have a reliable opinion once for all, than waste your time, energy, and money in consulting a multitude of doctors who do not appear to understand your case. You would, therefore, be wise in determining to consult a London specialist. Advise you yourself know of a reliable man, place yourself in communication with us again and we will put you on the right track.

**F. HOBBS.**—You must not imagine that the causes for falling out of the hair are purely local. You seem to be labouring under that delusion, as apparently you have not undergone any general treatment. Give up the absurd applications you have been using. Use some Lanolin pomade to keep the scalp soft, and take the following pill with each meal: Reduced iron of three grains, extract of nuxvomica one quarter grain, pill of colocynth and henbane one grain. This should be continued for six weeks.

**LAURA JONES.**—Your case is one of simple coryza, with the ordinary additions. Your feeble health is not a result, but a predisposing cause for the attacks. Take, therefore, the pill prescribed for "F. Hobbs," and during the illness use four or five times a day (when indoors) an inhalation of steam to which a few drops of Friar's balsam have been added.

**USELESS DOCTORS.**—Thank you for your very complimentary references to our journal. We are glad you are pleased with our efforts to accomplish what is often, under the circumstances, a task of some little difficulty. There is probably some ulceration of the cervix uteri, which will need to be cauterized before you can expect it to heal. You cannot, of course, do that yourself. Meanwhile, let the patient use twice a day a hot injection containing a teaspoonful each of powdered boracic and tannic acids to each pint of water. Give also a teaspoonful of compound liquorice powder each night at bedtime.

**MERCHAN.**—At ten and a half years we should expect a boy to be quite free from such a filthy habit. It is not due to general bad health in this case, and be certainly does not require tonics of any kind whatever. Combined with the stupidity described, we are not sure whether it would not be wise to take him to a physician in the habit of treating mental cases. You might see what taking him to the closet at stated hours will do. Say at 8.30 a.m., 1 p.m., 4 p.m., and 7.30 p.m.

**ALEX.**—Not all the soaps ever made would cure a condition dependent entirely upon internal causes. You have not mentioned your age, but we take it that you are somewhere about twenty years old. Give up stimulants, coffee, sugar, preserved foods, and tobacco. Drink only after, not during, meals. Take the following medicine a quarter of an hour before each meal: Dilute hydrochloric acid ten minims, sulphate of magnesia half a drachm, spirit of chloroform five minims, infusion of gentian to half an ounce. Use only hot water for washing the face, and rub the neck well with the towel after drying. Press out all blackheads and mature spots after piercing with a spear-pointed needle.

**LIVER.**—Money spent on any of the appliances named would be thrown away. The habits alluded to in your letter are probably accountable for most of the consequences named, and, as you say, you might take medicines until Doomsday without the slightest relief. You need local electrolytic treatment. See reply to "S. G." in these columns.

**H. M.**—Persevere with the mixture, taking it, however, four instead of three times a day. Be careful that the bowels act freely, and avoid anything like unusual exercise.

**NEMO.**—Irregular menstruation is at the bottom of these troubles. You do not say whether you are pale or flushed, whether your general health is good or otherwise, whether your occupation, if any, is healthy, and whether your habits, appetite, or bowels are regular. If you will send us full details on reading this, we will do all we can to help you. Meanwhile, take one and half teaspoonful of Epsom salts each morning in a small wineglassful of hot water.

**G.E.**—You do not say whether you have ever indulged in stimulants to any extent. That is a common cause for such trembling as you describe. Occasionally excessive smoking will do it. You had better abandon both habits. Take the following mixture regularly for a month and then report to us: Bromide of ammonium twenty grains, tincture of henbane half a drachm, tincture of nuxvomica five minims, camphor water to half an ounce. Three times a day before meals.

**ALICE.**—You have quite forgotten to tell us how old you are, whether you are married or single, what your occupation, whether exposed to dry heat from gas, &c., whether your general health is good, whether you have recently or formerly had any fever or other special cause for the trouble, whether your appetite is good, whether you are constipated and otherwise regular. When you have sent us these particulars, we shall be able to form an opinion as to the cause of the falling off of your hair. We shall then be happy to give you a prescription for treatment.

**A FAMILY.**—The chemists who told you that there were no such preparations as Bipalatinoids or Carbonate of Iron talked nonsense, and exhibited their ignorance of a well-known method of medication. Write to the makers, Messrs. Oppenheimer, Son, & Co., 14, Worship Street, E.C., mentioning the names of the chemists to them. They will at once enlighten the ignorance of the drug retailers whom you consulted, and probably send you a retail price list of the preparations.

**TABLECLOTH.**—We are very glad to hear you are so much better, and think you cannot do better than go on with the medicine as before. You may take the liquorice powder quite freely; it will not do you any harm at all. The nervousness, &c., will all go off as you get stronger, and we think you are very wise in making up your mind to go in for gymnastics. Continue with the cold bath and other outlines of treatment which we formerly planned for you. It is quite safe for you to take Fellow's syrup if you wish, and Easton's syrup is also very good.

**HARROGATE.**—1. Yes. By all means sleep with your window open. The temperature in winter should be about fifty degrees Fahrenheit. 2. Yes. Certainly. The grated water would be better than the other.

**PHILISTINE.**—It is quite possible that the bromide may be responsible for the spots on your face, therefore it would be better to discontinue it, at any rate, for a little while. The usual cause for this nocturnal trouble is sleeping on the back, therefore you must guard against this as much as possible by trying something hard and large in contact with the back, so that when you have a tendency to lie on it the pressure of this object will wake you. The bowels must be kept freely open, and only very light diet indulged in, such as boiled fish and fowl, green vegetables, &c. Take a teaspoonful of Parrish's Food three times a day after meals, or some Easton's syrup twice a day after meals. If this does no good you had better see some good doctor about yourself.

**AN INQUIRER.**—It may or may not be eczema, but we are afraid we cannot tell you definitely without seeing the spots. They are very likely dependent in some way on your digestion. You must, therefore, look to your diet for the cause. Take plenty of active out-door exercise, and keep your bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed-time, and followed the next morning by a mild dose of aperient fruit salts. Avoid beer, wine, and spirits, and much hot tea. Take the following medicine: Bicarbonate of potassium two drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces; one-sixth part three times a day.

**CRUSHED.**—This is all mental. But surely there is a physical get-at-able cause for all this. What is the reason you are so miserable and unhappy? Is there anything the matter with you? Tell us something about your occupation, habits, past history, &c., &c.; perhaps we may be able to achieve a revolution in your moral outlook.

**GENEVEVE.**—The best thing to do is to let her see a medical man on the matter, as there may be some physical malady at the bottom of this business. This habit is common enough in children, but at the age of twenty-six one does not expect it. You do not say whether this complaint came on in childhood and has continued ever since, or whether it is a more or less recent affair. If the latter, then we have very little doubt that there is some local cause for it. Under any circumstances a medical man should be consulted.

**THE GREEK.**—There is no particular diet for this sort of thing it is more a question of local cleanliness than anything. You had better get some washing, or bath-gloves, and rub the face with soap and water energetically, so as to clear out the obstructed glands. Do this three or four times a day. Keep the bowels freely open and avoid excess of sugar, fats, greasy things, &c.

**SWEET WILLIAM.**—This ought to be completely cured before you entertain the idea of matrimony, or it may come on much worse afterwards. The best thing you can do is to continue the treatment as before, until the whole thing disappears. Wear a suspensory bandage and keep the bowels freely open. Avoid beer and spirits, as heretofore, also refrain from taking much exercise, as this latter has a distinct tendency to aggravate the evil. It will, of course, cease, under either this treatment or some other. If it should not do so under the treatment we have suggested, you had better see some good medical man, who can examine you to investigate any cause that may require further treatment. Under ordinary circumstances the treatment should prove permanently efficacious.



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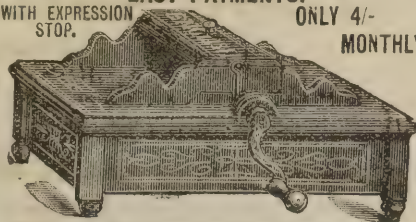
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"Marl Hill, Chalford, May 10, 1893.

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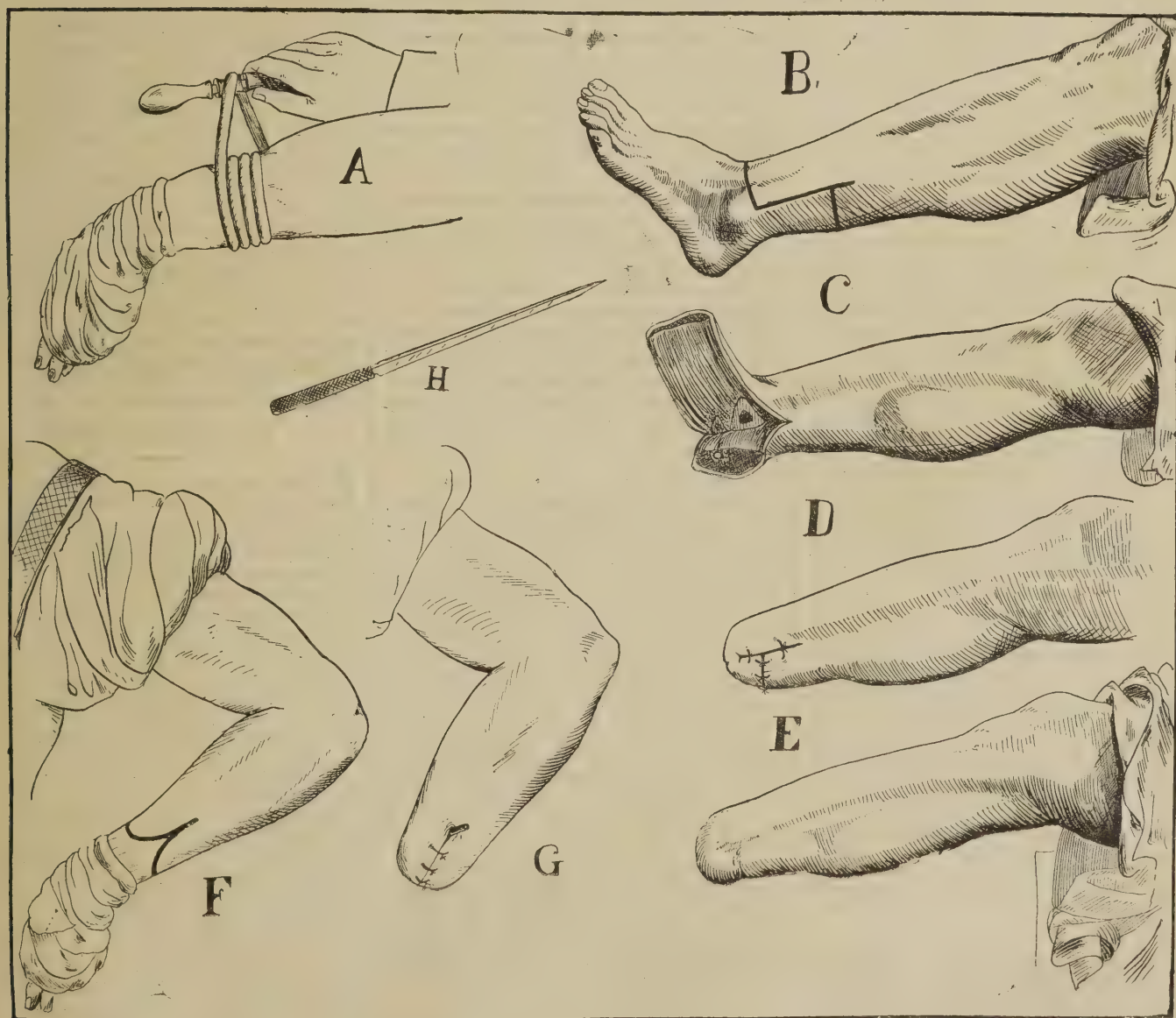
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**AND PEOPLE'S MEDICAL ADVISER.**

No. 453.—Vol. XVIII. SATURDAY, NOVEMBER 4, 1893.

PRICE ONE PENNY.

**HOW SURGEONS AMPUTATE.**

**By Dr. Gentry.**



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## CONTENTS.

PAGE.	PAGE
How Surgeons Amputate (Illustrated) .. 145	A Cat with False Teeth .. 152
Editorials .. 146	The Care of the Head and Hair .. 153
The Dream Kiss .. 146	Can there be any Relief from the Morphinic Habit .. 153
How Surgeons Amputate .. 147	Is Marriage Becoming Unpopular .. 154
Exercise .. 148	Apoplexy .. 154
Diabetes Mellitus in Bengal .. 148	Pharmacy—Past and Present .. 154
How to Stimulate the Liver .. 141	Waiting for the Physician .. 155
Liver Colic .. 149	How to Breathe Properly .. 155
"Poison" .. 149	Our Open Column .. 155
Recent Patents .. 149	Notes & Queries .. 156
Recipes for the Table .. 150	Answers to Correspondents .. 156
Hints for the Household .. 150	
Curing a Cold .. 150	
The Mother's Page .. 151	
Should Cousins Marry .. 152	

## EDITORIALS.

**POULTICES.**—One of the inconveniences of poultices is their drying and sticking to sensitive surfaces or to parts upon which short hairs grow. This may to a great degree be obviated by first putting oil or vaseline upon the surface of the skin or of the poultice; and both the drying and the cooling may be hindered by placing over the poultice a piece of oiled silk or gutter-percha tissue, and over it again some cotton batting, the whole to be kept in place by a bandage or the like. The older method of making poultices covered on one surface only with cloth favoured this sticking, but the open-textured kinds of poultice cloth mentioned may cover both surfaces of the poultice mass, one lying between the latter and the skin. A temporary substitute may be found in a thick piece of cotton batting, or, still better, absorbent cotton, dipped in hot water, pressed partly dry, and applied and treated, as to covers, as advised for a poultice.

**THE MIMICRY OF NATURE.**—Curious resemblances in Nature start with the coconut, in many respects like the human skull and almost a fac-simile of the monkey's. The meat of the English walnut is almost a copy of the human brain, plum and black cherries like the human eye, almonds like the human nose, and an opened oyster and shell a perfect likeness of the human ear. The shape of a man's body may be traced in the mammoth squash, the open hand in growing scrub willows and celery, the human heart in German turnips and egg plant, and dozens of the mechanical inventions of the present day to patterns furnished by Nature. Thus the hog suggested the plough, the butterfly the door hinge, the frog stool the umbrella, the duck the ship, and the fungus growth on trees the bracket.

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A CHILD should never be laid down with its ears bent away from its head, as the result will be a deformity.

**COW'S MILK FOR INFANTS.**—The query is sometimes raised whether clear cream or part cream and part water is best for very young children. A mixture of good milk and lime water is found to be very good, one part of lime water to two parts of milk. The lime water prevents the milk from forming large curds in the stomach. But be sure that the milk is pure and healthy.

WE often forget, says the *Vegetarian*, that life consists of much more than growth. Development is just as essential a mark of life as is growth. What is the difference between a man and a child? It is not growth only. A man is not merely a child grown bigger. He should be a child developed as well as grown. Organs exist in the child as in the man, but in the child some of them are as yet useless; not useless because they want to grow larger, but because they want to grow better—i.e., to develop. A man may have ceased to grow bigger, but so long as he continues to develop his vitality still exists. When he ceases to develop, his life's horizon is in view, and degeneration has commenced. Degeneration ends in death.

**THE CLOVE.**—Cloves are the unopened flower of a small evergreen tree that resembles in appearance the laurel of the bay. It is a native of the Malacca or Spice Islands, but has been carried to all warmer parts of the world, and it is now cultivated in the tropical regions of America. The flowers are small in size, and grow in large numbers in clusters to the very end of the branches. The cloves we use are the flowers gathered before they are opened and whilst they are still green. After being gathered they are smoked by a wood fire, and then dried in the sun. Each clove consists of two parts of a round head, which are the four petals or leaves of the flower rolled up, enclosing a number of small stalks or filaments; the other part of the cloves is terminated with four points, and is, in fact, the flower-cup of the unripe seed vessel. All these parts may be distinctly seen if a few cloves are soaked for a short time in hot water, when the leaves of the flower soften and readily unroll. Both the taste and the smell of cloves depend on the quantity of oil they contain. Sometimes the oil is separated from the cloves before they are sold, and the odour and taste in consequence much weakened by such unfair proceedings.

IN Paris a very useful and timely notice has been posted in the omnibuses, informing travellers that expectoration is forbidden. How women, says the *Pull Mall Gazette*, would rejoice if the London General and Road Car companies were to confer a like boon on their patronesses! Great as the nuisance has become in France, it is quite as great in London. The cheapening of the fares has led to all sorts and conditions of people travelling by omnibus, and it is scarcely fair to give more licence to one class than to another. No decently-dressed woman dare travel in an omnibus without pulling her dress up above her boots. The nuisance is bad enough for women to contend against in the streets, but it is hard to think that, after escaping the dangers of the pavement, the same pitfalls have again to be guarded against in a public conveyance. Surely the authorities who look after cleanliness in omnibuses should not be behind their brethren in Paris in so necessary a reform of this kind. The ground upon which the French authorities have based their action is a sanitary one. They say that in this way cholera may be spread, and many medical experts appear to support that opinion. We commend the matter to the notice of Dr. Thorne and his department.

TO TOBACCONISTS (commencing).—*Illust. Guide*, 259 pages, "Post Free." How to Commence. £20 to £1000. Tobacco's Outfitting Co., 185, Euston Rd., London. Manager, Hy. Myers. Est. 1868. Smoke "Pick-Me-Up Cigarettes."

**THERAPEUTICS OF YAWNING.**—The practice of yawning is highly recommended by disciples of Delsarte as a healthful and improving exercise. In support of this theory it may be said that cats and dogs are persistent and all-embracing yawners, and are generally healthy. A cat yawns not only with her mouth, but with her head and four legs as well. One should yawn slowly, says the Delsartean, and with the best possible breathing, thus refreshing the muscles of head, throat, and, indeed, of the entire body. If not naturally disposed to yawning, the following recipe may be of use: Droop the eyelids as if sleepy, at the same time rolling the eyeballs slightly upward, though without closing the eyes; repeat the movement some half-dozen times, and you will find yourself beginning to yawn. Another method, which is effectual in setting a roomful of people to practising this excellent diversion, has not the stamp of the Delsartean system, and is doubtless familiar to many: Hold a pair of scissors in your hand and, without calling attention to them, slowly open and close them again and again.

**THE MEDICINAL VALUE OF WATER.**—The human body is constantly undergoing tissue change. Worn-out particles are cast aside and eliminated from the system, while the new are ever being formed, from the inception of life to its close. Water has the power of increasing these tissue changes, which multiplies the waste products, but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. Persons but little accustomed to drinking water are liable to have the waste products formed faster than they are removed. Any obstruction to the free working of natural laws at once produces disease, which, if once firmly seated, requires both time and money to cure. People accustomed to rise in the morning weak and languid will find the cause in the imperfect secretion of wastes, which many times may be remedied by drinking a full tumbler of water before retiring. This very materially assists in the process during the night, and leaves the tissues fresh and strong, ready for the active work of the day. Hot water is one of our best remedial agents. A hot bath on going to bed, even in the hot nights of summer, is a better reliever of insomnia than many drugs. Inflamed parts will subside under the continual poulticing of real hot water. Very hot water, as we all know, is a prompt checker of bleeding, and besides, if it is clean, as it should be, it aids in sterilising wounds.

## THE DREAM KISS.

AT the door of my heart, in my dreams,  
You knock'd, and I opened the door,  
And there in the starshine and beams  
Of the moon you were standing, asthore!  
Ay! we, whom the pitiless days  
Had sundered and driven apart,  
To wander in desolate ways,  
Met there at the door of my heart.

"Oh, welcome!" I whispered, "my dear!"  
And you said not a word as I spoke;  
But you smiled and a tremulous tear  
From under your long lashes broke.  
And oh, the full rose of your lips  
To my mouth, love, you lifted it up;  
Such honey the bee never sips  
As I drank from that exquisite cup.

Ah, me! that the merciless moon  
Should banish my bliss with its beams!  
I woke with the lark and was lorn  
Of the lips and the love of my dreams.  
And down through the desolate years  
I wander without you, asthore,  
And wait for your coming in tears  
And in hope at my heart's open door.

—P. J. Coleman.

**HAPPINESS.**—The best definition of happiness is that given by a French woman, who says it is a state of constant occupation for a desirable object, with a sense of continued progress. It is this condition which makes reformers the happiest people in the world.



[SPECIAL ARTICLE.]

## HOW SURGEONS AMPUTATE.

BY DR. GENTRY.

(See Frontispiece.)

## THE PAST.

BEFORE the introduction of anesthetics, chloroform and ether amputations were, perhaps, the most important operations in the domain of surgery, and those which surgeons were most frequently called upon to perform. This was so because amputations, more often than any others, are operations of necessity, leaving no choice between them and death. When a limb is crushed beyond recovery it must be removed. If its removal be left to Nature, death from blood-poisoning will be the fate of the patient. It has been aptly said that Nature is a good physician, but a poor surgeon.

In those days, too, amputation was necessary in many cases where our improved methods of treatment would justify us in attempting to save the limb. In spite of this, however, so much was the operation dreaded, and so dangerous was it to life (only less so than its omission), that it was generally put off till the last moment, when the injured limb was already becoming gangrenous. This dread, both on the patient's and surgeon's part, will be easily understood when we consider the methods in use, and the conditions under which the operation had to be performed.

Up to the middle of the seventeenth century the limb was cut straight through at the site selected for the amputation. The covering of the end of the bone by means of flaps of skin and muscle, fashioned from the healthy part of the limb was, so far as we know, first done in England, at Oxford, in 1679, by Lowdham. There is some evidence that a similar operation was known among the Byzantines before that time. Long after this, however, even up to the first half of the eighteenth century, no better method of arresting the bleeding was generally practised than by cauterising the raw surfaces with strong chemicals, or with red-hot irons. Some surgeons even preferred to make their incisions with red-hot knives. Later, of course, the formation of flaps and the ligation of bloodvessels became universal. The troubles of the patient in those days only began with the operation; the wound scarcely ever united, as surgeons say, *by first intention*. The surfaces fell apart, often the bone end was exposed, the process of healing was slow, painful, dangerous; and the stump often permanently tender and useless.

Then we must remember that the patient had to endure the agony of the operation without the aid of any anæsthetic. Every second that the operation lasted was torture to him; such torture as probably few of us can adequately imagine. Not the least part of this would be the horrible expectation of it. All this stimulated the surgeon to cultivate *expedition* as his chief virtue. Every dexterous knack or turn, which would enable him to perform the operation in the shortest possible time, was sedulously practised. Spectators stood around the operating table, watch in hand, and noted to a second the time that it took to complete the amputation.

The mortality after amputations was, of course, under all these circumstances, very great. Many died on the operating table from shock, sometimes even from fright. The loss of blood was often considerable, seriously reducing the vital powers of the patient. The many accidents of convalescence, the long, slow healing by suppuration, all tended to reduce his strength, and to increase the number of victims. No wonder that, in the days before chloroform and antiseptics, amputations were an opprobrium to the surgical art, and looked upon only as a *dernier resort* of a not very hopeful character.

## THE PRESENT.

And now let us enter the surgical depart-

ment of one of our great English hospitals\*, and see how an amputation is performed in the year 1893. The floor of the operating theatre is occupied by the surgeon and one or two of his assistants. All are clad in long white garments, fresh from a sterilising oven, and tied closely round the throat and wrists. A nurse moves silently to and fro, making deft and rapid preparation to receive the patient, who is being anæsthetised in an adjoining room. The auditorium, rising tier upon tier in a semi-circle around the central space, where stands the operating table, is occupied by rows of students, who, chatting to each other in low voices, create a subdued hum of conversation. The surgeon who is about to perform the operation, turning back his sleeves, proceeds very carefully to cleanse and disinfect his hands with some antiseptic fluid—generally a solution of carbolic acid or corrosive sublimate. Every fold and crevice of the skin, especially about the nails, where germ-holding particles of dirt might lurk, is industriously brushed and sluiced. Meanwhile the assistants, having previously disinfected their hands in like manner, are setting out the instruments which the surgeon will require. These are nowadays made as much as possible of bright metal, and in one piece. Those necessarily having joints can be easily taken to pieces, and all the corners so rounded off that no speck of dust may find a secure or hidden lodgment. In the case of unavoidably-complex instruments, boiling or exposure to dry heat is resorted to that they may be rendered absolutely *aseptic* (free from living germs or the spores of germs).

They are laid out by the assistants in definite order in shallow porcelain trays, containing a solution of carbolic acid or other disinfectant. These are placed on small tables by the side of the operating couch. They are presided over by a special assistant, whose duty it is to hand them to the surgeon as he requires them and calls for them. At the same time they are within reach of his arm, for it is often easier, in moments of need, to seize an instrument for himself than to recall and pronounce its name.

Presently all is ready, and if there is a little time to spare, the surgeon may explain to the students in a few succinct phrases the nature of the injury or disease of the limb, and the particular method by which he intends to remove it.

Now a noise is heard in the ante-room. There is a sudden stillness and hush amongst the students, and all eyes are turned expectantly upon the opening door. The patient, stretched completely unconscious upon a wheeled couch, attended by a chloroformist and a nurse, is pushed up to the side of the operating table, and quickly transferred to it. The limb is bared, and the surgeon and his assistants quietly move to their respective stations. The first thing to be done is to empty the member of its blood by driving it back into the body and preventing its return by means of a tight elastic band around the base of the limb. This is done either by simply elevating the limb, and stroking it downwards, or by rolling an elastic cord or bandage from the extremity towards the trunk, as shown in A in the illustration. This is called the bloodless method of operating, and was introduced by a German surgeon named Esmark. It is an incalculable boon in all operations on the limbs, saving the patient all but the slightest loss of blood, and enabling the surgeon to proceed with his work without any of the anxiety or obscurity which blood-flow causes.

The skin of the part about the site of the intended incisions is now thoroughly cleansed from every trace of grease and dirt by the plentiful use of soap and water, benzine, &c. If necessary it is carefully shaved. The knife, usually the first instrument required in all operations, is taken from its bath of carbolic, and handed by the assistant to the operator. The latter, deliberately and without hurry, makes the incisions along the lines of marked out flaps, carrying the edge of the knife straight to the bone. The flaps are turned back, the bone is cleared by a circular sweep of the knife, sawed through, and the severed limb carried on one side by the assistant, who has been mean-

while supporting it. The first part of the operation is done.

Now comes the most important part of the procedure. The surgeon takes a number of forceps and searches for and seizes the open mouths of the chief bloodvessels of the limb. His anatomical knowledge teaches him where to look for these. As no blood is issuing from them, they are, indeed, sometimes a little difficult to find. A ligature of carbolised silk or catgut is tied tightly round each, and the ends of the ligature cut off close to the knot. The elastic tourniquet compressing the base of the limb is then a little relaxed, so as to permit the circulation to recommence. If there should be any artery yet untied the jet of blood now betrays it, and it is instantly secured. Soon all bleeding ceases, and the flaps, finally bathed and cleansed, are brought together in exact coaptation. A small rubber drainage tube may or may not be inserted between them to convey to the surface the serous exudation which appears during the next twenty-four hours. The edges of the skin are united by means of silk, catgut, or wire sutures; the stump is enveloped in antiseptic wool, firmly bandaged to a splint, and the patient, by this time recovering consciousness, is wheeled away to the ward.

The operation may have occupied a quarter of an hour or twenty minutes. Probably, however, no one has timed it. A few minutes more or less is of no consequence compared with the careful and exact attention to every detail which may contribute to the rapid and painless healing of the stump.

The after progress of a modern amputation so conducted is blessed indeed compared with the many accidents and painful dressings, which were apt to retard convalescence in these cases not so many decades ago. If all germs have been successfully excluded from the wound, as they usually are, the first dressing may remain undisturbed for a week. When the stump is then exposed, it is often found completely healed. Except for the first few hours after the operation, there is often no pain, and only the briefest rise of temperature. Of course it is considerably later before the scar is sufficiently firm to allow of the application of an artificial limb.

## THE ILLUSTRATION.

The old barbarous simple method of cutting straight through skin and flesh and bone has been long abandoned. Surgeons now shape their incisions so as to form flaps, the raw surfaces and skin edges of which can be brought together. There is thus no open wound left, and an abundant fleshy cushion covers the divided end and the bone. These flaps may be formed in various ways. One of the simplest is shown by the heavy lines in F. The appearance of the stump when the flaps are brought together is shown in G. From one corner of the wound a drainage tube protrudes. This forms a pathway by which any serum and discharge which is formed during the first day after the operation may escape from the wound. If this discharge were to be pent up between the flaps, it would cause much pain, and might even become an abscess, and tear open the wound.

B shows another mode of forming a covering for the end of bone. The appearance of the flaps when cut is shown in C. Observe the open mouths of some bloodvessels in the short lower flap. The long upper flap is doubled round upon the lower one, and fixed in the position shown in D. E shows the healed stump.

Flaps are formed in a number of other ways, according to the place where the amputation is to be done. In the case of the hand and fingers, where it is of consequence to save every possible fraction of an inch, flaps are made in any irregular way the nature of the disease or injury may permit.

H, the knife used in larger amputations.

IN PLAIN ENGLISH.—Patient (to family physician).—In your absence, doctor, I was compelled to call in young Dr. Sawbones. He said that the clinical symptoms indicated chronic interstitial inflammation. What is that in plain English? Family Physician.—In plain English it means that Sawbones didn't know what was the matter with you.

\*The description, with slight modification, will apply equally well to any large hospital in Europe or America.



## EXERCISE.

By C. W. B.

ONE of the important items in the economy of human life is exercise, without which it is impossible to enjoy good health, so that it behoves everyone to bear this in mind, and not allow his system to become enervated from a culpable negligence of one of the first duties of life.

It is absolutely necessary that not a day should pass without taking open air exercise, and the more that is taken without fatiguing the body the better; a person in pretty robust health should have at least two hours' exercise every day.

Some persons are afraid of going out in wet weather; but as an invention supplies us with materials impervious to the rain, it is better even in such weather to be in the open air.

The most salutary exercise is horse riding; but as that is within the means of a comparative few, the majority must be content with the next best exercise—walking.

In taking a walk it is advisable that a person should have some object in view, even if it be to pluck a particular blade of grass, or a twig out of a hedge; for without a purpose, the mere walking of so many miles is liable to become tedious, and is certainly uninteresting.

All thoughts of a disagreeable or engrossing nature should be driven from the mind when walking, or the benefit of the exercise will be rendered nugatory, as the body sympathises with the mind, and when one is free the other should be so, too.

The most healthy as well as agreeable localities for walking are those that stand high, the air being purer and the ground drier.

The time for walking must, in a great measure, be regulated by a person's avocations; morning is, however, decidedly the best time, and any period before night is preferable to night itself.

Walking before breakfast has been canvassed pretty freely by the medical profession; some persons' constitutions, however, cannot bear fatigue until they have taken some nourishment, and, by way of experiment, a trial might be made of a glass of milk and a biscuit before going out for a walk; but should the feeling of lassitude, accompanied by a headache, come on during the day, it would be wiser to desist from persevering in what evidently does not agree with the constitution.

Of late years the inducements for taking exercise have become numerous. For sixpence or a shilling, the railway or steamboat will convey passengers many miles from London, where the delights of the country lanes and fields may be indulged in, and a day of real enjoyment provided without incurring any great outlay.

A celebrated pedestrian used to declare that no one knew what true happiness was until he felt in a position to walk thirty miles a day. His expression was that when he had completed his training, "his heart was so light that he felt as though he could jump over the moon"; but immediately when he relaxed into a gross and idle style of living, he felt a dullness and heaviness almost insupportable. Now, although it is not to be expected that we should put ourselves under the same rules and regimen as professional walkers, it is, nevertheless, evident that the principle is correct, and the more largely we practice it, the nearer we shall approach to perfect health.

A great recommendation in connection with exercise is that, the more we take the more we are able to take; the man who walks a mile to-day will be equal to a mile and a half to-morrow, two miles the next day, and so on.

One of the greatest mistakes is for a person to say as we frequently hear them, "Oh, I feel so tired and languid, that I cannot possibly stir out to-day!" whereas, if they were to make the attempt! they would find that feeling of lassitude wear off as they proceeded, and evidently feel so much refreshed as to con-

gratulate themselves on having made the effort.

This is to be said in favour of exercise, that, whereas thousands have died from the want of it, none have ever yet been killed from taking it.

Many persons exultingly exclaim, "What a fuss there is about this exercise; and yet look at me, how well and hearty I am, that seldom or ever take any!" And so they may, apparently, be up to a certain age, but see them a few years later, perhaps suffering from an incurable asthma, overloaded with a burden of fat, or undergoing some infliction as the just retribution for the neglect of exercise in their early days. What would they give now for the opportunity of carrying out a principle which they scoffed at then!

In conclusion, were I to pen volumes on this subject, I could not more clearly express my meaning than in these few words: Exercise is necessary to the human frame, and must be taken every day; and unless we do so we must be content to sacrifice not only our health, but even life itself.

## DIABETES MELLITUS IN BENGAL.

DR. BOLYE CHUNDER SEN contributes to the July number of the *Indian Medical Gazette* a very interesting paper on 'the great and increasing prevalence of diabetes mellitus among educated Bengalis. He shows that the malady is very much more common among Hindus than Mahomedans—in the proportion of about 50 to 1; that up-country Hindus are comparatively exempt from the disease; that the middle classes, who earn their livelihood by brain work, suffer in much higher proportion to numbers than the labouring classes, and that males are affected to a decidedly greater extent than females. He adduces some statistics, supplied by the Health Officer of Calcutta, in support of these statements. The figures fully confirm his propositions, all the more in that they err by defect, inasmuch as many deaths really due to diabetes are registered under the diseases—phthisis, carbuncle, pneumonia, gangrene, &c.—by which, though of diabetic origin, death was immediately caused. He compares the Calcutta figures with statistics referring to the mortality caused by diabetes in Paris, England, and Wales, and the United States in America, and shows that the Calcutta death-rates from this cause are higher than those of France, Britain, and America, while in each case there is a decided increase in the mortality due to diabetes in recent years. He claims that his tables conclusively prove, "that the disease is on the increase throughout the civilised world, and in Bengal to an extent unknown elsewhere." There can be no question that Dr. Sen's remarkable conclusion is lamentably true, and it is amply confirmed by experience in Calcutta practice. The number of cases met with among educated Bengalis is very considerable, and a great many valuable professional and official lives are yearly cut short by the wasting and exhaustion caused by diabetes or the complications which so frequently occur in its course, and are so apt to terminate fatally. Diabetic families are by no means uncommon, for the malady tends to become hereditary, one member after another succumbing to the multifarious phases of the disorder.

Dr. Sen attributes the large and increasing prevalence of diabetes among educated Bengalis to nervous dietetic influences. Among the former he considers infant marriage, as tending to nervous exhaustion and racial deterioration, to be a capital factor. He also points to the high educational pressure of the day and the growing struggle for existence among brain workers as tending materially to nervous waste and debility. Sexual excess is also mentioned as another cause of impairment of vital power. The diet of the classes which are subject to these compromising influences is shown to consist mainly of rice and vegetables, and is

sadly lacking in milk, meat, fish, dall, and atta, which supply elements necessary for the maintenance of health under strain, while no care is taken, by means of outdoor sports and games and regular exercise, to build up and sustain the physical strength. The excessive use of alcohol is also said to be a common and growing habit.

Dr. Sen distinguishes two main forms of diabetes—namely, the acute type affecting young subjects, and the chronic affection of the middle-aged and old. The former is practically beyond the control of treatment, prophylactic or curative, but life may be prolonged in the latter class by careful attention to diet, moderation of work, and other causes of nervous depression and waste, warm clothing, and attention to general and personal hygiene. Opium, or perhaps better, its alkaloid codeia, is the best medicine.

The more important question of prevention is discussed in a liberal and suggestive manner. Dr. Sen knows his country and caste men and their ways intimately, and is in a position to write with corresponding authority. He places most stress on the avoidance of infant marriage, and on relaxation of excessive educational strain. He counsels open-air exercise and the encouragement of gymnastics and games. On the subject of diet, the liberal use of milk for the young is strongly insisted on, and for the adult the larger admixture of nitrogenous articles, such as fish, meat, eggs, dall, and atta in the dietary is considered imperative. The "pernicious habit of drinking which has come into fashion" is very properly condemned in unsparring terms.

Dr. Sen has rendered a most important public service in bringing this subject to the front, and we hope that the serious facts to which he draws attention, and the weighty lessons which he inculcates, will give rise to thought and effort among his fellow countrymen and townsmen, to the end of adopting such domestic and social reforms as may tend to stay that course of constitutional deterioration of which the increase of diabetes is a certain sign.—*The British Medical Journal*.

## HOW TO STIMULATE THE LIVER.

OF what vast importance is this to the liver sufferer. The sluggishness of this member renders life a misery, and existence a burden. No energy, no desire to participate in the pleasures of life, and no anxiety to combat its trials: These are the feelings with which the unfortunate patient is possessed, and Englishmen seem particularly prone to this class of disorder. Why this is so we do not propose to discuss. Certain it is that it exists, and certain it is that it can be combated and defeated. But it requires a careful mode of living. Excess, whether of eating or drinking, must be studiously avoided. Digestive disturbances are nearly always associated with liver trouble, and must be dispelled by taking a tablespoonful of Oppenheimer's plain Cream of Malt daily with meals to assist the digestive functions. This will act by dissolving and aiding the assimilation of all starchy foods, which are usually the class of foods at fault. Nor must constipation, if it exists, be passed over on any account. Remove it at once by taking one or two laxative palatinoids at bedtime. But still these are only the complications usually associated with liver complaint. How to stimulate the liver gently and regularly is the question? Well, I know of no better drug for this purpose than Euonymin, and I know of no better method of administering this drug than Euonymin palatinoids, taken one three times a day after meals, and you will be surprised how wonderfully fresh and energetic you feel at your daily duties. That terrible languor and drowsiness will disappear like magic. But one word of advice, do not give it up the moment you feel better. Continue its use; the small amount taken of this harmless drug cannot possibly hurt you. Try it—you will thank me for the hint.

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## LIVER COLIC.

**E**SPECIALLY prevalent at the age of forty or fifty, hepatic or liver colic manifests itself sometimes under the simple conditions of cramp in the stomach, with deposit in the urine, and sometimes under the more severe form of acute tearing pains situated in the right side of the abdomen, under the false ribs, the pain spreading to the right shoulder and back, a symptom suggesting the presence of gall stones. A common expression of acidity in the blood, allied to joint diseases such as gout and rheumatism, the gall stone varies from the size of a lentil to that of an egg, at times smooth and regular, often angular and rough, and one can easily conceive the difficulties to which it gives rise in its expulsion from the gall bladder.

An accumulation of gall stones, or hepatic concretions, is one of the commonest occurrences in gout. One always thinks, in this connection, of the case of Turgot, who was a martyr to gout all his life; at the autopsy, Vicq d'Agyr found in the gall-bladder more than sixty stones. The naturally thick consistence of bile, the extreme nervousness and tortiosity of the channels through which it flows, the extreme irritability of the mucous membrane of these channels are a ready cause for the frequency of these concretions. Excess of meat, fat things, saccharine matters, abuse of acids and alcoholic drinks favour their formation by retarding the flow and modifying the composition of bile. Glisson long ago observed that biliary calculi (gall-stones) are met with in sheep and oxen born in the winter, because they are deprived of fresh fodder and active exercise in the open air.

There sedentary life and muscular inactivity, also, explain the frequency of this complaint in prisoners and women. Among the latter, a lymphatic temperament, monotonous and confined living, prolonged slumber, absence of exercise after meals, continual sitting, tight corsets, and habitual constipation are the most probable causes of hepatic colic. Also, in women, it is especially necessary to mention the state of pregnancy, which involves profound modifications in glandular nutrition, a question not very clearly solved from a physiological point of view. Finally, it would be puerile to deny the determining action of moral causes on the liver, notably depression of spirits, habitual disagreements, &c. These moral causes probably act by producing a greater quantity of cholesterine from disintegration of nerve tissue. The expression "to make bile" is therefore true, speaking medically.

To treat a case of hepatic or liver colic, let the patient lie down, or, better, put him in a warm bath. Administer a subcutaneous injection of a sixth of a grain of morphia with a tenth of a grain of atropine, and give a rectal injection of a drachm of chloral. Let him have milk to drink diluted with two parts of some alkaline mineral water. After the crisis it is best to take a teaspoonful of Rochelle salt every morning in a bowl of broth or in green coffee. The following method, popular at New Orleans, may also be tried: to swallow, if possible, two large glasses of olive oil at an interval of a quarter of an hour; then lie down on the right side for two or three hours—eight or ten hours afterwards all the stones are evacuated. The absence of hepatic colic among the Spanish and Italians may perhaps be due to their daily use of olive oil as food.

When the subject is an habitual sufferer from gravel, the formation of the stones may be stopped by taking at each meal, simultaneously, a capsule of ether, one of essence of turpentine, and one of chloroform; twice a week, twenty or thirty grains of rhubarb; twice a week, a large injection of soap and water with a table-spoonful of borate of caffeine, or benzoate of soda, added to it. We must not forget, moreover, the beneficial results obtained by counter-irritation over the region of the liver, so much insisted upon by Dr. Paul Morol, of Vichy, in a recent remarkable work. Once a week painting with iodine, or some blistering with nitric acid, over the region of the liver will arouse the secretory activity of this organ and re-establish its functional activity.

The sedentary life should be superseded by one of open-air activity—fencing, riding on horseback, or cycle are most effective in attacking the liver. Carriage riding also supplies necessary abdominal succussion, which is good. Every year we see patients arriving to take the waters who are suffering from an attack of gall-stones, brought on by the jolting of the railway carriages, more especially if they are faultily suspended. Massage, continuous currents, cold water douche, and friction over the liver, are excellent therapeutical adjuvants. Now this is most important in reference to the dietetic régime. Four meals a day at regular intervals, consisting of meat, roast or boiled, spinach, lettuce, chicory, carrots, artichokes, watercress, celery, salad, endive, boiled potatoes or in broth, radishes, cabbages, cauliflowers, fruit (except oily fruit), well-cooked fish, soups will be best made with milk; the diet will be more vegetable than animal. Abstain almost completely from fat, yolks of eggs, shell-fish, oysters or mussels, sauces, spices, confectionery, *foie gras*, and cheese. The patient should also avoid tomatoes, asparagus, peas and beans, mushrooms or truffles, nuts, almonds, wines, liqueurs, gaseous or sugared drinks. He may drink in the morning white wine diluted with water, and in the evening, milk with a table-spoonful of lime water to the pint. Coffee, weak tea, and tobacco are allowable when these agents facilitate (which is generally the case) abdominal functions. Among the numerous table-waters recommended against biliary lithiasis, we give preference to warm alkaline waters, of which Vichy and Carlsbad are the most successful. We have frequently seen the hot-water cure fail, while the treatment by milk and grapes, which facilitate remarkably the functional activity of the digestive canal and its appendages, has succeeded by introducing into the circulation alkaline salts, which are so useful in neutralising acidity and relieving definitely the liver, that great vascular gland.

## "POISON."

By A YOUNG STUDENT.

**T**HERE is no more dread word in the language than this little six-letter one—Poison. The pronunciation of it gives an indescribably disagreeable feeling, and the sight of it makes one turn away his eyes. And yet I have never experienced anything horrible resulting from the taking of poison, by myself or friends; so I have come to attribute my aversion to an instinctive feeling. However that may be, I can but recognise the danger really existing to thousands of men, women, and children from a careless use and storage of things poisonous.

In many families there are bottles allowed to accumulate without labels; and poisonous medicines are permitted to mingle on the same shelf with harmless and often-resorted-to drugs and remedies. This carelessness should not be allowed another moment by the reader of these lines, if his own household happens to justify fall within the limits of my criticism—and the chances are it does. Everything of a poisonous nature should be most carefully and plainly marked in the first place, and then kept in such a locality as to be difficult of access, to say the least.

Few families have at hand a handbook such as should be accessible in every home—a book which gives in alphabetical order the names of poisons and their antidotes, "boiled down" to absolute brevity. There are many books on the market which are designed to fill the needs I refer to, but few, indeed, which are sold at a low figure, and which accomplish the object of quick reference in the best and most popular manner.

From a leading druggist I have procured quite a list of the "popular poisons," if I may be permitted to so term them, which I give below, together with their antidotes, for such benefits as the reader may find from the possession of it:—

**ACONITE TINCTURE.**—Antidote. — Emetics; stimulants, internal and external.

**ARSENIC (Arsenious Acid).** — Antidote. — Limewater in copious draughts; emetic of mustard or sulphate of zinc, flaxseed tea,

infusion of slippery elm, hydrated oxide of iron, or dialysed iron.

**ATROPIA.**—Antidote.—Emetic of mustard, or of alum, or of ten grains of sulphate of copper.

**BELLADONNA TINCTURE.**—Antidote.—Emetic of mustard or of ten grains sulphate of copper.

**CHLORAL HYDRATE.**—Antidote.—Stomach pump or emetic of mustard, cold effusion of head or spine, artificial respiration.

**CHLOROFORM.**—Antidote.—Fresh, pure air and artificial respiration. Hold the patient up by the heels.

**CORROSIVE SUBLIMATE.**—Antidote.—Emetic of mustard, or other safe emetic, if vomiting does not already exist. Both yolk and white of an egg mixed in water, administered in large quantities. Wheaten flour with milk.

**DIGITALIS TINCTURE.**—Antidote. — Take often strong coffee or tea without milk or sugar, lie flat; produce vomiting by a table-spoonful of mustard in warm water.

**LAUDANUM (Tincture of Opium).**—Antidote. —Strong emetic of mustard or other safe emetic, with stomach pump; dash cold water in the face; keep awake and in motion; strong coffee and artificial respiration.

**MORPHINE (Morphia).**—Antidote. — Strong emetic of mustard or other safe emetic, with stomach pump; dash cold water in the face; keep awake and in motion; strong coffee and artificial respiration.

**NUX VOMICA TINCTURE.**—Antidote.—Emetic of sulphate of zinc or mustard; relieve spasms with chloroform or ether.

**OIL OF PENNYROYAL.**—Antidote.—Emetic of mustard, or other safe emetic.

**OIL OF SALVIN.**—Antidote. — Emetic of mustard, or other safe emetic.

**OPIUM.**—Antidote.—Strong emetic of mustard or other safe emetic, with stomach pump; dash cold water in the face; keep awake and in motion; strong coffee and artificial respiration.

**PARIS GREEN (An arsenical preparation).**—Antidote. — Limewater in copious draughts; emetic of mustard or sulphate of zinc, flaxseed tea, infusion of slippery elm, hydrated oxide of iron, or dialysed iron.

**PHOSPHORUS.**—Antidote.—Emetic of mustard or other safe emetic, *crude* spirits turpentine; sulphate of copper should be given in dilute solution, three grains every five minutes until vomiting is induced.

**STRYCHNIA.**—Antidote.—Emetic of mustard or other safe emetic; relieve spasms with chloroform, ether, or opium; ten-grain doses chloral hydrate every fifteen minutes.

**TARTAR EMETIC.**—Antidote — Tannic acid, catechu, vegetable astringents.

The writer advises the reader to cut this out and keep it with his medicines where he can put his hand on it "in the dark," quite as readily as he does on the undesired poison.

## RECENT PATENTS.

*This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.*

19,000. Improvements in apparatus for treatment of the human body. C. SPRICK, jun., London. October 10th, 1893.

19,010. Improvements relating to the administration of medicines. C. SPRICK, jun., London. October 10th, 1893.

19,148. An improvement in brushes or other instruments for cleaning the teeth. G. E. HUBBARD, Leicester. October 12th, 1893.

19,158. A push-stem hypodermic syringe. J. W. DAILY and R. R. EVEREST, London. October 12th, 1893.

## SPECIFICATIONS PUBLISHED.

17,306. Street ambulance stations. TOZER and TIPPETTS (10d.), 1892.

"CRITICISM WILL FOSTER TALENT," is an adage too well known to need dilating upon, especially as it is necessary to speak of something which for many years has defied adverse criticism. Holloway's Pills and Ointment, as sterling remedies for all complaints, are more familiar than "household words," being in constant daily use by thousands of people, who look upon their possession as a positive necessity. Leading medical authorities advise their use as reliable medicines in times of need. As a certain cure for all skin diseases they are unequalled, whilst for bile, sick headache, flatulency, indigestion, and all liver and stomach disorders, it has been truly said they are worth their weight in gold.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**ARELISHABLE DISH.**—All careful housekeepers experience more or less annoyance in the dressing of celery, as they realise that only about half of it is available for the table. The green portions with many of the leaves are so fresh and delicate looking that it seems a pity to throw them away, and except in soups or salads there is but little use for them. An excellent way of utilising this heretofore waste material is to wash it thoroughly, to cut in pieces about three-fourths of an inch long, and put it in a saucepan with a little water to boil, letting it simmer for an hour and a half or two hours, adding a pinch of salt. Let the water boil nearly out, then add a little cream, a small piece of butter, and a little flour or cornstarch wet with water. The cornstarch is much more delicate, although some people seem to prefer flour. When done, this should be like a thick batter. Slices of toast may be prepared, and the hot celery put upon them, a large spoonful to a slice. A tiny bit of butter, and the least possible dash of pepper may be added; then send to the table and serve immediately.

**DEVILLED CRABS.**—Mix two cans of crabs, one cupful of cream, two tablespoonfuls of melted butter, two large tablespoonfuls of Worcestershire sauce, pepper, salt, nutmeg, the yolks of three hard-boiled eggs, one-half cupful of bread crumbs, and one glassful of sherry. Bake in shells covered with bread crumbs and dotted with butter.

**RABBITS AND ONION.**—Joint and stew in salted water. Boil one pint of sliced onions in salted water, add to white sauce made of one tablespoonful of braided flour and one-half pint of rabbit stock. Season, add juice of one lemon, and serve.

**STRONG CORDIAL.**—A cordial for the weak, who are not teetotalers, may be made as follows:—Add a pint of good wine to a quart of barley gruel, boil it down to one third, and add lemon peel or any seasoning the invalid prefers.

**STRENGTHENING JELLY.**—A strengthening jelly can be made by boiling two calves' feet in a quart of water and a quart of new milk, baked in close-covered jar four hours. When cold remove the fat. It may be flavoured with lemon peel, cinnamon, or wine, and sweetened to taste, or with Bovril.

**STEAMED SPONGE PUDDING.**—One cup of bread sponge, one teaspoonful of butter. Mix thoroughly and set to rise in a warm place. When very light, roll thin and spread fresh or canned fruit of any kind, or jam, jelly, or raisins; or dried cherries are very good also. Roll it into a little loaf, put on a buttered tin, or a small basin, and set in a warm place until light. Steamed one and a quarter hours. Keep closely covered. Serve with whipped cream, or any good sauce.

**SALTED ALMONDS** remain a popular confection. While upon the subject, it is well to recall the fact that there are many varieties of almond. The paper-shell is the most expensive, but it is not, by any means, the best-flavoured nut of this species. From the very thinness of its shell it is apt to be dry and hard. It is only valuable when served on the table with raisins, in the old-time way. For all other purposes the hard-shell Jordan almond is far better. To prepare salted almonds for the table, blanch them by throwing boiling water over them, and then, after they have stood two minutes, putting them in cold water and rubbing the brown skin off with the hand or a rough little cloth. When the almonds are all blanched and dried with a cloth, measure them. Sprinkle a tablespoonful of olive oil over every cupful of nuts. Let them stand two hours. Sprinkle a tablespoonful of salt over each cupful, mixing it in thoroughly with a spoon. Spread them out on a bright tin pan and place them in a

quick oven, where they will turn a delicate brown and become crisp and tender in from ten to fifteen minutes. They should be stirred every five minutes. They should be served on the daintiest little silver openwork dish that you possess, or on a pretty bouillon dish of rare porcelain. They take a place on the table as an ornamental *hors d'œuvre*, and remain from the beginning of the meal till the end.

### VIENNA COFFEE.

Into an ordinary coffee-pot  
Pour on your coffee water bubbling hot.  
Cover it closely. Boil it for one minute,  
Simmer it five. Take your milk boiler, in it  
Put one pint of sweet cream, and don't omit  
To keep the water boiling under it.  
The white of one egg beat and beat, and when  
A stiff froth forms, like crusted snowdrifts, then  
Add, of cold milk, three tablespoonfuls. See  
If cream is scalding; when it proves to be,  
Remove from fire, add white of egg and milk,  
Stir briskly till 'tis smooth and fine as silk,  
Then serve to use with coffee. 'Tis the way  
The Viennese folk serve café au lait.

—F. E. Pratt.

## HINTS FOR THE HOUSEHOLD.

**THE KITCHEN SCHEDULE.**—Housekeepers troubled with forgetful servants can reduce their cares considerably by making out a schedule of the work to be done each day of the week, and placing it in the kitchen, where it can be seen by the maid who presides over the household work. The duties of the week, if apportioned to certain days, will make work easier to mistress and maid, and if these days and duties are put down in black and white in view of the kitchen goddess, they will impress themselves more readily upon her mind, and leave no excuse for the forgettings which servant girls are so addicted to. A constant bugbear of the kitchen is the maid who "forgets" that there is no sugar, or butter, or coffee just at the moment when dinner is ready to be served. There is nothing more exasperating than this phase of domestic annoyance.

**HARD putty** may be easily softened by passing a red-hot flat piece of iron over it, so that it can then be removed with the fingers, or the edge of a knife.

To remove odours from a sick room, it is a good plan to sprinkle coarse ground coffee on a shovelful of burning coals, and thrust it into all the corners of the room.

SOMEBODY has said that a diet of oatmeal and brown bread tends to promote the growth of the hair. However this may be, the diet is a good one for many more assured reasons.

Two uses for eggs are not generally known or appreciated. A fresh egg beaten and thickened with sugar, freely eaten, will relieve hoarseness, and the skin of a boiled egg, wet and applied to a boil, will draw out the soreness.

**RIPE apples** would be a very wholesome substitute for the sweetmeats that children devour, and can easily develop as exacting a taste as children now have for candy.

**SILVER or steel thimbles** are the only kinds ever to be used. Other compositions, of which cheap thimbles are made, are very frequently of lead or pewter, and their use is likely to result in serious inflammation and swelling if there is even a slight scratch on the finger.

**RESTORING COLOUR IN LINEN.**—Colours taken out of linens by careless washing or otherwise may be restored by immersing the articles in a solution of one part of acetic acid to twelve parts of water.

**BEDROOM FURNISHINGS.**—In furnishing a bedroom we must remember that we have to do with the lungs of the house and, therefore, must place no obstructions to the entrance of pure fresh air. For this reason curtains may be more properly dispensed with in this room than in any other. The bedstead should be of metal. Very pretty ones are now made of iron enamelled in different colours, with gilt or brass

knobs. The most restful colour for the eyes and brain is green. The curtains, if they can be afforded, should be of the Japanese crepe, which is daintiness itself in this colouring. Besides the bedstead a small chiffonier and a deep chest of drawers, with two chairs, are all that will be required, but a washstand and screen to stand before it are desirable additions. Above the chest of drawers a long, narrow mirror can be hung crossways, and you have a serviceable combination of a bureau and dressing-table. It is better judgment to invest in comfortable springs, mattress, pillows, and blankets than to fritter money away on painted cologne bottles and elaborate toilet sets. The coverings of chiffonier, bureau, washstand and bed should be easily laundered, for absolute cleanliness is one of the conditions of restful sleep.

**A REVIVAL OF LACE.**—There has been a marked revival of late in the wearing of real lace, an article that at one time had scarcely any sale. Now women are bringing out to the light their treasures of Honiton and point and Valenciennes, which have been long laid away in the hope of just such a demand.

**TO REMOVE INK SPOTS.**—To extract ink from cotton, silk, or woollen goods dip the spots in spirits of turpentine, and let them remain so for several hours; then rub thoroughly between the hands, and they will all disappear without changing either the colour or texture of the fabric.

**SAUCES AND CONDIMENTS.**—The abundance of sauces and condiments in these days would lead one to suppose that they are the outcome of a purely modern demand. As a matter of fact, their inception reverts to a period far distant. In France, during the reign of Louis XII., there was created, for the manufacture of sauces, a company, which obtained from the King the exclusive privilege to concoct them. The makers were obliged by law to name the ingredients of which their compounds were made. By this means the component parts of the famous Sauce à la Cameline were revealed. It was composed of "good ginger, good cinnamon, good grains of paradise, good bread and good vinegar." Sauce Tence, which enjoyed an equal reputation, was made of "good sound almonds, good ginger, good verjuice, and good wine."

## CURING A COLD.

**THE** season of colds being at hand, the instructions of an eminent physician may be found valuable: When the first symptoms manifest themselves is the time for action, and this should consist of a hot mustard foot-bath before going to bed and a hot draught of milk. The covering of the body should be linen and wool, the former in the way of the sheet and the latter in the blanket. No attempt to get up an active sweating should be made. The foot-bath and the warm drink will give a sense of warmth and facilitate the natural excretion of materials which should pass away by the skin, and any effort to aggravate this will be not only superfluous, but harmful. The blanket should never be worn next to the night robe, and should not be so thick as to confine the air next to the body. It is, indeed, often advisable to lighten the covering of the feet, and to preserve a certain amount of weight over the loins, and to have the shoulders protected from the external surroundings in general. The last measure is not to be underrated. A sensitive lung carries with it susceptibility to take to itself everything that could possibly affect it to its detriment. Lung diseases belong to sensitive persons, and may or may not be the sequence of a cold. The majority of them, however, can be traced to imprudence in dress and exposure.

"IT IS WORTH KNOWING" if you have a cough that the quickest and simplest—let alone the cheapness of the remedy—is KEATING'S COUGH LOZENGES. One alone relieves cough, asthma, and bronchitis. As a cough remedy they are simply unrivalled. Sold everywhere in tins, 134d. each; free for stamps. Thomas Keating, Chemist, London.—[ADVT.]

**EAT IN COMFORT.**—Indigestion prevented by the use of DUNN'S FRUIT SALT, &c., which require but little digestive effort. 6d and 1s. tins. Ask your grocer. Large sample in blue stamps.—W. G. DUNN & CO., WORKS, CROYDON.

"The FAMILY DOCTOR is stored with useful Hints for the Preservation of Health."—Daily Chronicle.



# THE MOTHER'S PAGE.

## INDIGESTION IN YOUNG CHILDREN.

### TREATMENT.

**O**CCASIONAL indigestion in small infants should receive very simple treatment. Usually Nature administers all that is necessary, producing vomiting. If, however, after the stomach is emptied, the child remains languid, and apparently nauseated, the trouble may be relieved by administering, in teaspoonful doses, a mixture of limewater and milk, equal parts. A mustard draft may be applied to the stomach at the same time. If the bowels are affected, as will be evidenced by the bloated condition of the same, with or without pain, and with or without diarrhoea, a teaspoonful of castor oil is indicated. If three or four drops of paregoric be added to this, the griping attendant upon the use of the castor oil will be avoided.

Occasional indigestion in older children is a far more serious matter. It is usually attended with a high temperature. Convulsions are not uncommon, and, being always more or less dangerous, should be avoided by every means possible. As in the former case, the first object to be accomplished is to rid the digestive organs of the offending material. If the child were old enough, vomiting would best be induced by administering large drafts of warm water; but this can seldom be accomplished; the same end may be attained by a dose of syrup of ipecac, or, better still and more sure, pulverised alum in molasses. The proportions to be used do not matter, as a teaspoonful of the mixture is almost always sure to induce vomiting. If it does not, the same dose repeated fifteen minutes later certainly will. As soon as the stomach is settled so that it can retain what is put into it, a purgative dose of syrup of rhubarb should be administered. If the fever continue, and the purgative fail to act, after three or four hours an enema should be given to hasten the result desired. A bath at 95 or 98 deg. temperature is always good unless the child struggles too hard against it. Pain in the abdomen may be relieved by fomentations or a poultice.

When the fever is high, and marked nervous symptoms are present, indicating that there is danger of convulsions, the above suggestive measures—vomiting, purging, and the warm bath—should be used promptly and energetically, for there is no time to lose. If the twitching of the muscles and other nervous symptoms continue, a physician should be sent for at once.

Habitual or chronic indigestion of both infants and older children is treated in much the same way. First and foremost should attention be given to the diet in all its details; next to this, regard to proper exercise, exposure to fresh air, and proper clothing.

If the patient be a nursing infant, inquire into the condition of the nurse, regulate her diet, &c., and if, upon examination, her milk proves to be inefficient in any way, a change of nurse will probably be all that is necessary. In artificial feeding, milk ought always to form the basis of food. We have often found, in cases where it was supposed cow's milk could not be taken, that it could be digested if properly weakened. A child a few months old should take it half in half, or two-thirds milk and one-third water. Gradually increase the quantity of milk until the child is one year old, when in most cases it may take it clear, although at that age we have often found children who could not take care of the casein of cow's milk, and it needs to be weakened in some way, either with pure water, barley-gruel, or oatmeal-water. If it is proven that milk cannot be taken, try sterilised sweet cream, but it should be used in the proportion of one-third or one-fourth cream to two-thirds or three-fourths water. If this fails to give perfect satisfaction, the following preparation is very highly recommended by one of long and large experience.

**STEEDMAN'S Soothing Powders** for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere at 2s. 6d. per box.

It is made of prepared gelatine or Russian isinglass, cow's milk, cream, and a very thin arrowroot water properly sweetened. Twenty grains of isinglass, or a portion of the isinglass cake two inches square, is soaked for a short time in cold water. The water is then boiled till the gelatine is fully dissolved, about fifteen minutes. A small teaspoonful of arrowroot is mixed into a paste with a little water, after which the milk is added, and allowed to boil for a few minutes. At the end of the boiling the cream is added. The proportions of milk are, for very young children, one-third or one-half; for older infants, one-half or two-thirds; of cream, two tablespoonfuls added to the pint if the mixture is one-third milk. When one-half milk, one tablespoonful and a half of cream to the pint is the proper quantity. Sweeten with sugar of milk. The diet for older children is as important as that for infants. Grave results,—life-long happiness and usefulness—often depend upon the proper feeding of children during the first five years of life.

In selecting food, care should be taken that the same should be both easy of digestion and very nutritious. The morning meal may consist of mush and milk, or well-prepared bread and milk. Right here let me say that sour bread is one of the worst things that can be put into a child's stomach. If the least bit tainted, it should never be used in feeding children. To avoid the danger it is best to use unleavened bread. Cream breakfast rolls or bread toast well dried through in the oven may be crumbed into the cream. For dinner, some soup made with rice, or well-prepared vegetable soup, is very good. This can be eaten with the bread stuffs before recommended. Rice may be taken very well; but all sweet-meats, vegetables, and nearly all fruits should be prohibited.

A wet compress over the stomach and bowels worn at night, will aid in the recovery. In order that this should be effectual, however, it should not be allowed to get cold. To avoid this danger, cover the compress, which will consist of two thicknesses of cotton, with oiled muslin or a piece of rubber sheeting, and cover the whole well with flannel, and bind about the body snugly.

Tonic treatment, consisting of general massage, electricity, and salt baths, will be found of inestimable value.

## WOMEN'S MANNERS.

WOMEN'S manners are, and long have been, the subject of much discussion. It has been said that women usurp the rights of others, intrude on the time of other people without conscience; that by thoughtlessness and indifference they detract much from the peace of life, and add irritation to friction. One popular writer accuses women of presuming on their sex in their relations with men, especially in business, and assert that they are spiteful to others. He sums up their offences under the following heads:—

"First.—The indifference with which a woman will contemplate the fact that the convenience of others has been sacrificed to her caprice. Very observable in young women.

"Second.—The needless delay a woman often causes in making her appearance when visitors have called upon her. Most commonly noticed among women who are no longer classed as girls.

"Third.—The unwillingness of a woman to wait for another to finish speaking before beginning to speak herself. Characteristic of nearly all women.

"Fourth.—Woman's failure to recognise the importance of an engagement. Most noticeable among women who have the fewest social duties.

"What I do insist upon, however, is this: that in the public the average woman shows an inconsiderateness, a disregard for the ordinary courtesies of existence (which amounts some-

times to positive insolence), to a degree which is not anywhere nearly approached by the average man."

There is a degree of truth in what this writer says; it is true of some women—of women enough to detract from the comfort of the whole. But rudeness, spitefulness, indifference to engagements, an impetuosity of ideas that demands, or seems to demand, relief, are not sins monopolised by women; they share them with their brethren. The average woman, like the average man, represents the average intelligence and culture of our people. It is not the exceptional man or woman who is representative. The manners that prevail represent the popular conception of what is good.

A NEWBORN babe should be fed every two hours when awake during the day. As to the night, it is our opinion that it should not be fed more than once between 10 p.m. and 6 a.m. The interval should be gradually lengthened, until, at the age of one month, it should not be less than every three hours in the day. At this time, or very soon after, the midnight meal can be dispensed with, with profit to the child. Each meal during the first ten days should consist of from two to three tablespoonfuls. From this time on, if the child is vigorous, his powers of assimilation will rapidly increase. At the age of one month he ought to take from a pint and a half to two pints in the twenty-four hours.

BOTH taste and chemical analysis show that human milk is much sweeter than that of the cow. As the Creator never does anything to no purpose, we would naturally conclude that the additional sugar had some office to perform in the nutrition of the body of the child. Experience proves this to be true. Whenever it is possible to obtain it, sugar of milk should be used, and not the ordinary cane or grape sugar. Concerning the quantity necessary, analysis shows that in order to approximate the proportions in human milk, when the dilution used for the child consists of two-thirds water and one-third milk, six and one-half drachms of sugar of milk are necessary to each pint. When the proportion consists of half milk and half water, five and one-half drachms are needed. When ordinary sugar is used, not more than half the quantity is necessary; but this should not be used unless it is impossible to obtain the other.

OUR usual method of making mustard plasters for infants has been to use about half mustard and half flour, wetting the same with the white of an egg. When prepared in this way we have never known it to produce a blister, although it makes the surface very red.

## ONE MORE WORD TO MOTHERS.

REMEMBER that the baby feels the cold as much or more than you do yourself, especially if he is not old enough to run about. Do not let him sit on the floor cold and wet, unless you wish to do him irreparable harm. Do not forget to put on his flannel shirts and under-drawers early. It is presumed he has been wearing flannel shirts all the summer. Remember that the little feet need to be protected with warm woollen stockings. The amount of clothing actually required depends upon the constitution of the individual. Some need twice as much as others. The amount required for health can best be determined by the temperature of the limbs, and the colour of the face and hands after a cold morning walk.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE L. N. COLN AND MIDLAND COUNTIES DRUG COMPANY, LONDON.

Mrs S. A. Allen's World's Hair Restorer is not a temporary expedient, but a permanent restorer. The hair is changed to its natural colour and has all the luxuriance of youth.



[SPECIAL ARTICLE.]

**SHOULD COUSINS MARRY?**

FROM A MEDICAL POINT OF VIEW.

By "H.," M.D.

SECOND ARTICLE.

THIS question is on a level with many others in being of deep interest to our race, but unlike vast numbers that engage our attention, the issue is of practical importance, and vitally strikes at the welfare of a large number of families. The subject may be approached from three sides, the *social*, the *religious*, and the *medical aspect*. It is my intention to invite you to consider with me the last mentioned view, but before doing so we will casually glance at the other two. The *social aspect* practically resolves itself into one of expediency and desirability. The *religious view* of the question as put forth in the Book of Common Prayer is decidedly embarrassing—to the book itself—half-cousins may not marry, cousins may; was ever a greater absurdity propounded? And it brings to mind the idea, so well inculcated by our best historians, that many of our ancient laws were made to subserve the purposes of the ruling classes, in preserving their lands and monies, and were not based on justice, equity, or wisdom. And there can be little doubt that the origin of the absurd doctrine in the Common Prayer-book was born out of the exigencies of those who framed this particular law, or their masters.

We will now pass on to the *medical aspect*, which is by far the most important, inasmuch as the other two are bound up in it, or, at least, they ought to be, because, if it is proven to be a breach of Nature's laws that cousins should marry, then no religious dogma or social cant ought to overstep the limit, for universal experience proves that the person breaking Nature's laws suffers for his temerity. An excellent *résumé* was published in these columns a short time ago of the views of many observers, and it is unnecessary I should enter that field again, but I will try and bring home to you the answer from your own daily observations.

Many writers in dealing with this question seem to have confused the *heredity of disease*, with the *results of consanguinity*. I will give you an example, and this instance will also bring home to you the difficulty of apportioning the real cause of the result observed, besides showing you how unthinking observers have erred.

Mr. and Mrs. P.—, living in a healthy country place, the husband a carpenter (it is of necessity that I am vague in my description of actual living examples, lest I cause pain to the afflicted), are cousins, and have several children; now all the children suffer from some degree of angular curvature of the spine. On examination, the mother proves to be a strong upright person, but the father, who, although he is vigorous in his movements, is certainly weak in the back, and his spinal column shows more decided curvature than it normally should do. Now it is an admitted fact that heredity plays a part in transmitting from parent to child angular curvature of the spinal column, but it is also a fact that if the children are brought up under healthy conditions the disease may be quiescent, and not show itself. Now how much can be accurately apportioned to the one cause or the other, how much is due to heredity, and how much to consanguinity in the case of these children? I could quote another family with precisely the same conditions obtaining the same results, but enumeration of such cases would land us with no definite issue. It is much better to go to the comparative physiology for our proof, the reason being that so many factors have to be taken into account in the highly organised human being, that it is difficult, as has already been said, to arrive at any result; but if one of the lower coarser organisms—such as a horse, cat, or dog, be taken, and the conditions of life be approximated, and grave results follow from too close mating, then we can very properly and logically infer, that if these things happen

in a coarser system than man's, how much greater will be the effort on the human economy where the system is so highly organised that very little puts it out of order?

Furthermore, this is one of those points on which the "lower animals," as they are sometimes called, are on virtual equality with ourselves, inasmuch as they are born, reproduce their species, and die and any breach of natural law affects them just the same, but to a lesser degree, on account of their coarser organisms.

Take the case of horse-breeding, and if you consult any experienced breeder, he will tell you, he would no more think of mating animals in which the same blood flowed, if the degree of relationship was not removed at least seven degrees, than he would of trying to get a donkey filly from a mare. He would regard the policy as suicidal, yet it is well-known that the skill and patience spent on racehorse breeding is absolutely unequalled. If a breeder wishes to produce a colt with, say, better quarters than the mare possesses, he will choose a stallion with the desired qualities well-marked. *The involution process is equal to that of evolution*; if you wish to produce defects mate those creatures showing the defects, and in-breed, and you will quickly get it. Now it is an evident truth that the *family likeness* which we see on the human face of relations, tells a great truth, inasmuch as it represents the degree to which Nature has moulded to the same type the relations, and *not only does this apply to the face, but to the mind and conformation of the body*. Now if you intensify the good qualities, you also intensify the bad, and herein lies the whole mischief.

Every school-boy who keeps and breeds pet rabbits will tell you that unless he buys unrelated bucks and does, and mates constantly from unrelated animals, the results are disastrous, the skin becomes coarse, the defects apparent, and the parents are guilty of killing their offspring.

In short, breeders of any kind of stock, will tell you, without hesitation, that *inbreeding* produces poor stock, liable to disease, and frequently unnatural to their offspring.

Now if these results accrue and are apparent in the coarse bodies of animals, say, in two generations inbred, it is a fair inference that the first generation shared the defect up to a certain point, and so what must be the result in the more complex unstable nervous system of man.

The truth is that if cousins marry, and they are very dissimilar in constitution, and sound, their offspring may be up to the average, and this is probably due to the good quality of the blood introduced from widely dissimilar marriages of the parents of the cousins.

But there can be little doubt that if one of the parents (cousins) suffers from a tendency to epilepsy, neuralgia, or the like, you almost invariably get one child mentally afflicted. "King's evil" was no doubt, so named from the constant *marriages de convenienc*e contracted by the nobility, and showing itself in strumous offspring.

The disease and death-roll of our continental sovereigns is very interesting from this point of view, and there can be little doubt in the mind of anyone who has studied it, that empires have been kept in throes of agony by the supreme head exhibiting such unstable qualities begotten from inter-marriage.

It is extremely difficult to place one's fingers on the precise defects that follow from cousins marrying, but suffice to say, that *the parents' defects are intensified in the children, and that the highest organs suffer first*, and that, therefore, the nervous system is the one in which we should first look for defects. Observers state that one of the prime reasons that the North American Indians have so dwindled in numbers is their constant inter-marriage, and since they have been confined to treaty limits, the opportunities for contracting marriages outside their numbers are reduced to a minimum, and that, although their conditions of life are bettered, as far as food supply and better domiciles are concerned, disease has been rife, and the death-rate extreme. The same is true of the Maoris, and the bushmen of Australia.

The following fact quickly becomes evident to any inquirer on this subject, that in inter-

marrying the defects are far more *en evidence* than the possible advantages. Mate pigeons or rabbits, the most easy tests in this relationship, and you will assuredly find that the fur, or feathers, of the offspring becomes rough and coarse, that the animals are not up to the standard of their parents in liveliness, and they exhibit unnatural tendencies to their offspring. This test has been applied over and over again with the results more or less evident in all cases.

Let us hope the time is not far distant when the higher standard of education we are seeking amongst our masses shall, to some extent, be obtained, that such marriages as these shall no longer be allowed, and that the Church will withdraw her sanction from what has been found physiologically bad for the offspring, and through the offspring tends to lower the standard of the vitality of our race. To summarise, at best cousins marrying is a bad policy, and only such should be allowed to do so whose parents are healthy and totally unrelated, and the cousins should have resided in different parts of the country, and be above the average in health. The slightest tendency, especially mental, to weakness is sure to be begotten and intensified. Lastly, let me urge for consideration that profound piece of reasoning and studious accumulation of facts, "The Origin of Species," by the late Charles Darwin. Lunacy authorities pronounce against it, and experience amongst breeders of animals points the finger of warning.

The history of nations affords many illustrations, and if you wish for further proof make inquiries amongst such of your acquaintances as have inter-married, and if there be children you will seldom find them up to the average, taken as a sample of the fruit of unmixed marriages.

**A CAT WITH FALSE TEETH.**

FEAT OF A YOUNG DENTIST WHO HAD A KIND HEART.

THE cat that owned the false teeth had lost his own, and had his jaw broken beside by a drunken wretch who beat him with a cobble stone. With great care the poor animal finally recovered, says *Harper's Young People*, but he had to be fed with a little milk in a spoon for a long time. When able to pursue his ordinary business of catching rats and mice, he could not eat them, because he had no teeth to chew with. Something must be done for him, for life supported on "spoon vittles" was a burden, and a young dentist in the neighbourhood, who had become greatly interested in the unfortunate cat, resolved to try the experiment of making him a set of false teeth.

Taking the cast of the plate was a terrible piece of work, as Captain objected to it with all his might, but it was nothing to what followed when the teeth were fairly in. If the animal had plunged and scratched while the plate was being fitted, he acted like a mad thing when it was firmly attached to his jaw—although it was well made, and fitted perfectly. He could not understand that it would enable him to continue the luxurious feasts to which he had been accustomed, and for several days he was furious over it. Every possible and impossible scheme was tried to get the uncomfortable thing out of his mouth; he tore at it with his claws, he shook his head violently to make it drop out, he butted against heavy pieces of furniture, and if anyone came near him he growled and scratched at them.

There seemed to be danger of his going mad, and his friends were sorely puzzled to know what to do with him, when, greatly to their relief, he calmed down, and appeared to have come to the conclusion that his new possession was, after all, a blessing in disguise. He was once more gentle and affectionate, as he had been previous to his misfortune; and the plate was now often taken out between meals and put back again. In this way it was worn comfortably for over a year.

The accurate final rights of man lie in the far depths of the Ideal. Every noble work is at first impossible.—*Carlyle*.

"The FAMILY DOCTOR combines an unusual variety of Hints on General Medical Subjects."—*Lloyds*.



[SPECIAL ARTICLE.]

# CARE OF THE HEAD AND HAIR AND THE PREVENTION OF BALDNESS.

(Continued from page 138).

AS the hair is usually confined during the day, it should have freedom with the least possible restraint during the night. The best authorities advise a careful brushing for five or ten minutes previous to retiring, gathering it in a loose braid. It should not remain tightly twisted and fastened with hair-pins during the night, not only on account of the breakage likely to ensue, but that the strain upon the scalp may be relieved and the circulation promoted. The rubbing of the scalp both night and morning is an aid to the use of the brush, in promoting the circulation and a healthy condition.

Dandruff is probably the most prevalent affection of the scalp, as well as a source of annoyance. It should be borne in mind that dandruff pertains to the scalp and not to the hair, except as it becomes mingled with it. The most natural method of removing it is with the comb and brush, but the comb should be carefully used. Part the hair, and an operator will soon acquire the faculty of lifting the scales without scattering them through the hair. When this has been done the brush will remove the stray particles.

If there is great dryness of the hair, an oily lotion is a necessity, but it should never be used in excess. Such an one is furnished by an eminent medical authority as follows:—

Tincture of cantharides, three ounces; oil of rosemary, one ounce; bay rum, six ounces; olive oil, one ounce. If there are symptoms of greyness, break up one ounce of rock sulphur, but do not powder it, and place this in the lotion. Working under a hot artificial light is a cause of baldness, and general debility of the system often manifests itself through the falling of the hair almost before it is realised otherwise. Contagious affections of the scalp are also more numerous than is suspected, though men are more likely, through barbers' shops, to suffer from them.

Many times the brush, properly used, will give the needed vitality and vigour to the healthy scalp. There are cases, however, when some application seems a necessity, either to furnish nourishment through the scalp to the hair, to modify its normal condition, or to change the colour. There are many objections to oils and pomades, since they not only soil the head and clog the pores, but in the case of vegetable oils, give to the hair stickiness and an unpleasant odour. One of the simplest applications is a quinine wash made with bay rum to which small quantities of oil of rosemary and cantharides have been added. The amount of oil to be used may be varied at pleasure, or it may be omitted altogether when other tonics or washes are being used. The effect of this simple application is to strengthen the growth and darken the colour of the air. Sometimes in cases of greyness it will restore the colour. Another method of treating heads that are heavily coated with dandruff is to wash them thoroughly once in two or three weeks with the egg mixture above mentioned, applying once in three or four days a borax and camphor wash. It may be made of two ounces of borax and one ounce of camphor, both powdered and dissolved in two quarts of boiling water; the proportion of borax and camphor is not imperative, and may be varied if thought best. It should be rubbed into the scalp with the fingers or a sponge, after which the hair should be rinsed with soft warm water and perfectly dried. A somewhat stronger stimulant comes from the use of a little ammonia or weak tincture of cantharides, while some authorities recommend rubbing the scalp with a raw onion, to be followed by an application of honey, and, of course, a thorough rinsing with soft water. Where the hair is harsh and untractable, a favourite application is the white of an egg beaten to a froth, and thoroughly rubbed into the roots of the hair. This should be allowed

to remain for some time, when it must be carefully removed by rinsing the hair in a mixture of equal parts of bay rum and water. In Germany this treatment is varied by using the beaten yolk of an egg. A wash to be used once a month or so is composed of half a teacupful of ammonia, a tablespoonful each of oil of bergamot and white castile soap, a teaspoonful of powdered borax, and a quart of rain water. This should be thoroughly mixed and kept in a covered jar. A variation in the list of tonics is made by taking tincture of cantharides, two drachms; castor oil, one ounce; bay rum, half a pint. Instead of the bay rum, alcohol made fragrant with a few drops each of the oils of bergamot, orange flowers, and bitter almonds is allowable. It is to be used every day or two unless it irritates the scalp, and should be rubbed in well with the ends of the fingers.

To prevent the tendency to falling of the hair, numerous preparations are in the market. Few of them are desirable, while some are dangerous. One of the best known of this class is made of bay rum, distilled extract of witch-hazel, common salt, hydrochloric acid, and magnesia. Another such, scarcely less well known, is composed of cayenne pepper, castor oil, bay rum, and alcohol. Among the youth of the previous generation, "Bear's grease" held a high place as a promoter of the growth of the hair. It may still be used, and at least is harmless. It is not necessary to buy the bottled and labelled article, with a high price, since its relation to any wild beast of the forest is very remote. The formula for its preparation is, one ounce of powdered gum benzoin to a pound of melted lard. Stir well together for five minutes, keeping it hot, then let settle. Pour off the clear, add a little perfume, and put in wide-mouthed bottles. Another dressing which is highly commended is made by the mixture of a gill of sweet oil with three ounces of lime water, well shaken together. It is frequently bottled and sold under very pretentious names.

Another very good application, both cleansing and stimulating, is made of cologne water and ammonia water, each one ounce; alcohol, half a pint; water, one pint. After using it is well to rinse the hair with warm water. Another shampoo mixture for home use consists of one pint of water, powdered castile soap, two table-spoonsful of alcohol, half the quantity of borax, and the yolk of two eggs. The eggs contain iron, which will be absorbed; the soap and borax will cleanse the skin, and the alcohol supply a sufficiency of heat to prevent cold.

Dyeing or changing the colour of the hair comes within a different field, and begins with the application of "restorers," most of which are merely stains or weak dyes under a less offensive name. Where anything of this kind is used, great care should be exercised and the effect upon the system, especially on the head, should be carefully watched. These dyes or stains are of two classes—those intended for darkening grey hair, and those for changing the natural shade to a more agreeable or fashionable colour. In regard to these preparations and their uses, we quote from a recognised authority: Pyrogalllic acid, water, and alcohol are the ingredients of one. Some hair may be made red or a reddish-yellow by a solution of pure rouge in a weak solution of crystallised carbonate of soda, followed, when dry, by lemon juice or vinegar to fix the colour. To change hair to a reddish-orange, there is sometimes used a solution of tartar emetic, acidulated by some vegetable acid, and the colour is fixed with neutral hydrosulphuret or the bisulphuret of ammonia. A few years ago many women with light air dyed the same to a golden hue, it being then the fashion. Doubtless some of them, at least, used a preparation the active ingredient of which was the bichloride of tin, the colour being fixed with the hydrosulphuret of ammonia. Where this is used on darker hair the same becomes a golden brown or auburn. In making the dark dyes some preparation of silver, the oxide or nitrate, is commonly used. The sulphate of iron, salt, wine, and nutgalls make up another dark dye. A dense black is obtained by using the following materials: First the sulphuret of potassium in water. After moistening the hair with that and allowing it to dry on, there should then be applied a solution of nitrate of silver and water. After a few hours' exposure to the light, hair so treated becomes very black.

But, as said in the beginning, there are very few people, comparatively, who care to resort to dyes. And it is better so, for many of those on sale are absolutely poisonous, while the balance of them, if they do not injure the general health, are at least hurtful to the hair. As for a "darkener"—something that will merely darken the hair without discolouring the skin—there might be a satisfaction to some people in using it. But no one should trifle with any preparation of the sort unless they know its ingredients, and have been assured by a physician or chemist that it contains nothing injurious. An eminent lady physician was wont to advise her patients, who would cover up the finger marks of age, to use the following to restore the colour of the hair turning grey: Rust of iron, one drachm; strong old ale, one pint; oil of rosemary, twelve drops. Put the mixture in a bottle, cork it loosely, shake it daily for ten or twelve minutes, then, after the mixture has settled, turn off the clear portion for use. Another prescription for the same purpose was as follows: Powdered sulphate of iron, one drachm; rectified spirit, one ounce; oil of rosemary, ten drops; pure rain water, one-half pint; shake until mixture is complete. While using either of these it would, of course, be necessary to keep the hair clean. Probably they would serve the purpose and stay, for a time, at least, the natural changes. Certainly these darkeners are practically innocent.

## CAN THERE BE RELIEF FROM THE MORPHINE HABITS?

By R. W. M.

YES; with persistent, well-directed efforts. We know of no drug so alluring in its work on the nervous system as morphine. While its effects are very pleasant, relieving the individual from intense pain, often it may not be otherwise regarded than a wonderful panacea in time of trouble; but it allures to destroy, and eases only to get a firmer grip upon the constitution. No one, as he begins the practice, would suspect the evil which it will bring later, and, as a rule, is only awakened to its baleful effects to find himself environed with disease, pain, evil forebodings, and mental depravity. It will take a most determined effort, with careful medical oversight often, to make headway towards a cure. The first necessary condition is for the individual to give up the drug and hypodermic syringe to someone who will take the responsibility of dealing it out, and one who will not be influenced by the remonstrances of the patient. We would recommend that if the individual had been taking ten grains a day, he cut it down to about four grains a day to start with. This would better be given in equal parts early in the morning, about noon, and just before going to bed. In the meantime the patient should take some exercise, with plenty of nourishing food, and with some tonic treatment, such as electric baths, fomentations to the spine, and occasionally a massage. After the individual has accustomed himself to that amount of morphine which will take two weeks and often more to accomplish, then we would recommend cutting down to one grain, divided up into three doses as before. In this stage the individual will need close watching that he does not obtain the drug in some other way, and it is in this stage also that he will need a good deal of moral suasion and encouragement. After two weeks we would recommend cutting off the remainder, and then comes the severest struggle still; but with perseverance and a firm helper, the system will soon learn to live without the drug. Let no one try the cure unless he is convinced that he is ready to make a desperate effort.

We have under treatment now a similar case who reports that he is standing the reduction very nicely under treatment, and is feeling very much better than he expected.

Some advocate confining the patient in a room so arranged that he cannot escape, and taking the drug entirely away from him. This places the patient on a very severe trial indeed, and we question the propriety of subjecting the nervous system to the necessary nervous strain to accomplish the object in that way.

"The FAMILY DOCTOR. Truly an Astonishing Pennyworth."—Knowledge.



## IS MARRIAGE BECOMING UNPOPULAR?

SOME people have been busy discussing the above question. It is not merely "the silly season" that brings such a question as this to the front: it is being discussed because of the social unrest that is so characteristic a feature of our time, and it is a symptom of that unrest. Women, it is said, have nowadays so many channels of employment open to them, so many different ways of gaining a livelihood, that they no longer look forward to matrimony as an essential part of life; while young men are reported to be fighting shy of marriage than ever, because of its costliness, and for various other reasons, more or less satisfactory. But it would be well to know precisely what we mean when we begin to discuss a question like that noted above. If it be answered in the affirmative, does the answer mean that the institution of marriage is becoming so unpopular that men and women—and especially the "wild women" of whom Mrs. Lynn Linton is never tired of writing—are associating together under some less binding, and therefore less permanent, obligation than marriage, or does it mean that the propagation of the human race is gradually coming to a standstill? So far as we can observe and learn, there is no cause for alarm lest we should have to adopt either of these unpleasant alternatives. Attention is now more fully called to the fact that women are able to make an independent living for themselves: that is all. Marriage seems to be really as popular as ever. Alike for the moral and for the physical health of the people, it is devoutly to be desired that the institution be kept sacred.

But if marriage is to remain the sacred and beneficent institution it has hitherto been, it is not much to ask that the woman who is at the head of the household should do her best to keep abreast of the times in all that concerns the comfort and the health and the consequent happiness of the home. And these essentials can be secured quite as fully in a humble dwelling as in a lordly castle. There can, of course, be no true comfort where there is not a sufficiency of food; but, in this country, if intemperance be not the thief, there are few homes, however humble, in which there may not be found at least an adequate provision of daily bread. Unduly early marriages are, indeed, to be earnestly depreciated, especially among the working classes. It is sad when the new-comer in the household meets with only a cold welcome, on the ground that there is "another mouth to be fed." But with ordinary prudence, and self-control, and temperance, there should always be in the home enough to satisfy modest wants. It is not enough, however, that the food be there; if it be not well-cooked it can never fulfil its proper function. And, therefore, it is needful that women should become intelligently acquainted with the most economical and the most effective methods of preparing nutritious food. Without this their husbands will not be kept in full health, and their children will not grow into strong, capable men and women. Much of the happiness of the household depends on the skill with which the wife manipulates the kitchen pot.

But another factor in the household comfort of hardly less importance is cleanliness and tidiness. There are, no doubt, men who will accustom themselves to almost any slovenly kind of preparation of meals, and to any amount of untidiness about the hearth. But, whether they will admit it or not, most men are repelled by a wife's carelessness in the matter of order, and by a generally unkempt condition in appearance and dress. The working man is not always able to secure perfect cleanliness in his own person; but when he gets home in the evening he likes to see tokens of the care and thought that have been spent in making the kitchen or "the room" attractive. When the wash-tub is supported on a

"THE LOVE OF HOME" is deeply rooted in the hearts of English women, and to make home cheerful and happy is their great desire. To attain this end, it is essential that pure and wholesome food and drink should be consumed. Above all, they should purchase the "BEST TEA." HORNIMAN'S TEA is "the Best," to buy.

couple of chairs, and potato peelings are scattered about the floor, or just within the hearth, and there has evidently been no effort to tidy up so as to welcome father's home-coming, it is little to be wondered at if he should seek the more attractive surroundings of the public-house, were everything done to secure his comfort for the time. In the dismal air of an untidy home marriage may, indeed, be often considered a failure. No doubt the poor wife, too, has her own trials, and it is too much the fashion to think only of the comforts of the brute of a husband. They must both contribute their share to the comfort of the home. And without tidy, comfortable homes, from which everything foul has been removed, we can hardly hope to have a truly healthy people.—*Sanitary Record*.

## APOPLEXY. CAUSATION AND TREATMENT.

WE are not sufficiently conscious of the charms of habit, for this characteristic gives to our different organs a kind of reserve force from which we derive benefit. The stomach digests, almost unhesitatingly, everything that is given to it, provided the material is not altered in composition and flavour; and the imperturbable stomach of lower animals, it is said, is derived from this constancy in the nature of their food. The lungs become accustomed to frequently respired air. Poisons even may, by habit, become more or less inert, and if our life hangs only by a thread, that thread may be considerably strengthened by habit.

Every change in age, place, season, and manner of living involves a danger of dying, which may be translated, and often is translated, by the term "apoplexy." Variations of temperature have so much influence that "apoplexy" becomes almost epidemic in spring-time and autumn, especially when a dry, hot summer succeeds a cold, wet winter, or where sudden and intense cold is succeeded by a mild autumn. Everything that disturbs our moral equilibrium—lively passions, concealed care, anger, excessive joy, everything that obstructs the normal current of the blood; tight clothes, constriction of the neck, excessive cold, driving the blood to the internal organs; high temperatures, hot baths, great respiratory efforts, everything that imposes increased call upon the digestive apparatus; indigestible food, strong waters, drunkenness, all these divergencies from our usual habits are causes of apoplexy. Further, every sudden breaking, even of a morbid habit, may produce the same result; the drying up of an ulcer, of a blister or burn, the interruption of a habitual flow of blood, suppression of a mucous discharge, omission of a blood-letting, of an application of leeches, of an emetic or a purge, contracted by habit, the rapid disappearance of gout, or a chronic eczema may involve the same dangers.

Is apoplexy hereditary? No; a fatal inheritance is no longer an article of belief. We inherit our constitution from our ancestors, but this is a sleeping capital, since it has no bearing on definite lesions to which the body may be subjected. Every descendant from an apoplectic ought to keep an eye on the functions of his skin, stomach, and intestines; he should avoid late hours, reading in bed, and should choose a profession that does not necessitate the bending of the head downwards or forwards.

Apoplexy is a rapid afflux of blood to the brain, a *congestion*. This blood, in abnormal quantity, may interfere with the cerebral functions by inflammation, or produce rupture of a vessel. In the latter case the blood is poured out and cerebral hemorrhage takes place. Most apoplectic states are preceded by symptoms of brain congestion—such as flushes of heat, deafness, fainting, sleepiness, exaggerated sensibility, headache, obtuse condition of the intellectual faculties, difficulty in the articulation of certain words, beating of the carotid arteries. We should then anticipate the attack, and endeavour to prevent it—hot foot-baths, leeches to the anus, purgatives, a light régime, and complete mental repose. If the attack takes place, in whatever way it happens, the following symptoms occur:—Somnolence

(more or less profound), sighing, paralysis of the tongue, (the point of which turns to the right or left,) twisting of the mouth, loss of sense and intelligence.

Often the patient who has lost consciousness revives more or less completely; but on the fifth or tenth day re-occurs the respiration which precedes death. The preservation of consciousness from the beginning is a most favourable sign, but even in such a case, symptoms of inflammation of the brain may supervene. Says an old physician, "In every apoplexy, beware of the eighth day!"

At the moment of the attack, remove all constricting clothes, place the patient on a bed, having the head raised by several pillows, and a little thrown back; if the face is red, place cold compresses on the temples and forehead. Leeches in the nostrils advantageously replace blood-letting, as they act promptly, removing much blood. It is important to ensure the repose of mind and body, to remove the invalid from the influence of light, from all external noise. Purgative injections have a good effect, and the food should be light and liquid.

After a fortnight or so the treatment commences with frictions, long continued, by means of soft brushes, soaked in stimulating solutions—like tincture of benzoin, camphorated spirit; douches and repeated movements excite the paralysed limbs. To avoid constipation, to be an abstainer from alcohol, to be interdicted from all intellectual and social occupation, these are the precautions to which the patient should be submitted for four or five months at least.

Our modern theories on the neuroses have only tended to throw a cloud on the true nature of apoplexy. Hysteria in the male, quite as frequent and very often as serious as that in the female, often stimulates the most characteristic symptoms of apoplexy and paralysis. Charcot has diligently studied hysteria in men. Often one has ascribed cerebral and spinal lesions to apoplexy, the symptoms of which have disappeared with a rapidity which is uncommon in such lesions. These paralytic phenomena of hysterical origin may even last and become permanent.

After all, let us not speak evil of apoplexy. It is the fatal lightning-stroke which painlessly snaps the web of our days, a death less cruel than when the threads are cut slowly one by one. We must not say, "happy those who die young," but "happy those who die suddenly!"

## PHARMACY—PAST AND PRESENT.

THERE is a growing tendency, says the *Lancet*, with the growth of knowledge, to over-estimate the present and to under-estimate the past. There is so much to learn in keeping fully abreast of modern research in every department of knowledge that the true value of earlier work is minimised. With a view to determine its real worth each new statement is scanned so eagerly that it is practically comparable to a minute object examined under a microscope, and the outcome is that it is talked about and written about under its magnified appearance until all sense of proportions in danger of being lost. On the other hand, the undoubted progress made in every branch of science almost inevitably discredits the labours of the earlier investigators, and the modern student is but too apt to look upon their work with his telescope reversed—to see it much smaller than it really is, and even perhaps to reduce it to such small proportions that it appears worthy of disregard. In no branch of science are these natural tendencies more fully shown than in the attitude generally assumed by the pharmacy of the present day towards the pharmacy of the past. Modern chemists and pharmacists must of necessity work whilst it is day and must be well primed with all the latest improvements, and there are many whose interest it is to deluge them daily with laudatory descriptions of the wonderful efficacy of the last new things, which are often new only in name. Granting all that can be said in favour of the present improved methods, of which we shall have to speak later, it is nevertheless only just to maintain an attitude of respectful, if not reverential,



consideration towards the past. The older workers were perhaps groping in darkness, but still they were at work. The methods of research may be now very different, but these methods are the results of the gradual evolution of the labours of numbers of past workers. The spirit actuating the past and the present is the same. It is the spirit of inquiry—the desire to attain knowledge, coupled with the earnest hope that by patient labour something may be done towards the alleviation of suffering and the prolongation of life.

## WAITING FOR THE PHYSICIAN.

### SECOND ARTICLE.

IN our article in the FAMILY DOCTOR of September 23rd we spoke of the many things which might be done while waiting for the physician, in cases of pain or in cases of fever. In this number we will write briefly of the many things that might be done in cases of accidents, of which cases we will first say a few words in reference to fractures or broken limbs. It is not expected that the laity will understand the methods of bone-setting; and wherever a physician can be obtained they certainly should not try, for very much of usefulness and happiness in after life depends upon soundness of the limbs. When a bone that has been fractured has been partially reduced, it is a very difficult matter for an expert to adapt it perfectly, and make a useful limb a month or two after a novice has made a failure. So let us take it for granted to begin with that it is always best to let the physician or surgeon take the responsibility of reducing fractures. But there are some things that can be done to great advantage in these cases while waiting for the physician.

In the first place, an injury of this kind always causes more or less swelling. This can be largely relieved by the use of compresses and fomentations. If the fracture is a compound fracture—in which case there is an external wound, and portions of the bone may protrude through the flesh—it should be wrapped in a clean cloth, and fomentations applied over the wrappings. If it is a simple fracture, with no outside wound, it would be best to apply the fomentations thoroughly over the limb, and after the fomentations, wrap it with a compress of cold water, or with some soothing lotion, and after some little time foment again. Also see that the patient is kept in as easy a position as possible, and do not stir or handle the seat of trouble more than is necessary. This course of treatment will relieve the patient of a good deal of suffering, and will facilitate matters very much when the surgeon comes to reduce the fracture.

The same course of treatment will also be applicable in cases of dislocation of the joints, which are often very painful. We have had occasion to reduce some dislocations the second or third week after the accident, and under some very unfavourable circumstances, on account of adhesions and the swelling. It certainly would have simplified matters very much if a thorough series of fomentations and compresses had been kept up from time to time since the accident.

### HÆMORRHAGES.

Hæmorrhages are also a common accident, and therefore a subject upon which it will be very proper to say a few words. They are of two kinds, arterial and venous. There are several ways to distinguish between the arterial and the venous hæmorrhage. The arterial hæmorrhage receives the rhythmic force of the heart's action, and therefore flows in jets. A bleeding from the veins does not receive this rhythmic force, and consequently flows steadily, and much less rapidly, from which cause we can see that the arterial hæmorrhage is of graver consequence than the venous one. Again, the arterial blood just coming from the lungs, where it has been aerated, is pure blood, and is of a bright red colour, while the blood of the veins has already done its work in the tissues, given up its oxygen, and taken up a certain amount of carbonic acid gas, which gives it a much darker colour.

But in the light of what may be done while

waiting for a physician, it matters little whether it is an arterial or a venous hæmorrhage. In either case, pressure, where it can be applied, is the best measure for stopping the hæmorrhage if it is severe. This can be done by tying a handkerchief or towel tightly round the limb on both sides of the hæmorrhage, requiring sometimes strong pressure. In case of arterial hæmorrhage, it would be well if every individual knew the location of the large blood vessels. Having this knowledge, they will have the advantage of being able to apply the pressure along the line of these vessels, which would be more efficacious than pressure applied in a general way.

If the hæmorrhage is small, resulting from a superficial wound, or from an old ulcer, some simple styptic would be all that would be required, as burnt alum powdered, a solution of iron, or, still more heroic and serviceable, the application of the hot iron.

All wounds, even before the bleeding is entirely stopped, should be protected with bandages wrapped tightly; or, better still, they can be bandaged by using what is known as the graduated compressed bandage. This is made by making a small compress which will fit into the wound. This should be made of five or six thicknesses of some clean material. Another compress a little larger is next made and placed upon it, and so on until there is a graduation of compresses extending above the surface of the wound. In this way the pressure of the external bandage will be applied directly in the wound. This will prove successful in nearly all cases of hæmorrhage from superficial wounds. After several hours a blood clot will have formed, so that the compress may be removed, or applied with less pressure, especially if it gives pain.

A wound on the head may usually be treated by a graduated compress or by styptics. A hæmorrhage of the lungs is of a much graver character, and often nothing can be done for its relief. The hæmorrhage, however, may be controlled in a measure by placing a cold compress or ice bag upon the chest in front, and a hot bag lower down on the spine. We would always recommend this in hæmorrhage from the lungs. In addition, if the hæmorrhage is copious, a teaspoonful of the fluid extract of ergot may be used. The individual should be kept as quiet as possible, and reclining, and the extremities should be kept warm. It has been found serviceable to ligate the limbs tightly in order to retain as much of the blood as possible in the trunk and nerve centres. This may be done by tying a towel around the limbs, and with a stick twisting it until a requisite amount of pressure is applied.

Bleeding from the nose is also a common occurrence, but rarely dangerous. Snuffing cold water up the nostrils will usually be quite sufficient to stop this bleeding. It is said that raising both hands up above the head, and holding them there for a short time, will usually control any severe hæmorrhage from the nose.

Another class of hæmorrhages is called internal hæmorrhage. This is bleeding into the intestinal canal, the abdominal cavity, or some of the other closed cavities of the body. This more often happens in cases of ulceration or cancer. Very little can be done, from the fact that the seat of the bleeding cannot usually be determined. A severe bleeding will cause a condition known as collapse, wherein the surface of the body becomes pale, the pulse very weak and thready, with a tendency to fainting, and perhaps a cold perspiration. Little more can be done in an emergency of this kind than to keep the body warm and dry by light rubbing. Insist upon extreme quiet, keep the head lower than the body, and administer one or more doses of ergot, as mentioned above. It would be well not only to take the pillows from under the head, but is a good plan also to raise the foot of the bed six or eight inches. If the individual lives through the hæmorrhage and revives, good nursing and careful feeding will be quite sufficient, and the patient will often improve rapidly. But he should ever keep in mind that after a hæmorrhage of that kind has once occurred, he is very liable to have another, and should be instructed to avoid all unnecessary strains.

A WISE man should have money in his head, but not in his heart.—*Swift*.

## HOW TO BREATHE PROPERLY.

MOST people breathe properly, often more by accident or instinct than by design; but, on the other hand, hundreds of thousands do not breathe properly, while many thousands at this present moment are suffering from more or less severe affections of the lungs or throat, owing to a faulty mode of respiration—in other words, because they breathe through their mouths instead of their nostrils. The mouth has its own functions to perform in connection with eating, drinking, and speaking; and the nostrils have theirs, viz., smelling and breathing. In summer time the error of respiring through the mouth is not so evident as in the winter season, when it is undoubtedly fraught with danger to the person who commits this mistake.

If anyone breathes through the natural channel, the nostrils, the air passing over the mucous membrane lining the various chambers of the nose becomes warmed to the temperature of the body before reaching the lungs; but if he takes in air between the lips and through the mouth, the cold air comes in contact with the delicate lining membranes of the throat and lungs, and gives rise to a local chill, frequently ending in inflammation. Many persons, without knowing the reason why they are benefited, wear respirators over their mouths in winter, if they happen to go out-of-doors. By doing this they diminish the amount of air which enters between the lips, and virtually compel themselves to breathe through the nostrils. But they could attain just the same result by keeping the lips closed, a habit which is easily acquired, and conduces to the proper and natural way of breathing. We believe that if people would only adopt this simple habit—in other words, if they would take for their rule in breathing, "Shut your mouth," there would be an immense diminution in two classes of affection, viz., those of the lungs and throat, which count many thousands of victims in this country in the course of a single year.

Man is the only animal which has acquired the pernicious and often fatal habit of breathing through the mouth. It commences in childhood, and becomes confirmed in adult life, often engendering consumption, chronic bronchitis, relaxed sore throat, or some other disease of the lungs or throat, which is set down, usually, to a different cause altogether. In concluding this short article, we venture to ask our readers to judge for themselves. When they step out in the morning into the fresh but cold air, let them try the difference of feeling arising from the two modes of breathing—through the nostrils and between the lips. In the former case they will find that they can breathe easily and freely, yet with comfort, while the fresh air, warmed to the temperature of the body by its contact with the nasal mucous membrane, is agreeable to the lungs; in the other case, if they draw in a few inspirations between the parted lips, the cold air, rushing in direct to the lungs, creates a feeling of coldness and discomfort, and an attack of coughing often comes on.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### MANLY TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Some years ago, reading so much correspondence on tight-lacing, I was determined to give corset-wearing a genuine trial. The first difficulty was to order stays; they were, I thought, a strange article to ask for. After some hesitation, however, I went to an establishment at Brixton, and, on inquiry, was surprised to find that they sold nearly as many gentlemen's stays as ladies' corsets. In a few days I received my stays, and commenced lacing gradually, day by day, until I made them meet. I wore them closed for some time, and then ordered a smaller pair, which I soon wore closed. In conclusion, I will say, though belonging to the small-waisted brigade, I never suffer any ill-effects from my tight-lacing, but, on the contrary, quite enjoy the feeling of perfect compression.—Yours truly,

A CONSTANT STAY-WEARER.



## THE DEATH PENALTY.

AS long as the death penalty exists, the recent carrying it out by electrocution, in America, shows this process of ending life in obedience to the demands of the law to be the most certain, the most expeditious, and the least revolting of any which has yet been tried. But—and the question is becoming a serious one—is a State ever justified in taking life as a penalty for crime? If intended to prevent crime—and that is undoubtedly the strongest argument in its favour—why is it that experience shows that murders are more frequent after an execution? The minute details of all the steps of the crime brought out in the trial, and a record of almost every moment of the prisoner's life, from the time of sentence to death, creates and keeps alive a morbid feeling anything but healthy, and more likely to lead to crime than to deter from its commission. We must not forget that we are living in a different age, and are surrounded by different influences than that in which the doctrine of retaliation was proclaimed in "an eye for an eye, and life for life." The penalty of death is fast disappearing from European law, and yet, where it has been abolished, the result of the experiment shows in almost every State a lessening of capital crime.

The death penalty has been practically abolished in Italy since 1875. There has been no execution in Wallachia since 1828, and none in Moldavia since 1849. The last execution in Portugal was in 1846, and in Holland in 1861. In all but eight cantons in Switzerland executions have ceased. In Finland, Belgium, and Norway the law is still on the statute book, but the penalty has not for years been exacted. In Denmark only three persons have been executed in over twenty years. In Germany the death penalty would have been abolished in 1870, had not Bismarck demanded on the third reading of the Bill a restoration of the penalty, and carried his point. In Russia, murder is punished by penal service in the Siberian mines, the death penalty being reserved for crimes against the State. The guillotine and the gallows still occupy an important place in French and English penal law, but the victims are diminishing with every decade.

The question is ceasing to be one of sentiment, and is appealing more and more to those principles of justice in which are involved the best interests of the community. No doubt there are many so little removed from the animal creation in all their brute instincts that at large they are a constant source of danger; but is the fault actually theirs? Looking back through the strain of heredity, and unhealthy mental and physical training, would not the Church and the State be doing better service in the prevention of crime to cleanse society from the incentive to crime, and, while it exacts a penalty, stop this side of the taking of life?

A FOOL in revolt is infinitely wiser than the philosopher forging a learned apology for his chains.—*Rossiter*.

## HUDSON'S EXTRACT OF SOAP

## HUDSON'S DRY SOAP.



## RECOMMENDED

For the preservation of lawns, laces, beautiful washing fabrics, underwear, fine linen, shirts, sheets, &c., HUDSON'S EXTRACT OF SOAP and HUDSON'S DRY SOAP are recommended. Instead of the offensive soapy smell common in many Soaps, HUDSON'S leaves the linen actually sweeter and fresher than when new.

Just published, 1s., post free 1s. 1d.

**THE PHYSICIAN.** A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, &c. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience. Offices—18, Catherine Street, Strand, London, W.C.

## Notes &amp; Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

DISINFECTANT.—How can I make an efficient and powerful liquid disinfectant? Those advertised are so dear.—*Fred Dicks*.

EMIGRATION.—1. Which is the cheapest way to get from London to California, direct or otherwise? 2. In what parts of it can employment of a lighter kind be most readily found—work demanding intelligence more than muscular strength—horticulture, &c., rather than agriculture. 3. What clothing is needful?—*Thurston*.

## ANSWERS.

DOG.—Procure some of the best olive oil, and after washing the ear carefully with lukewarm water, and thoroughly drying (in the daytime) drop into the ear two drops of the oil. Follow this up daily—say, for a week—during which time carefully examine the ear; if a piece of wax is visible, remove it, but do not probe for it, as in this case the ear is very tender.

PROPERTY.—As next friend of your infant daughter you can compel the trustees, by proper proceedings in the Chancery Division, to give information and show their accounts in reference to the trust, and if a friendly application, a solicitor's letter will probably have the desired effect.

## ANSWERS TO CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

## ADVICE GRATIS.

## BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS are REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:—

King's College Hospital.	Nazareth House, Ham-
University College Hos-	psmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

REED.—Your general condition is obviously due to the fact that you take little or no exercise. If your life is constrainedly sedentary, then you should endeavour to obtain as much active exercise as you can, when you have the opportunity. Be careful to keep your diet light, and as free as possible from all indigestible matters. Take a teaspoonful of Dunn's Fruit Saline every morning, and the following medicine during the day: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One sixth part three times a day between meals.

F. S. H.—Peruvian bark will not strengthen your system at all. Unless you know something about therapeutics (which, by the way, it is obvious you do not) it is useless for you to attempt to prescribe for yourself. Now, do not be offended, but turn the matter over in your own mind: What do you really know about the matter? You had better give us a list of your symptoms, and we shall be very happy to assist you.

SHYLOCK.—This flushing is not produced by the cause you imagine, but by your extreme self-consciousness—that is to say, you think too much about yourself, your feelings and pains, and fancy that other people take the same interest in you as you do in yourself. You will get rid of this as you get older and wiser. Everyone is too much engaged with his or her own feelings to trouble about you, so never fear. You are evidently not very strong, by your having a tendency to get knock-knees. There is nothing you can do for this latter, except to prevent fatigue. You had better see some doctor about it.

## DR. DUNBAR'S ALKARAM;

or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

## ALKARAM.

If inhaled on the first symptoms of Catarrh. Will at once arrest them, and in the severest cases will generally cure in a single day.

## ALKARAM

Contains no narcotic, the smell is agreeable and reviving, and relieves head aches; in fact, it should be on every toilet table.

## ALKARAM

Is sold by all Chemists at 2s. a bottle.  
Address DR. DUNBAR, care of F. Newbery and Sons, 1, King Edward Street, London, E.C.

## DOUGHTY'S VOICE LOZENGES

## KEEP THE VOICE IN TONE.

From Signor TOMMASO SALVINI, the Eminent Tragedian.

"Theatre Royal, Drury Lane, May 23, 1875.

"SIR,—The other night, when my voice would have otherwise failed, I was able to accomplish my duty to the very last in 'Othello,' which I owe entirely to your Voice Lozenges."

## ASK YOUR CHEMIST FOR THEM.

Sold in boxes by all chemists, 1s., 2s. 6d., 5s., and 11s., or will be sent direct, post free, for 1s. 2d., 2s. 9d., 5s. 4d., and 11s. 6d. Sample boxes 6d., post free 7d.

FRANCIS NEWBERRY AND SONS,

1 and 3, King Edward Street, Newgate Street, London.

Established A.D. 1746.

## NERVE AND "BRAIN" SALT.

## FOR

## HEADACHE

## AND

## SEA SICKNESS.

"BRAIN SALT." (title registered in Great Britain and America) is sold at 2s. 9d. per bottle, and cannot be obtained of dealers in cheap medicines for the low prices sometimes accepted for articles similarly priced. See on all bottles of genuine "Brain Salt" the Government Stamp, bearing the words "F. NEWBERRY AND SONS, 125 years in St. Paul's Churchyard, London."

F. NEWBERRY and SONS, 1 and 3, King Edward Street, Newgate Street, London, E.C. (established A.D. 1746), send "BRAIN SALT," postage paid, for 3s., to any part of the United Kingdom; and those who fail to procure it of chemists may thus readily obtain it from the Sole Proprietor.

CERO.—We have examined the sample forwarded and find mucus, and a little pus suggesting that there may be some slight abrasion, or stricture, of the urethra. This is, however, no constitutional trouble, and has nothing to do with the tonsils, which is a separate affair altogether. If you wish to get them well, you must give up smoking, though beer does not hurt, and suck chlorate of potash lozenges, taking a teaspoonful of Fellow's Syrup three times a day to improve the general health. With regard to the other matter, it is a common thing to exhibit certain irritability when the bladder is full. The urethra trouble should be treated locally by the use of suitable instruments, which you will not be able to use yourself, at any rate, at first, without setting up inflammation. It would be better, therefore, to see a good doctor about it, and after being shown you may possibly continue the treatment yourself.

DISAGREEABLE.—Of course, if your tongue is foul, you cannot expect your breath to be sweet. Now, why is your tongue foul? Over-loading the stomach may be the cause, or unsuitable diet. You should take only very light and easily-digested food, like boiled fish or chicken, Frame Food Jelly, soups, and all other simple diet. No fat, nor sugar, no stewed sauces, pickles, &c. Cadbury's, Epps', or Fr's Cocoa are all very good for you. You had better keep the bowels freely open by means of a pill composed of the following: Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain. This may be taken every night and followed the next morning by a dose of salts. Take the following medicine: Liquor potassae one drachm, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

ALF. BLACK.—You must look well after your general health, taking a cold bath every morning, and keeping the bowels freely open; get also as much active outdoor exercise as you can. For the throat, you must use a chloride of ammonium inhaler, and use it several times a day; any chemist will supply you with one. Take the following powder: Borax, chloride of sodium, and bicarbonate of soda, of each seven grains, powdered white sugar fifteen grains, and dissolve in half a tumblerful of warm water and sniff up into the nostrils, bring it out of the mouth. As a general tonic, take a teaspoonful of Easton's syrup three times a day, and avoid spirit drinking, though beer will not hurt.

QUENTIN.—We have carefully considered your explicit letter, and have come to the conclusion that most, if not all, of your troubles owe their causation to dyspepsia of long standing. 1. Among the consequences appears to be distension of the veins of the lower bowel, which would account for the alteration and shape of the excreta, as well as for the mucous discharge. 2. The aching in all these parts is due to venous distension of the pelvic veins, in its turn dependent upon hepatic congestion, and that again upon dyspepsia. 3. Spasmodic constriction of some of the arterioles. Not an indication of approaching paralysis by any means. 4. The aching, distension, and flatulence, and liability to indigestion are due to the same causes as 1 and 2. 5. This condition accompanies 2. 6. Due to the same cause. 7. The custom is not known to us as such, but, at any rate, as far as cleanliness is concerned, it has much to recommend it. 8. The local medicine course of some of the arterioles. 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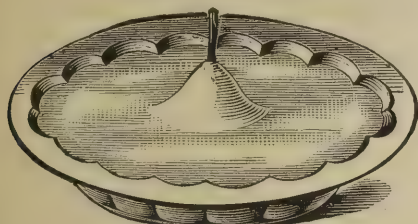
# DISINFECTION.

## KINGZETT'S

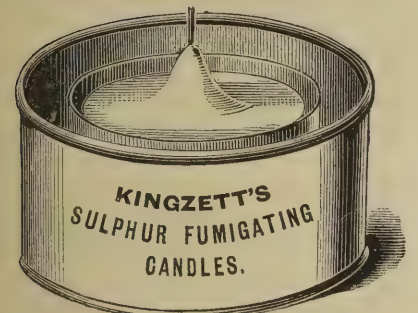
(PATENT)

### SULPHUR FUMIGATING CANDLES ARE PERFECT

And afford the best means of Preventing and Arresting the Spread of Cholera, Fevers, and all Infections by Fumigation with Sulphur. They can be lighted with the greatest ease, and burn steadily and thoroughly.



6d. Size.



1s. Size.

Full Particulars will be Sent on Application.

**THE SANITAS Co., LTD.,**  
BETHNAL GREEN, LONDON.  
(Sole Manufacturers also of the famous "Sanitas" Disinfectants.)

**RAILWAY PORTER.**—We fail to see, why you should call indigestion "a humiliating trouble." Brandy and eggs the first thing in the morning is, of course, the worst thing you can take. Your food must consist of boiled fish or chicken, Frame Food Jelly, and other light, easily assimilable articles of diet. Be careful to keep the bowels freely open by means of Dunn's Fruit Saline taken every morning, with a little liquorice at bedtime. Take the following medicine: Bicarbonate of soda two drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day between meals.

**WM. YATES.**—You cannot treat this yourself, it will be necessary for you to see some specialist. It would be absurd for you to entertain any prospect of the kind just now. Send a stamped addressed envelope, reminding us as to what is the matter with you.

**ANDREW.**—It is not very certain what the cause is, but it has been very frequently referred to certain salts being present in the water drunk. It is supposed to be much more frequent in Derbyshire. We are not aware that there is any specialist on the matter, but, if you like to send a stamped addressed envelope, we can give you the names of half-a-dozen leading London physicians, with their addresses.

**J. MCW.**—We do not think you will get permanently rid of them by any other method than by operation, and the consideration of the latter depends a good deal upon your state of health. After all, there would be no necessity to have anything serious done, painting with, or injecting into them, a ninety-five per cent. solution of carbolic acid will often cure them and dry them up. The best plan is to see some good surgeon on the matter.

**CAROLINE.**—The hair must be combed, and the eggs removed from the hairs every day until no more are left. This is the only way to cure them. They are most likely causing the irritation of the scalp. 2. Simply through infection. 3. No; no necessity for that. Have the pillow-cases washed and ironed, together with the sheets.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those who have been unable to get suitable glasses elsewhere), should consult Mr. Bluett, who has had thirty years' practical experience in making and adapting Spectacles for every form of Defective Eyesight, and for which he has received numerous unsolicited testimonials.

The Eyes Carefully Examined and Sight Tested FREE, Spectacles from 1s. 6d. per pair.

**F. BLUETT, Specialist in Spectacles,**  
8A, GREAT PORTLAND STREET, W.  
[FOUR DOORS FROM OXFORD STREET.]

FOR

# COUGHS

POWELL'S BALSAM OF ANISEED.

TRADE MARK.

## POWELL'S BALSAM OF ANISEED

OF

## ANISEED

For ASTHMA, BRONCHITIS, NIGHT COUGH, INFLUENZA, and ALL LUNG TROUBLES.

SAFE AND RELIABLE.

Established 70 Years.

See Trade Mark on Wrappers. Beware of Imitations.  
SOLD BY CHEMISTS EVERYWHERE.

**REPENTANT.**—This is generally due to sleeping on the back. You have not mentioned as to whether you have adopted any measures to prevent their occurrence. You had better get a large cotton reel, and tie it in contact with the back before you go to bed at night, so that should you have any tendency to sleep on your back, the pressure of this reel will wake you. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed-time, and followed the next morning by a mild dose of aperient fruit salts. Take the following: Bromide of potassium two drachms, chloroform water to six ounces. One-sixth part three times a day.

**S. H.**—Much depends upon your general health; the size of the varicocele, and the kind of operation adopted. Also what importance you attach to the two alternatives. The age is no barrier.

**L. W. C. K.**—We would not advise you to get married without seeing a doctor and obtaining his advice relative to the varicocele. This latter may be operated on very successfully without any inconvenience. With regard to your father, let him take the following: Solution of acetate of ammonia one ounce, syrup of squills two drachms, sweet spirit of nitre one drachm, chloroform water to six ounces. One-sixth part every four hours. Let him wrap himself up warmly, and keep out of draughts.

**RECREM.**—The plan you suggest is the best possible. But be careful that the corsets exercise no pressure, as this is generally the cause of this little deformity.

**R. J. C.**—We gave an article on this subject in our columns only a fortnight or so ago. You must keep up your general health, dress warmly, and take a teaspoonful of ammoniated tincture of quinine three times a day. Look after your general health as much as possible, pay due attention to the state of the bowels, eat well of good nourishing food and get up the circulation by taking plenty of active outdoor exercise. This is the best treatment we can suggest.

**MAYFLOWER.**—1. Yes. 2. No. There is no doubt that all your symptoms point to one thing only.

**F. THORNTON.**—If you like to send a stamped addressed envelope we can recommend you an eminent London specialist, but we know of none in Belfast. You need not be afraid that we shall refer you to quacks.

**VARICOSE.**—The bathing and suspensory bandage are merely palliative measures; that is to say, they may prevent the veins from increasing in size. But if you wish them to be finally obliterated, it will be necessary to undergo a slight operation.

**VENDREX.**—Yes, certainly; they are called *cryptorchids*. There is no special work in English on the subject.

**A. NEW SUBSCRIBER.**—We should advise you to take iron in a more digestible form than that of the mixture. For example, take the following pills for a considerable period—say months. Bland's Pills three grains arsenious acid one-sixtieth grain. Of course we are unable to say whether there are any more papillomata to be removed. Take a pill three times a day after each meal. Try and get a little more into the open air; of course, as is usual, your business is absolutely the worst possible for your complaint. In fact, it has been no doubt the chief cause of it.

**ENVIPER.**—It would be dishonest of us to pretend to know the nature of these spots, but your history is highly suspicious. We should strongly recommend you to see a good doctor at once, so that treatment may be commenced immediately.

**A. J.**—The only plan is to place yourself under the treatment of someone who is accustomed to dealing with these troubles; but you will not find such an one in your part of the world, you will have to come to London. When you have resolved upon your line of conduct, and wish to come to town, if you send a stamped addressed envelope, we will recommend you to whom to go on your reminding us of the nature of your complaint.

**NERVOUS and WEAK MEN.**—Vigorous Vitality Ensured to men suffering from nervous exhaustion, low vitality, &c. Try **HALE'S** (the only genuine that does not blister or injure the skin) **PATENT ELECTRIC BELT and Suspensor.** Comfortably curative. Effective in electric qualities. No metallic contact with the body. This scientific appliance will infuse a mild continuous current through the diseased nerve centres. Descriptive circular, undoubted testimony, sent free. **ARTHUR HALE and SON, Medical Galvanists, 30, Regent Street (Piccadilly Circus)**

**JNO. T. SUDES.**—You say you have been under treatment and the treatment has done you good. Now, of course, we are flattered by your applying to us for suggestion, but, inasmuch as we are constrained by honor to say so, would it not be better for you to have one of your old prescriptions made up, or keep yourself continually under treatment by seeing the doctor, say, once a month or so? You will probably never finally get rid of this complaint, therefore we suggest the advisability of your attending a doctor who has already seen the condition. We have not seen what stage it is in, hence we are so far powerless to be of material assistance to you.

**TEMPERANCE.**—It is probably allied to winter-lichen. You must wrap yourself up warmly, eat well, keep the bowels freely open, look after the digestion, take plenty of active outdoor exercise to keep up the circulation. Take warm baths and rub the part vigorously with pure vaseline every night or morning. It is in a measure due to acidity, therefore, you may try the following medicine: Salicylate of soda one drachm, bromide of ammonium one drachm, syrup of oranges one drachm, chloroform water to six ounces. One-sixth part three times a day. Avoid sugar, fat things, and greasy things, also pastry, and puddings.

**ELECTRICITY.**—1. The number of cells used is not a sufficiently accurate measurement of the current strength. 2. A out five milliamperes is the proper current. 3. For five minutes. 4. About No. 12 English catheter. 5. Negative pole in canal, the other at an indifferent point and, &c. We fear you will not derive much satisfaction from self-treatment.

**J. E. F.**—We are very glad to hear that your face has got so much better; with regard to the scars left behind, you must rub the face well so as to stimulate nutrition and disengage change; they will get much better in time. You may use a slight stimulant like dilute acetic acid or toilet vinegar. We cannot recommend you to use any of the remedies you refer to. You may of course change from the qualified to the unqualified, but you will be foolish to do so.

**ONE IN DISTRESS.**—You should take a cold bath every morning and get plenty of active outdoor exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed-time, and followed the next morning by a mild dose of aperient fruit salts. Your meals must be taken regularly, and must consist of plain nourishing food. Take Woodward's Frame Food Jelly, as being nutritious, and eat Hovis bread. Take also the following medicine: Bicarbonate of soda two drachms, aromatic spirit of ammonia one and a half drachms, infusion of gentian to six ounces. One-sixth part three times a day.

**TOOTHACHE.**—1. Unless decay is advancing rapidly, the pain is probably due to debility of the general nervous system. The treatment therefore will be to stimulate nutrition and general tone. Take quinine sulphate two grains, dilute phosphoric acid ten minims, solution of ferric chloride (B.P.) two minims, water to half an ounce. Three times daily after food. Keep the bowels acting freely with a morning dose of sulphate of magnesia. 2. Cleansing the teeth twice a day with myrrh and borax in warm water. 3. None on the teeth; sedative and an astringent on the gums.

**ADA.**—No! We do not advise upon such matters.

**J. PASH.**—1. We agree with the post-office doctor as to the nature of your trouble, and as to the time you will need to take the medicines. The period should be rather over two years of steady treatment, if you wish to be well subsequently. We do not know of any cheap, reliable work on the disease. There are the works of the late Mr. Berkeley Hill, which may be obtained at any medical booksellers, but they are quite technical. 2. At the moment, we do not recall any articles on syphilis published in the FAMILY DOCTOR. 3. You may certainly smoke a little, and drink, say, a pint of beer a day, but you must not touch spirits or other stimulants. Take as much green vegetable as you please. 4. Your friend is wrong. Not all the permanganate of potash in the world would remove the blotches.

**R.A.**—This condition of congenital or hereditary psoriasis is very hard to cure. You had better go on with the ointment you have been using, and take five drops of Donovan's Solution three times a day immediately after meals. Avoid all sweets, fatty, spicy, beer, and wines. Keep the bowels freely open, and take frequent warm baths, rubbing the ointment into the spots when the scales are well off. Get a fair amount of outdoor exercise, and be careful to protect yourself from cold as much as possible. This is the only form of treatment applicable to this complaint.

**S. A. C. Belfast.**—Without knowing something about your age, occupation, and mode of life, we cannot give you the slightest information.

**CONSTANT READER.**—You are probably suffering from astigmatism, and have not been supplied with the proper kind of glasses. We should advise you to go to some eye infirmary in your neighbourhood, and have your eyes examined by one of the physicians.

**S. C. F.**—The ordinary daily habits of washing should prevent you from suffering from this discharge. There is nothing abnormal about it if you will only pay the least attention to it. Take a cold bath every morning, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Eat regularly of plain, nourishing food, and take plenty of active outdoor exercise. Take a teaspoonful of Sellers' Syrup three times a day immediately after meals.

130th Thousand Post free of Author, 2s. 6d.

## THE CURE OF CONSUMPTION

**CHRONIC BRONCHITIS, ASTHMA, & CATARRH.**  
By E. W. ALABONE, M.D. Phil., U.S.A., F.R.M.S.,  
Late M.R.C.S. Eng., late Consulting Surgeon to the  
Lower Clapton Orphan Asylum, &c., Lynton House,  
Highbury Quadrant, London, N.

By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIRN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous. I had no less than 60 cases of cure last year."

"The FAMILY DOCTOR may be recommended as safe and useful in all Households."—The People.



**MRS. POOLE.**—We are not aware that there is any other name for it. It is a patent preparation from coal-tar products, we believe. You will doubtless be able to obtain it at any good chemist's like Corbyn's, Allan and Hanbury's, &c. **WHILLOW COUNTRYMAN.**—You did not keep on long enough with the medicine we ordered. While you were taking it you were better, so soon as your occupation does not permit of a more healthy life, we think it would be well for you to keep on with the drugs in a more modified form for some time. You are not satisfied, the saliva runs from the mouth because you sleep with your mouth open.

**S. H. ABLETT.**—There is no cure for varicose but by operation, so you need not entertain the idea that you are going to be cured without, however clever an advertising firm it may be.

**S. W.**—There is nothing that will remove the sear of a burn. If you attempt to do anything to it you will only make matters worse. We do not remember saying anything about your getting better.

**A. JEFFERY.**—You seem to be in a great hurry to have children; you must have patience. The apparent peculiarities you point out are no peculiarities at all, but perfectly normal in every way. There is nothing here for any doctor to do.

**E. F. O.**—When she is in such a dangerous condition you should certainly let her go to a hospital if you cannot try a little more. With regard to the matter of prescribing to pay a medical man. Unless you have medical attention for this state of affairs, she will be so ill as to be past recovery. We hope that before this reply reaches you you will have seen a doctor.

**ESAU.**—You cannot destroy this yourself, but it can be permanently removed by electrolysis carefully used by an expert. If done by anyone else, the remedy will be worse than the disease.

**NO. 15.**—You must do what you like; we have given you a well considered prescription.

**ROSALIE, A.**—We cannot tell you what is the cause of this pain at the left side, therefore we think it would be better for you to see a medical man who can thoroughly examine you and find out what is the matter. You might try a belladonna plaster placed over the part, this may relieve the pain a little. With regard to the nose, you should use the pain a little. With regard to the nose, you should use the pain a little. With regard to the nose, you should use the pain a little.

**MOTHER IDA.**—We would advise you to have the operation for cleft palate performed at once, or at the earliest possible moment. We do not know of any suitable feeding bottle, but as feeding with a spoon is far better for the baby, being preferable on every sanitary ground, we do not think you need trouble to discover such a bottle. It would be ridiculous and wrong to wait until baby is three years old before having the operation done.

**ANILE.**—In either case she should see a good medical man, or one of the physicians at some women's hospital near to where she lives. This condition is due to inflammation of the internal organs, probably caused by too early use of it. It is not at all analogous to the loss of fluid you mention. At about rest and proper food and medicine until well are the best things.

**BILIOUSNESS.**—The cause is, of course, insufficient exercise; walking about is quite inadequate. You should get a cold bath every morning, and be careful about your diet. As a rule, bacon, fried, is not looked upon as a first-rate diet for bilious subjects. We should advise a Frame Food diet. Savory's Farina Food, and other pre-digested foods as preferable. Then it would be advisable to take a teaspoonful of Epsom salts every morning before breakfast. Take also the following pill every night: Blue pill two grains, sulphate of quinine one grain, powdered rhubarb one grain. To make one pill, to take every night, and the following medicine: Dilute nitric acid one drachm, tincture of nux vomica twenty minims, chloroform water to six ounces. One-sixth part three times a day.

## A WONDERFUL MEDICINE. Beecham's Pills

ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scoury and Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

### WORTH A GUINEA A BOX.

For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them.

For a Weak Stomach, Impaired Digestion, and all Disorders of the Liver, they act like magic, and a few doses will be found to work wonders on the most important organs in the human machine. They strengthen the whole muscular system, restore the long-lost complexion, bring back the keen edge of appetite, and arouse into action with the rosebud of health the whole physical energy of the human frame. These are FACTS testified continually by members of all classes of society, and one of the best guarantees to the Nervous and Debilitated is BEECHAM'S PILLS have the Largest Sale of any Patent Medicine in the World.

### BEECHAM'S MAGIC COUGH PILLS.

As a remedy for Coughs in general, Asthma, Bronchial Affections, Hoarseness, Shortness of Breath, Tightness and Oppression of the Chest, Wheezing, &c., these Pills stand unrivalled. They are the best ever offered to the public and will speedily remove that sense of oppression and difficulty of breathing, which nightly deprive the patient of rest. Let any person give BEECHAM'S COUGH PILLS a trial, and the most violent Cough will in a short time be removed.

Prepared only, and sold Wholesale and Retail, by the Proprietor, Thomas Beecham, St. Helens, Lancashire, in boxes 9d., 1s. 1d., and 2s. 9d. each.

Sold by all Druggists and Patent Medicine Dealers everywhere.

N.B.—Full directions are given with each box.

**ANXIOUS WIFE.**—Take the following mixture three times a day: Bicarbonate of soda twenty grains, sulphate of potash twenty grains, tincture of nux vomica six minims, camphor water to half an ounce. Bathe with aromatic vinegar and water, a teaspoonful to half a pint, several times a day. Eat your food very slowly, avoid stimulants and coffee, and write us again in a fortnight, stating the results.

**JANIE.**—Use some camphor liniment for rubbing the fingers upwards with, twice or three times a day. Deficient circulation is the cause of the difficulty.

**THOMAS ATKINS.**—Your treatment should be persevered in, for at least six months after every sign of disease has disappeared, and you should not marry for at least six months after you have ceased to need treatment of any kind. Take the following mixture regularly twice a day: Solution of perchloride of mercury twenty minims, iodide of potassium eight grains, glycerine twenty minims, tincture of bark half a drachm, and water to half an ounce. Do not smoke, and cut down the stimulants to vanishing point.

**DEJECTION.**—Yours is truly a pathetic appeal for assistance, but we must say we think you have taken a rather too exaggerated view of your case. For instance, the animal craving to which you refer is perfectly natural, but any excessive indulgence in it should, of course, be checked. With regard to your badness, that is not necessarily produced by the cause you ascribe, but may be due to other causes connected with your occupation. If you have anything the matter with you, we mean physically, let us know what it is, and we shall be very happy to assist.

**RENE.**—The black lines under the eyes are most likely due to your indigestion. You must try and get rid of this, if possible, by eating plain food, and by taking a little of the liquorice powder taken occasionally, and followed the next morning by some Dunn's saline. Eat boiled fish and chicken, not stews or made-up dishes, and avoid beer, wines, and spirits. Take also the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, infusion of gentian six drachms, water to six ounces. One-sixth part three times a day, immediately after meals.

**PETITION.**—Yes, a doctor could give an approximate reply; but if a woman desired it, no medical man could definitely state the contrary at such an early period.

**WORCESTERSHIRE.**—1 & 2. Neither one nor the other of these quick remedies would be of any service whatever. 3. He would probably do himself serious injury in attempting to use such an instrument upon himself. 4. These things are equally worthless with 1 and 2. His best course is to consult a qualified London specialist with a view to undergoing electrolytic treatment, which is the only rational method of curing such conditions. The plans advertised would only result in disappointment.

**VICEROY.**—The discharge consists of prostatic secretion dependent upon a physiological irritability of the prostatic glandular structures. You will need to have some electrolytic treatment in order to remove the tendency. The condition would indicate some disability of the parts for the contemplated union, but the extent could only be ascertained after personal examination by a specialist.

**JEM.**—1. By sensation chiefly, as, unless you are well acquainted with the anatomical structure of the parts, you would be unlikely to discover the condition by palpation. We advise you not to attempt to do so. 2. No. It is not uncommon in people who are perfectly "competent" in every sense of the word. 3. It is very silly, and likely in time to upset his nervous system as well as his general health.

**WILKIN.**—You are quite right to make your diet as light and nutritious as possible. We think you will find benefit from certain invalid foods, such as Savory's Frame Food Jelly, Carrick's Peptonoids. You will find Pepalia, a combination of pepsin and salt, a great aid to digestion of solid food. As a soporific, you had better take ten grains of Sulphonal at bedtime, and the following pill regularly at one time: Aresenic acid one sixteenth grain, extract of gentian one grain. To make one pill, to be taken three times a day, immediately after meals. These must be taken for some considerable period before any really tangible result is visible, but we are sure you will find them beneficial.

**EXPECTANT.**—You will have to obtain a hydrostatic nasal douche (Bailey & Son, instrument makers, Oxford-street, London, W.), and follow carefully the instructions given with it, using the following as a lotion: Braic acid, powdered, one teaspoonful, tannin half a teaspoonful, to be dissolved together in a pint of warm water, and used as a nasal douche three times a day. Take a teaspoonful of Dunn's fruit saline twice a day in water. Drink no stimulant, and take neither sugar nor coffee.

**REGULAR READER.**—1. Two guineas would probably be the fee for each consultation with the gentleman named. 2. We cannot give you the name of a physician in these columns, but shall be happy to do so if you send us an addressed envelope, restating your wish.

**ARITHMETICIAN.**—You had better take a cold bath every morning, and get plenty of outdoor exercise. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. You should avoid all beer, wine, and spirits, all fats, sweets, and pastry, and take the following medicine: Bicarbonate of soda two drachms, infusion of gentian to six ounces. One-sixth part three times a day.

**ELAN.**—We cannot advise you this without rather acquaintance with the state of affairs. It may be that you are suffering from stone or enlarged prostate, but we cannot assign a cause without more detailed information. It is of no use attempting to treat this pain without knowing something about the cause.

**CANNING T.**—A great deal depends upon the amount of deformity. You had better send a stamped addressed envelope, and we will recommend you to a special medical man.

**PICA.**—The thick substance is due to want of cleanliness, you should use plenty of soap and water. The other matter is due to an over-sensitive of the parts, and can only be overcome by some weeks or months of regular treatment. You should take morning cold baths, keep the bowels freely open, and refrain from stimulating food and drink. Take a teaspoonful of Fellow's syrup three daily.

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**WHOLESALE.**—Avoid all beer, wines, and spirits, and much walking or standing about. Keep the bowels freely open by means of some aperient salts, and take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals. This must be taken until you are quite well, and for at least a week after.

**LES MISERABLES.**—Your nose is due to dyspepsia and feeble circulation. You should be careful to take plenty of active outdoor exercise, keep the bowels freely open, and attend to your diet, making it as light and nutritious as possible. After washing the face at night, paint some ordinary collodion over the red patch, and leave it on till next morning. This treatment must be continued for some time—say, up to one month—before you can expect to be cured. Take the following medicine also: Sulphate of magnesia one drachm, carbonate of magnesia one and a half drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day between meals.

**VERAN.**—You had better take the general advice we have given to "Wholesale" above, and as you do not like a medical man, and cannot give you pills, you had better take Savare's sandalwood capsules, until you are well. Follow out all our instructions to the letter, and you will soon be quite well. Bathe the parts in cold water, not hot.

**WYNDHAM.**—This form of exercise acts as an irritant to the parts which come in contact with the machine, and is therefore apt to engender functional disorders of the same. We cannot go into the question in detail here, but we are strongly against this form of exercise both for men and women.

**C. A.**—You have not referred us to our reply to you in the "Correspondence" columns, hence we do not know when we replied nor what medicine we ordered. Other doctors' prescriptions are no guide to us, and so we very much fear that we cannot be of further help unless we are reminded.

**A. YOUNGSTER.**—The original injury must have been caused by a blow or strain. The only thing for you to do is to keep the part supported by means of a suspensory bandage, and apply a little iodine ointment to it every night, washing it off again before the next application. Keep the bowels freely open, and do not indulge in excess in outdoor exercise—that is, not until you are too fatigued. With regard to the rest of your queries, there is nothing but exactly normal condition. If you lie on your back you must expect to suffer in the way you mention. You had better take the following: Iodide of ammonium half a drachm, aromatic spirit of ammonia one and a half drachms, infusion of gentian to six ounces. One-sixth part three times a day in a wineglassful of water.

**BOTTLEWASH.**—1. Certainly not. 2. A difficult question to answer as it is put. You may try the following: Tincture of perchloride of iron fifteen minims, sulphate of magnesia half a drachm, glycerine half a drachm, water to half an ounce. Three times daily after food. Take this for a week, then try a teaspoonful of Hewitt's "Liq. Santae Buchu" three or four times a day in water. 3. If not cured, the disease will probably result in stricture. Therefore, if you do not find the remedies named effectual, you had better write to us again for further advice.

**TWENTY-THREE.**—1. See reply to "Bottlewash." Follow the instruction given to him as regards medicines, and use an injection of the following: Sulphate of zinc sixteen grains, alum sixteen grains, distilled water to eight ounces. To be used as an injection three or four times a day. 2. Give up beer for the present. 3. You must wait until every trace of discharge has disappeared.

**JAMES KIRKMAN.**—Keep on with the same pills, getting the chemist to add one quarter-grain of extract of opium to each one. You will find that the medicine will then not upset your stomach in any way.

**SCANTY.**—The information you supply is indeed scanty. Instead of wasting money on mousethe lotions we should advise you to have four artificial teeth placed in your jaw so that you may be at a greater advantage when food is placed in front of you. If you want to have a good mousethe you must get well and strong, get plenty of exercise, and keep the bowels freely open. Also take plenty of good nourishing food. With regard to your asthma or bronchitis, you had better try the following medicine: Solution of acetate of ammonia one ounce, syrup of squills one and a half drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, decoction of senega to six ounces. One-sixth part every four hours.

**SIMPSON.**—You had better go on with the medicine as we recommended. It will probably do you good.

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# MR. SPURGEON'S GARDENER.

**S**PEAKING of the great preacher, a former gardener of his says: "Mr. Spurgeon was one of the most genial and pleasant of men. Although known all over the world, he never put on any of the airs of a great man. He was on a level with the people in sympathy and feeling, which helped to give him his vast influence for good. He would often come into the garden and talk to me about the flowers, especially asking if I understood their Latin names. He was an excellent Latin scholar, and one had to call up all his wits to discuss the subject with him."

Branching off on a topic more personal to himself, the gardener (Mr. James Fuller) continued: "My calling ought to be, and is, a healthy one, but no man can ever tell when and why illness may come. Up to February, 1888, I was strong and well. Then I found my appetite failing me, and my tongue looked like a piece of brown leather. What little I ate gave me pain in the chest and sides, and I had also diarrhoea with severe griping pains. My hands and feet were cold and clammy; indeed, I felt cold all over my body. About a week later I had an attack of rheumatic fever. At first this took me in the hips and shoulders, and then spread to every joint, and I went to bed and sent for a doctor. For weeks I was in great agony and helpless as a baby—not able to move hand or foot. Outward applications gave but little relief. I was harassed by a dry, hacking cough, with much retching and straining to raise the phlegm. I was in this state for over two months, during which time four doctors prescribed for me, but nothing did me any real good.

"One of these physicians, after sounding me, said: 'Fuller, your ailment is the first stage of consumption.'

"He was mistaken, however.

"Some time later I went to the Great Homer Street Hospital, where I received every attention, and several doctors took great interest in my case. My stomach was so weak that for some time I was put on starvation diet. After a while I left the hospital, the doctors saying they had done all they could for me. In a weak, emaciated condition I returned home. After a few

days' rest I went to Freckenham, near Newmarket, to see if my native air would help me. Arriving there I became so bad I could barely walk, my cough and the spitting all the time getting worse, and my breathing short and hurried.

"Despondent and feeble enough by now, I went to Bury St. Edmunds and consulted a celebrated specialist, who gave me medicines but held out no hope of my recovery.

"Time ran along until June, 1888, when I heard some of my Freckenham friends speak so highly of Mother Seigel's Curative Syrup that I determined to try it. In four days I found relief. My appetite returned, food agreed with me, and I gained strength fast. My cough and the other troublesome symptoms soon left me. Having taken the Syrup for a few weeks I was able to return to Norwood and go to work. One old friend who called to see me was astonished, and said to my wife, 'Well, well; I should not have been surprised to hear that your husband was dead.' Thirteen years ago I came to Norwood as gardener to the late Rev. C. H. Spurgeon, and lived at the lodge, Westwood House. I tell everyone that I am indebted for my life to Seigel's Syrup."

Mr. Fuller's present address is 42, Queen's Road, Crown Hill, Upper Norwood, near London.

On this short, clear statement only little comment is called for. In the first place it must be distinctly understood that Mr. Fuller did not have consumption or any other organic lung affection whatever. The symptoms which looked that way arose from the stomach and from nothing else. The cough was a "stomach cough," and the short breath was asthma, resulting from a poison in the blood acting upon the nerves which control the lungs. When Mother Seigel's Curative Syrup had set the digesting machinery in order, and expelled the impurities from the blood, the alarming portents disappeared as a matter of course. The point is this: Don't give yourself up to die of consumption until you absolutely know you have consumption. The chances are a hundred to one that you have what Mr. Fuller had, indigestion and dyspepsia, which can imitate and counterfeit almost any disease under the sun.

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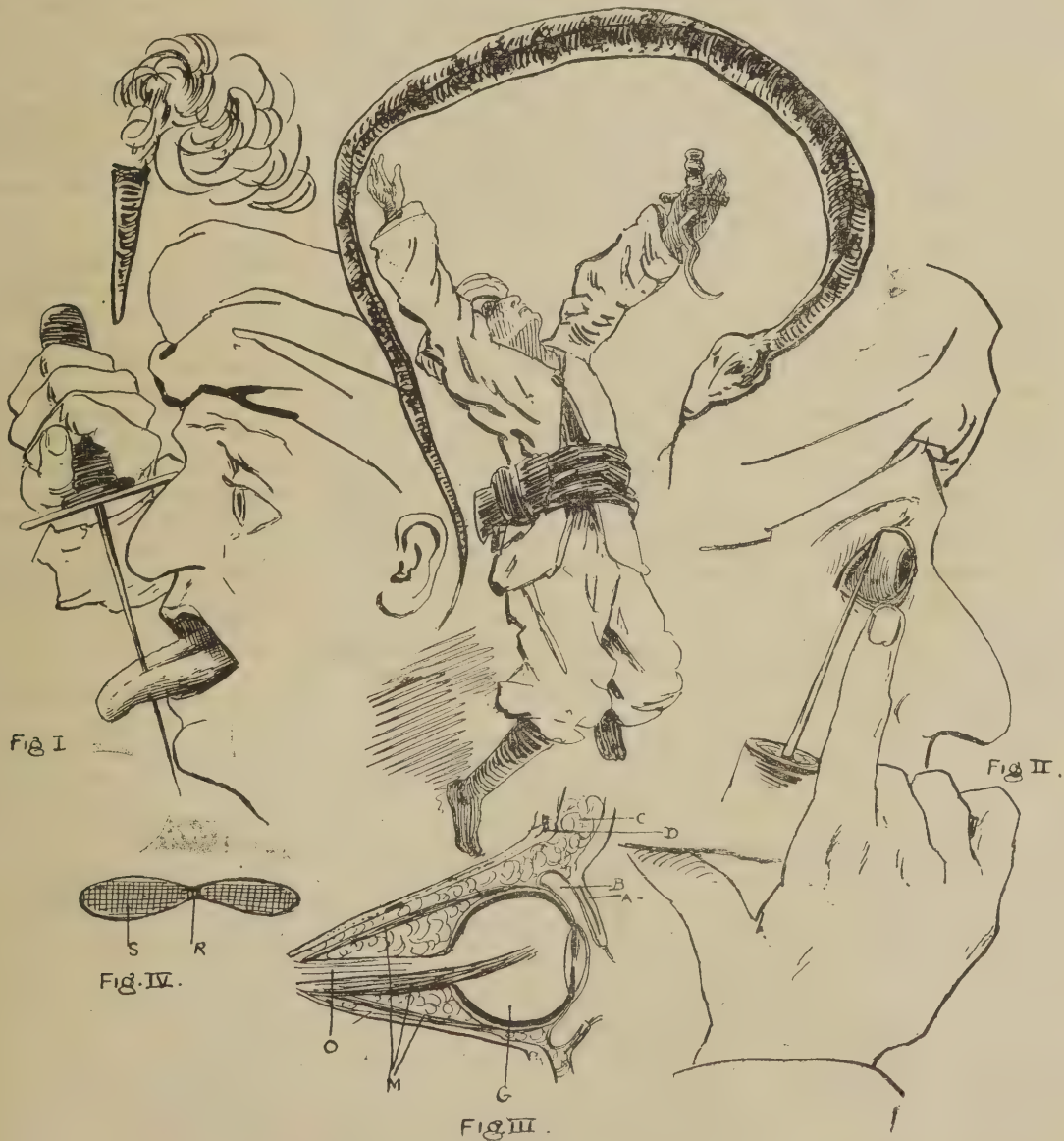
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## CONTENTS.

PAGE.	PAGE.
The Tricks of Fakir .. .. .	Origin of Gravel .. 169
Priests Explained .. .. .	Nursing in Work-houses .. 169
(Illustrated) .. 161	Corporal Punishment in Schools .. 170
Editorials .. .. .	Physique and Character .. 170
Recent Patents .. .. .	The Incapable Woman .. 171
The Tricks of Fakir .. .. .	Fetters?—A Retrospect .. 171
Priests Explained .. 163	The First Quarrel .. 171
The Philosophy of .. .. .	How to Treat Neuralgia .. 171
Clothes .. .. .	Advance of Knowledge .. 172
The Tendency to Skin Diseases .. .. .	Specialties .. 172
Fruits .. .. .	Our Open Column .. 172
Tales Worth Telling—“Old Mr. Wade” .. 165	Notes & Queries .. 172
Recipes for the Table .. 166	Answers to Correspondents .. 172
Household Hints .. 166	.. .. .
The Mother's Page .. 167	.. .. .
Care of the Feet .. 168	.. .. .
Dress and Health .. 168	.. .. .

## EDITORIALS.

**S**PECKS FLOATING BEFORE THE EYE are occasioned by some foreign substance floating in the aqueous humour. The image of an object is formed on the retina in the back part of the eye, and the foreign object passes before that field, casting a shadow upon it in the same manner that clouds float between the earth and sun, casting a shadow upon the earth. Of course it interferes with a clear vision, and is noticeable to a greater or less extent. The specks thus floating are foreign substances which should have been eliminated. With a torpid liver, and torpid elimination, these foreign substances accumulate in the body everywhere, and it is common for them to be thrown into the cavity of the eye. They occasion considerable annoyance, and can only be relieved of this disturbing element by improving the elimination to the extent that all foreign matter is eliminated from the body. This can be done by regulating the diet. See that the bowels are kept in a free state of activity, and a good Turkish bath should be taken once or twice a week until the system is cleared of all offending material. No medicine is required. Above all things, do not treat the eye for it.

**THE ADVISABILITY OF AN OPERATION FOR CATARACT.**—We should always recommend the operation at the proper time, that is, when the cataract is ripe, in which case the individual will be nearly blind in that eye. A cataract is an opaque hardening of the crystalline lens, which by a careful operation can be extracted. This operation leaves the eye clear of any obstruction, but without the lens. Consequently the patient will have to consult an optician, and get a glass to take the place of the lens that was taken out. With this they usually have very good sight indeed. There is so little danger in the operation, and so many chances to receive good vision, that we should always recommend the operation.

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**DANDRUFF** is caused by an exfoliation of the outer cuticle of the scalp. Cleansing of the scalp is of primary importance. This can be accomplished to advantage by a thorough cleansing of the head and hair once a week with the white of an egg. After thorough cleansing, and to prevent hair falling out, and to improve the nutrition of the scalp, we would recommend the electrical brush, if one can have recourse to a battery. If not, we would recommend as a stimulating lotion the following:—Quinine thirty grains, chloride of sodium, or common table salt, one-half teaspoonful, bay rum eight ounces, rain water eight ounces. This can be scented *ad lib* with the oil of rose. Apply at night with rubbing with the ends of the fingers.

**SWIMMING A HEALTHFUL EXERCISE.**—Swimming is a delightful exercise if not carried to excess, and is beneficial in many ways. It certainly will serve to expand the lungs, and develop the muscles in a remarkable way. The great danger is in remaining in cold water too long, and not being sufficiently protected after coming out.

**CHILBLAINS.**—The best cure for chilblains is prevention, and protection of the extremities by woollen coverings (which can well be worn under silk stockings), and plenty of exercise to keep the blood well circulated, and keeping the feet at a reasonable distance from the fire will obviate the necessity for remedies; except in anæmic subjects or delicate children, whose physique prevents sufficient exercise being taken. In these cases, it is good to wash the feet at night in hot bran water, into which pour some “cloudy ammonia,” after which apply the following lotion:—Pure white soap one drachm, a mild solution of ammonia two drachms, tincture of cantharides two ounces. A less troublesome remedy than the above is to paint the frosted parts night and morning with a lotion made of equal quantities of tincture of iodine and a solution of ammonia.

**COLOUR BLINDNESS AND TOBACCO.**—A new theory has been advanced in regard to the defective colour-sense, which holds that it is probably due to the use of tobacco, and arguments are adduced giving the theory some plausibility. Inasmuch as it is chiefly men who suffer from colour-blindness, there seems some reason to suppose that at least it is due to something peculiar to men, as smoking in this country generally is; and if tobacco is not to be held accountable for it, what is? In the exceptional cases of deficient colour-sense found among women, if the victims do not smoke, they may possess the defect by inheritance.

In 1531 the British Parliament passed an act punishing poisoners by boiling to death.

An interesting note has appeared in *Nature* on the thrush, treated not from an ornithological, but from a bactericidal point of view. The great mortality which prevails among children suffering from thrush gives a considerable value to any investigation into this disease. Alkaline substances are usually recommended to counteract the acidity of the mouth, which is supposed to be favourable to the growth of the fungus. Signor Marantonio, however, who has made experiments in one of the Roman hospitals, finds that thrush grows abundantly in alkaline as well as in acid media. Salicylic acid is found to have a destructive effect upon it, and has been most successfully prescribed in actual cases. Occasionally it appears that thrush is endemic, and the organism has been isolated from the dust in the chinks of a floor. It can stand desiccation for four and a half months, and will weather even fifteen hours of direct sunshine (which is usually fatal to its kind); so that it is a particularly hardy specimen of disease germ, and the wonder is not so much that children die of it as that any manage to escape it.

A SCIENTIST who has investigated the matter states that the men who are employed in the Paris sewers are as healthy as the average person, and no other eight hundred men in that city are so free from zymotic diseases.

**THE BUSY INSECT WORLD.**—A well-known scientist is quoted as authority for the statement that there are five times as many species of insects as there are species of all other living things put together. The oak tree alone supports 450 species of insects, and 200 kinds make their home in the pine. Forty years ago Humboldt estimated that the number of species preserved in collections was between 150,000 and 170,000; but scientific men now say that there must be more than 750,000, without taking into account the parasite creatures. Of the 35,000 species in Europe, however, not more than 3,500 are obnoxious or destructive. There are more than 100,000 kinds of beetles.

**IS SCARLET FEVER DYING OUT?**—A singular fact has been revealed by the carefully kept death records in England. This is a steady diminution in the number of deaths from scarlet fever, which fell from 14,275 in 1881 to 4956 in 1891. No adequate explanation has been offered. As contributing causes, however, Dr. William Ogle finds (1) that the proportion of children to the population materially declined in the decade; (2) that the isolation of the sick and other sanitary practices became more general; and (3) that in some unknown way scarlet fever has been gradually assuming a milder form. The last conclusion is justified by ample evidence. The part played by sanitation has doubtless been of some importance, as may be inferred from the fact that typhoid fever deaths have also been diminishing. Dr. Ogle feels assured that epidemics of scarlet fever will not soon, if ever, again be the scourge of infant life they have been.

**A MELANCHOLY AFFAIR.**—Social customs in Japan differ widely from those which prevail among us. Over there, for instance, a wedding must be rather of a melancholy affair. It is not good form for the bride to admit that she is glad to get married. When she is told of the prospect she is expected to howl loudly and long. Also she must keep it up by day and by night until the ceremony takes place. After she has been richly-dressed for the event she must renew her shrieks, and hang back until one of the attendants throws a veil over her face. Then an old hag takes her on her back, and carries her to a sedan chair. When she arrives at the bridegroom's house she is a wife; the simple rite in the dowry chair being the only legal ceremony required, though profuse entertainment and congratulations from assembled guests follow her arrival.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

19,377. An improved ambulance combination stretcher. J. TAMBLYN and D. A. SAUNDERS. Oct. 16th, 1893.  
 19,446. Improved appliance for dental purposes. H. GUTHRIE. October 16th, 1893.  
 19,488. The use of collapsible tubes for liquids and powder toilet preparations, inclusive of dentifrices, and inclusive of any preparation in the form of a paste. H. A. ROBERTSHAW & Co., Halifax. October 17th, 1893.  
 19,539. Improvements in surgical dilators. A. BEAVIS, London. October 17th, 1893.

**SHE DIDN'T KNOW THE LADY.**—Mrs Clancy—“Yis, Mrs. Muggins, Pat and Oi part to mate no more. Oi went to the hospital to ax after him. ‘Oi want to see me husband,’ sez Oi—‘the man that got blowed up.’ ‘Yez can’t,’ sez the docther—‘he’s under the influence of Ann Estheticks.’ ‘Oi don’t know the lady,’ sez Oi. mighty dignified loike; ‘but if me lawnd wedded husband kin act like that when he’s at dith’s door, Oi’ll have a divorce from him!’”

“The FAMILY DOCTOR. The contents are varied and useful, with an entire absence of Quackery.”—*Observer*.



[SPECIAL ARTICLE.]

# TRICKS OF FAKIR PRIESTS EXPLAINED.

By C. W. H.

SELF-INFLICTED voluntary tortures have always a grim fascination for the vast majority of mankind. Witness the crowds that will flock to see a man dance on broken glass or bend red-hot irons on his naked flesh, when such feats are performed on the public stage; or watch the assembly applaud the humbler performer in the shape of the fire-eating "nigger" at the seaside; or note the daily records in the public press of the feats of a fasting man, such as Succé.

The other day the writer had an opportunity of watching closely the feats of a gentleman who styled himself a Fakir priest, and, noting that several of the audience got up to leave on seeing the first feat, it dawned upon him that perhaps an explanation of such seeming cruelties might be interesting to my readers. The great bulk of the public is not acquainted with natural law, or the details of anatomy, consequently all performances of the kind seem sensational and horrible in the highest degree, and, to a minority, absolutely revolting. Nevertheless they are not so, but are surrounded by so much stage realism that what are really very innocent performances seem genuine, as I shall endeavour to show.

Let it be remarked that in most of these "shows" things are what they seem—that is to say, if the performer puts an elongated bodkin, which the programme and the gentleman who gives the necessary introduction styles a "dagger," through his tongue, he really does so, but it is practically painless, and no blood issues afterwards.

But let us review such a performance in chronological order. Most of the performers begin by a dance which is generally vigorous, if nothing else; this is supposed to render the person insensible to pain, but I apprehend he would even in this state of insensibility decline to allow any practical test on his body of the *bona fides* of such anaesthesia; as a matter of fact, the writer challenged one performer, and the idea was scouted.

When the dance, which is carried out somewhat in the manner shown in the central figure of the illustration, is completed, various tests are gone through to show the accuracy of this statement, and one of the most startling is thrusting a long-pointed, thin, steel instrument through the tongue. After many flourishes the instrument is passed through the central raphe of the organ, which, to facilitate the operation, is pulled as far as possible forward out of the mouth; then, with the dagger (✓) in position, the Fakir walks through the audience. "Astounding feat!" exclaimed my neighbour at the last séance I witnessed.

Does the hook of an earring hurt when passed through the lobe of my lady's ear, I asked? This performance is on a par; the central raphe of the tongue is of a fibrous nature, with little or no blood or nerve supply, and it is possible to make a hole through it which shall be permanent just as it is so commonly made through the ear. Fig. 4. R., shows the part pierced; the tongue is here represented in section. Many negro tribes cut gashes right through the substance of the lower lip, and wear ornaments in the hole thus made. Tastes differ: Savages wear pieces of stone or wood about the size of a plover's egg through their lips, civilised ladies wear pieces of gold or brilliant, dangling from their ears. The Fakir makes capital out of a less common feat.

The next item on the programme is not so easy to explain, but is, in reality, equally simple. If you examine Fig. 3 you will see that this diagram represents a section of the human eye: A, the eyelid; B, cul-de-sac; C, fat; D, bone; G, the globe; M, muscle; and O, the optic nerve. The operation is described as turning out the eyeball from its socket, and laying it on the cheek. This is utter nonsense; what is in reality done is, a round-ended stiletto is inserted in the cul-de-sac B, the upper eyelid

is pushed up and everted, and the globe at the same time pressed gently (with a vast array of force) forwards, at the same time the lower eyelid is pulled downwards, this gives the eyeball a very startling appearance, and the writer has frequently heard the friends of patients, who have watched an ophthalmic operation when the eyelid everter has been inserted in position, afterwards describe how the eyeball was "taken out and laid on the cheek." Fig. 2 shows the *modus operandi*. By the use of a few drops of a twenty per cent. solution of hydrochlorate of cocaine this feat can be performed by anyone quite painlessly, but I should not advise my readers to try it, because the slightest unsteadiness of the hand might lead to the stiletto puncturing the conjunctiva, and setting up of suppuration of the fat about the eyeball, unless the instrument was surgically clean.

Bites by live snakes, which are described as poisonous, are generally shown. Now one of two factors obtain in this item, either the snake is non-poisonous, or it has been rendered harmless by the destruction of its poison bag, so the snake business can be dismissed without more ado. If any of my readers believe the snake which bites the Fakir to be poisonous and entire, they must be possessed of more gullibility than I give them credit for.

Burning portions of the body with a torch is the most painful thing the performer does, and you are told that the burning will be continued until someone in the audience cries, "Hold!" At the performance I witnessed a person connected with the place cried out, and so the burning was not continued long enough to prove to a poor sceptical mortal like myself that this performance was any more harmless than the previous ones. I have since experimented with a torch, and I find that, held as I saw this one, it can be kept in position a considerable time without much pain. It is not, however, quite on the same footing as touching red-hot iron, or molten lead, with the naked hand, a feat which we were credibly informed some time ago H.R.H. the Prince of Wales had tried, and which is free from pain and easily explained.

Dancing on broken glass is rendered innocuous by the dense thickness of the epidermis of the sole of the foot when exposed to usage. The gamin of the gutter suffers little or no hardship any more than the negro by reason of his barefootedness.

I must now close, but to reiterate, the eyeball is not, as a fact, moved forward, except for a very small fraction of an inch, because such a proceeding is a physical impossibility without stretching the optic nerve and destroying the sight, and all tales of the eye being removed and replaced are bogus, and a trial of your credence. Such performances are not elevating sights to witness, but an explanation of the *modus operandi* takes away the edge from the shrieks of the daily press at such cruelties (*sic*) being allowed. None would go and witness them if they thought the spice of danger was absent, and an exposure of their innocence will do more to stop such exhibitions than all the polemics of leader writers on their barbarity. The derivation of the verb "fakir" is now clear, it is no longer a vulgarism.

TEMPERATURES OF THE POLES.—The Southern Hemisphere is colder than the Northern Hemisphere, or rather the summers are much colder and the winters a few degrees warmer, the reason being that at the North Pole much of the ice which forms is held in by the land, while at the South Pole, there being very little land, the ice forms and then floats toward the Equator, chilling the continents it passes. The greater quantity of water in the Southern Hemisphere is a reason of its more equable climate, and the fact that the sun spends eight days more on the northern side of the Equator than he does on the southern accounts for the average temperature in the south falling below that at the north.

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## THE PHILOSOPHY OF CLOTHES.

IN spite of "Sartor Resartus," we are not sure that there has yet been developed among us any quite satisfactory Philosophy of Clothes. It may be that we are on the way to it, but he might well be pronounced a mere visionary optimist who would declare that the goal has yet been reached. Men may indeed claim that they have at last got a decent and comfortable enough style of dress, if the swallow-tail and the still tolerated abomination called a chimney-pot be excepted. But what of the women? Can it be reasonably maintained that their garments are always modest, and that they are invariably conducive to the maintenance of health? And if not, why not? Here we are in presence of deepest mystery. Who is it that rules? It must be supposed that there is some supreme arbitrator, whether called Wörth or by some other name, who ordains what each woman shall wear, and whose fiat is regarded as law; but why it should be so, no one can tell. And why the women should all follow so humbly and sheep-like the example set by some unknown entity in Paris or elsewhere is also one of those things which no male creature may hope to understand. For our part we should not meddle with the matter if it were not for the intimate bearing which dress has upon health. For this reason alone, we find ourselves reluctantly compelled to study with some care the prevailing fashions of the day.

Some members of the hygienic confraternity seem to be even more completely *au courant* in these matters than we can yet boast ourselves. Thus Dr. Theodor, of Rome, contributes to our valuable contemporary *Gesundheit* an interesting paper on the disfigurement of the body brought about by following the fashion, and the consequent injury done to the health of its votaries. He shows how clothing, which was in the first instance assumed as a protection against climate, and out of considerations of propriety, has often been so perverted from its original uses as to become a dangerous enemy to health. If garments must be worn, the natural expectation would be that they should be made to fit the body; but that is only the expectation of the simpleton, because anyone acquainted with the mode knows that the body must be made to fit the garments. In the matter of dress there are two main questions to be asked: the first is as to what is the fashion; the second (if there be a second) is as to what may be good for the health. The latter is, however, quite a subordinate consideration. Comfort is also secondary; the mode must govern all else. Nature is expected to adapt itself to art, instead of art being serviceable and ancillary to Nature.

The Venus of Milo and the Venus de Medici are the recognised ideals of womanly beauty, noble in curve, perfect in proportion—the expression in imperishable marble of the lovely visions which floated before the imagination of the Greek sculptor; but these ladies must be condemned as hopelessly out of the fashion when tried by the standard of the modern belle, whose wasp-like waist is the triumph of the nineteenth century *modiste*. And this triumph is attained by tight lacing—the prolific parent of a vast number of feminine ailments. Respiration, digestion, circulation—all suffer from this cause; and the lamentable results are palpitation, spinal trouble, migraine, anæmia, chlorosis, dyspepsia, and a thousand other evils. According to Dr. Theodor, the Parisian bodice known as *corset à la sirène* is specially responsible for these and still more specific troubles which have been recently observed in Germany among girls and women who affect this particular kind of vanity; and as he recognises the difficulty which the individual woman finds in withstanding the imperative dictates of fashion, he recommends the formation of unions and societies which should have for their object the promotion of a style of dress which would at least not offend against the primary laws of health.—*Sanitary Record*.

PRIDE is the mask of one's own faults.



## THE TENDENCY TO SKIN DISEASES.

By C. A., M.D.

MOST skin affections should be looked upon as the symptoms and expression of a general constitutional condition. I do not except even the parasitic diseases which, by taking root in the epidermis, awake certain constitutional tendencies. It is just this constitutional cause which accounts for the characteristic obstinacy of dermatoses. "The more obstinate the complaint," said Sydenham, "the more it partakes of the individual." It is especially in these difficult cases that it devolves upon the physician to prescribe a definite regimen and appropriate treatment. Keeping to himself his disquietude and suspicions of possible incurability. From all time, the influence of the nervous system in skin diseases has been recognised. The old dermatologists continually speak of attacks of eczema provoked by anger or joy, and of other cutaneous affections coinciding with nerve-storms and neuralgia. One sees also, frequently enough, psoriasis following on moral causes, on lively and deep emotions. Contemporary works have proved that we must ascribe these mysterious influences to the vaso-motor system. Microscopic lesions of the nerves of the skin have equally caused nutritive changes, and explained the symmetrical distribution of certain skin diseases. Finally, the intimate relationship of lepra, zona, and ichthyosis, with disturbances of the nervous system, are absolutely traditional and well-recognised.

How many eruptions are connected with gastro-intestinal affections! Every day, in treating indigestion, old and rebellious skin troubles miraculously disappear. We all know the relation of nettle-rash to dyspepsia, of acne to constipation. The interference with the natural function of the skin, especially its duty as an eliminator, often aggravates the internal complaint; so that there is a vicious morbid circle, a continual exchange of effete products. We often observe, in this connection also, faulty liver action. People who suffer from bile and heart disease, are predisposed to acne. Is not the liver our great organic scavenger, the gland that the medicine of the ancients charged with eliminating *acid humours*, and to which modern science resigns the duty of microbe-killing? However it be, when the liver is torpid and congested, the skin loses its fresh and supple appearance: itching and eruptions frequently manifest themselves.

We must not fail to observe the connection of genito-urinary complaints with skin diseases. Gravel, albuminuria, uraemia, and inflammation of the bladder, produce boils, carbuncles, nettle-rash, eczema, &c. We know that erysipelas and erythema are connected with the menstrual function; how often acne and eczema appear at the climacteric—the woman's purgatory! The respiratory function has its share also in the production of skin complaints; thus tropical lichen coincides with respiratory weakness in hot countries. We all recognise the muddy earthy look of consumptives. Eczema and asthma are so nearly related that Ducloo looks upon asthma as a kind of acute herpes, a temporary, fugitive, eruptive attack in the organs of respiration. Cazenave lately treated an asthmatic who for seven years had not slept a single night through. This patient was suddenly attacked with eczema in the legs with abundant sweating. The oppression of breathing disappeared from that day, as if by magic. How can one fail to believe, in a case like this, in the intimate relationship between the eczema and the asthma!

It is on account of this relationship that in order to prevent acute morbid relapses, and to hinder the invasion of chronic maladies, we try so often, by friction, massage, and electricity, to maintain or even to revive, the healthy action of the skin. For this reason, it is often necessary to treat old obstinate ringworm

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almost roughly. Heal up an old extensive eczema, and you substitute diabetes, albuminuria, cancer. It is especially at about fifty years of age that the important function of the skin as an emunctory and natural scavenger is most recognised.

Eruptions at this critical age often supplement functions of atrophied organs, and frequently preserve maladies which are less desirable; this is an axiom with which every physician is familiar. With regard to eruptions manifesting themselves before puberty, they are cured often enough by the development into adult life.

Defective nourishment often excites cutaneous disease. Alibert states that in the poverty which existed during the Revolution the people, being obliged to eat things unfit for food, affections of the skin predominated enormously. During the siege of Paris the St. Louis Hospital was full of patients. Bergeron and Jacquiemer accuse stale milk (ten to twelve months old) of producing impetigo in nurslings. Often in infants and children I have found this to be a cause, and for this reason I advise families never to select as a wet nurse a woman confined less than three months ago.

The vulnerability of the skin is infinitely variable, according to race, climate, and profession. Compare the peasant's child, who handles nettles in the field with impunity, with our modern young lady, who, by means of gloves and toilet accessories, has exaggerated the cutaneous sensibility to such a degree. Children, women, blonde and red-haired, have the finest skin. Great fatigue, and deprivation of sleep render the skin susceptible, as do other causes of debility, dentition, puberty, lactation, &c., everything that relaxes the skin, or interferes with its normal functions, predisposes it to eruptions. Uncleanliness, parasites, variola, blistering fluids, &c., frequently become the cause of the ulterior skin disease.

We are compelled, in the face of near facts, to admit the existence of a gouty predisposition to skin complaints. This explains the long duration, hopeless tendency to relapses, to internal metastasis, to the changing diseased conditions that one always observes in the study of dermatoses; their disappearance in the wake of dangerous illness; the cerebral troubles and cancer which follow their too rapid suppression. Frequently hereditary, the gouty temperament manifests its weak point on the most trifling occasion; a simple blow, an iodised bandage, the handling of irritating substances, develop an obstinate eruption, and reveal the cutaneous susceptibility. This eruption will at all times remain elementary, and will avoid the *derma*, which implies the absence of scars, a thing which does not happen in syphilis and scrofula, which have also their expression in the skin.

The gouty man is as liable to joint-disease as skin disease; but it is a mistake to confuse these two constitutional conditions, which differ in certain important points. For example, in gouty joint-disease there is a tendency to obesity and perspiration, constipation, and hemorrhoids. In skin disease the individual, although a good feeder, remains thin, with a dry skin, and a tendency to diarrhoea. The arthritic loses his hair early, he is a martyr to congested brain, to flatulent dyspepsia and heart-burn. The eczematous patient is subject to itching of the skin, cold in the chest, and further he is nervous and habitually exhibits melancholic tendencies with extreme irritability, which form a contrast to the ordinary indifference of the arthritic. Moreover, the latter suffers from muscular rheumatism, gravel, &c., whilst the other class complains mostly of neuralgia.

COMMERCE, with its spreading wings, has traversed the globe many times, and binds nations together with the strong ties of mutual self interest. Through its influence London has become the metropolis of the world, and her merchants have amassed wealth sufficient to make them the envy of princes. Holloway's Pills and Ointment have now become essential articles of commerce with all parts of the world. They have effected cures which have seemed miraculous, and given relief in complaints when all hope had been lost. In all known diseases their success has at all times been wonderful. In cases of disorders of the stomach, bile, liver complaint, indigestion, fevers, ague, &c., they act like a charm, as the cure is speedy and certain.—[ADVT.]

## FRUITS.

By E. L. CONDIT.

THE value of fruits as food is far from being understood. They are more or less abundant in every part of the world, and nourish and refresh those wise enough to include them among the necessities of life.

Nature has provided under a variety of forms and coverings, the sweets and acids, flavours and oils, essential to the sustenance of every portion of the body. First in importance and universality is the apple, and the grape follows; these have been called the king and queen of fruits. It has been quaintly phrased that "in that case the berries might be members of the royal family; peaches, pears, and plums, members of the cabinet; and tropical fruits, the foreign ministers." Fruits are first cousins to grains, and science has demonstrated that together they constitute a food which produces a well-developed, strong-limbed, and clear-brained people.

The athletes of ancient Greece were trained entirely on a vegetable diet. The boatmen of Constantinople, who live on bread, cherries, figs, dates, and other fruits, have a wonderful muscular development. The children of the desert exist for a long time upon a handful of dates a day, and travellers speak of raisins and parched corn as a common fare.

During the last ten years there has been a most gratifying increase in the use of fruit, and the supply has multiplied and improved to meet the demand. Fruits are to be highly prized, whether fresh or dried, cooked or raw, as food or in beverages, and ought to constitute a large part of the daily fare. Wives and mothers are learning that a farinaceous and fruit diet is not only desirable for the children, but is one of Nature's agencies to provide a sound body and a sound mind, and aid in the formation of temperate desires and habits.

Taste, and often genius, are shown in the arrangement of fruit for the table. All varieties are appropriate breakfast dishes, and the season determines largely what can be used. Fruits should be carefully selected. Melons should be kept on ice, so as to be thoroughly chilled when served. Nutmeg melons should be cut in the grooves and have the seeds removed before serving. Watermelons should either be cut across the middle and served in the rind in sections, or have the heart removed and brought in on plates. Apples should be perfectly ripe and pared before eating. From among the many varieties some can be found suited to almost every month of the year. Sweet apples are particularly nice baked, and served with sweet cream. Bananas are destined to be the fruit of the future, says one importer, and no other fruit possesses such a large amount of nutriment. Grapes should be washed and drained well before serving.

Oranges are to the southern and tropical lands what the apple is to the temperate zone, but the facilities of transportation give each section the benefit of all. The simplest of many ways to eat an orange is to cut a slice from the top and eat the juice and pulp with a spoon. Medical experts claim that a sour orange eaten daily before breakfast produces usually a condition of almost perfect health. Peaches are not only a delicious fruit for food, but beautiful for table decoration.

Apricots and nectarines increase the variety with a delicate though peculiar flavour. Pears are more highly prized each year, and, combined with peaches, plums, and grapes, present a dish delightful to the eye as well as grateful to the palate. The red or strawberry pineapple is greatly inferior to the white, though suggesting its delicious flavour. The sugar loaf, one of the sweetest and best pines, comes from Havana, while some choice varieties are produced in Jamaica. They should either be grated or picked with a fork from the hard core, and sprinkled with sugar a little time before serving.

Many small fruits are used as long as the season allows. The fresh strawberry, raspberry, and blackberry are in great demand on the table; their fine flavour is lost in some measure by cooking. The white currant is a favourite for the table, but the red is more commonly



used in cooking. Red and white currants mixed form a pleasing dish. If berries are clean, do not wash, but pick them over carefully. If they need to be washed, put into a sieve or colander, and set in a large pan of water, allowing the water to flow around each berry. Drain quickly, and avoid mashing. Strawberries may be served on the stem to each person by setting at the plate a glass of water holding a few clusters, and a little dish of powdered white sugar.

## TALES WORTH TELLING.

[COMPLETE STORY.]

### OLD MR. WADE.

BY ALFRED ENGLISH.

THE pompous little chairman of the village chapel committee ended his neat little speech with a final flourish of his fat hands, and, leaning back in his chair, complacently awaited the reply of his audience, the Rev. James Wade. But there was no response from the motionless figure by his side. It was growing dusk, but the flickering firelight showed him the outlines of the old man's gaunt frame, the droop of the bowed head, and the trembling wrinkled hand upon which it rested.

There was something in Mr. Wade's attitude that disturbed the chairman's self-complacency, and he shifted uneasily from one position to another, and wished heartily that his words had remained unsaid.

It had seemed a simple thing. Old Mr. Wade had become old-fashioned and rusty, and outgrown, too, by the people of the bustling little village. What was to be done, then, but to throw him on one side, like any dingy old garment, and replace him with a new minister of later pattern and more popular style. But, for some reason, it is an easier matter to discard an old coat than an old pastor; at least, so thought Mr. Hicks, as he glanced uneasily at his companion.

At last the stillness became unsupportable. He started up and fell to poking the fire with nervous, energetic strokes, which seemed likely to put out the flames. His action, however, served to arouse Mr. Wade, who rose mechanically, reached for his shabby beaver hat, and with a low, "Good-night, Mr. Hicks," moved with slow, uncertain steps toward the door.

"No ill-feeling, I hope, Mr. Wade," said Mr. Hicks, following him. But the veteran suffered his nerveless fingers to rest for an instant in the strong grasp of the chairman, then silently opened the door and went out. He tottered down the steps, and fumbled several minutes at the gate before he could open it.

The news of his dismissal had come to Mr. Wade with cruel suddenness, and only by degrees did he recover from his half-dazed condition. Over and over, in mechanical fashion, he repeated Mr. Hicks' words—

"This, sir, is a progressive age. The majority are tired of old-fashioned doctrines, and desire a younger preacher."

They were tired of him, then; that was what it all meant, and there was no longer any use for him in the world. It would be so always, now; nobody would care for him, or look to him for aid. And the girls—his daughters—what would they say when they heard of it; how would they receive this news? With bitter reproaches, with stinging words, he knew; the thought sent a shudder through him. Yes, it would make things worse for him at home, and things were sorry enough there at the best. All through the dreary years since his wife's death the old man had been under the rule of two unmarried daughters, who made no effort to conceal the fact that their old father was an uncomfortable burden on their hands. They allowed him shelter and food to avoid town gossip, and added his meagre salary to the comfortable little income that they gained by teaching. But by continued taunts they succeeded in making his whole life sad and uncomfortable. Yet the old man always expected that some day he would come home

to find a kind welcome and loving words from them.

"They're Mary's children," he would say to himself. "Surely they must care a little for their old father."

But this dreary November night the old comforting assurance was no longer his. In the bitterness of this new pain he gave up all hope that he could ever be wanted anywhere.

With these thoughts in his mind the old man stumbled on, and at last turned in at the gate and reached the house that he called home. He stepped out of the cold and gloom of the night into the warmth and cheer of the cosy little hall. He paused for a moment, then as he looked up it seemed for an instant as if he were waking from a painful dream, for there in the doorway stood a winsome little maiden, who eyed him with childish curiosity. The old man was passionately fond of children, and his faded eyes grew wistful as he said, in quivering tones, "Come and see me, little one."

There was little in the gaunt old man, with his stooping shoulders, thin, spectacled face, and shabby, scanty, ill-fitting garments, to attract a child. But she started toward him, and was almost in his arms when a sharp voice cried: "Father, what right have you to touch her? Come away, Elsie dear." With these words Miss Harriet, the younger of the daughters, led away the child, and Mr. Wade was once more alone. The look of terror that stole over the child's face cut deep into the old man's heart as his daughter's cruel words failed to do. A slight moan escaped his lips, but, dreading a fresh rebuke, he choked back a rising sob and hobbled away into the darkness of his own room.

Half an hour later the little household gathered at the tea-table. Miss Wade, tall and stately, presided with cold dignity, and opposite her sat Miss Harriet and little Elsie, the daughter of a near neighbour, who had left the child for the afternoon. Mr. Wade took his seat, and reverently bowing his head, moved his lips in a murmured prayer of thanks. Instantly his daughters began a clatter of silver and china, while, in needlessly loud tones, they began to talk gaily on some amusing and trifling subject.

Little Elsie eyed the old man furtively during the opening of the meal, and fidgeted uneasily in her chair. She was a timid child, and Miss Wade's remark lingered in her memory.

"Will he hurt me?" she whispered to Miss Harriet, after some minutes.

"Why, you poor child! Does he frighten you? You'd better take your plate and cup into the kitchen, father. I don't wonder the child is frightened. You really are uncanny to-night."

So the old pastor was banished to the kitchen, there to eat his bread and drink his weak tea alone. He longed for a bit of meat for his supper, and a little cream and sugar for his tea. Once, months before, he had made bold to reach for the milk jug, but was stopped by the words, "Do you think we can afford to provide you with luxuries?" After that he did not offend in this way again, but to-night he watched, with almost a feeling of envy, the sleek, well-fed cat as she lapped her brimming saucer of creamy milk. Lucky cat! There was always enough food for her.

On his way upstairs a little later Mr. Wade passed the parlour door, and paused a moment to look in. The fire was burning cheerily in the grate, there was a cushioned chair before it, and on the table by the big lighted lamp was the evening paper. The old man hesitated. He was never allowed in that room, he knew; but the "girls," he remembered, had gone to take Elsie home, several doors away. And that paper, he was sure, had a long report of the conference held the day before. The temptation was irresistible. He sat down in the big easy chair and began to read. This weary old Christian veteran, his years of active service ended, yearned for news of the thousands of soldiers in the thick of the fight, and rarely did a paper or magazine enter his hands. That the work he so loved was still going on, he felt sure; but in his narrow, cramped life he longed for detailed tidings of the progress of the Church.

With glistening eyes he read, forgetting his sorrows. Half an hour had passed when a

hand drew the paper from his grasp, and his eldest daughter's cold voice said, "You forget that this room is not intended for your use." Miss Wade was never so abusive in her language as her hot-tempered sister, but her icy, sarcastic words were often quite as cutting. But to-night her father scarcely heard the words. He rose mechanically, and with feeble steps climbed the stairs to his chamber. There, in the bare, desolate room, with its bit of faded carpet and its scanty furnishings, shut out from the cheery little parlour with its fire, piano, books, and cushioned chairs, the old man spent the long evenings in dreary loneliness.

Sleep, however, brought unconsciousness, and with the morning came a new desire to live. It came—for so curiously does the trivial mingle with the tragic in this checkered life of ours—from an invitation out to tea! The invitation came from Mrs. Bickford, one of his parishioners, a rich widow and childless, and as full of whims and oddities as a woman can possibly be. Doubtless she had summoned him to say that his dismissal was richly deserved, reflected the old man, but, at all events, he should get a good supper.

Afternoon came, and Mr. Wade brushed his threadbare clothes, tied and retied his rusty necktie with stiff, eager fingers, and smoothed his thin locks with infinite pains. He was trembling all over with delight, this foolish old man, for it was many a weary month since anyone had invited him out to tea, and he was as pleased as a child at the prospect.

A little smile stole over the wrinkled face with its sad lines and furrows of care, and Mr. Wade decided, in this new, intoxicating pleasure, to say nothing to his daughters of the committee's decision until after his return from Mrs. Bickford's tea. So off he started, with something akin to briskness in his gait, and his head quite erect, as became a pastor invited out to tea by a wealthy member of his flock.

All through the meal, at which the parson was the only guest, the cheery little widow watched him narrowly with her sharp little eyes, gossiping gaily the while about this thing and that. And the pastor forgot his sorrows, forgot his shabbiness—yes, forgot his daughters even, and laughed his weak, quavering laugh which no one had heard for years, as he told long anecdotes of by-gone days.

The widow, it seems, had observed the old man for many months with mingled pity and indignation, and had come to a somewhat startling determination in her funny, whimsical fashion. To be sure she had been beset by a doubt or two, mainly in connection with her husband, dead some twenty years. But she was not a woman to hesitate long when she saw her duty plainly, and these doubts were therefore disposed of summarily.

So the old lady, in her crisp black silk gown and best lace cap, smiled on the shabby, sad old man, while she helped him liberally to the sweets on the table, and finally said—

"James Wade, you ought to be looked after, and the Lord says that I should do it."

The amazed pastor fairly gasped for an instant, but he had been ruled all his life by womankind, so he meekly murmured, "Yes."

"It is very lonely without a man about the place, and John, he is worthless unless there is a man to see after him. You and I, pastor, are old enough to do without talking about love, and the sooner we are married the better."

The widow drew a sigh of relief as she ended, to think that now the matter was all settled. The pastor wiped his spectacles, and said tearfully, "God bless you."

A little later, as they sat before the blazing fireplace, the pastor faltered out, "But what will the girls say?"

"Say?" responded the widow briskly. "Why, lots of things. Never saw them when they didn't. But we won't tell them till it is all over, and then let them talk!"

And so they were married. It was wonderful to see how soon Mr. Wade got accustomed to his fine broadcloth and his life of ease. Then, too, he never realised that the affectionate and almost obsequious manner with which his daughters now treated him was due to the change in his fortunes. The simple old man really believed that of which he had dreamed was come, and that his daughters had returned to their old, childish fondness for him.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**GIBLET PIE.**—Line a baking pan with pastry, and fill with the livers of chickens or pigeons boiled in the water left from cooking, and mixed well with yolks of two hard-boiled eggs, celery chopped fine, parsley, thyme, sage, black pepper, and a little onion to suit the taste, one cupful of cream, and one spoonful of butter. Cover with pastry and bake. The gizzards may be used with the livers if the tough parts are removed, also the hearts of the chickens.

**STUFFED ONIONS.**—Parboil some good-sized onions. Take out the middles, and fill with force-meat. Place them side by side in a shallow dish with butter, and sprinkle a little salt and sugar over them. Cover the onions with thin slices of bacon. Cook thoroughly and serve in their own sauce.

**ALMOND BISCUITS.**—Beat half a pound of butter and half a pound of white sugar to a cream; mix with one pound of flour and one-fourth pound of almonds, blanched, and beaten to a paste with the juice of a lemon; work it well together, roll it out, and cut into small round cakes. Bake them in a quick oven.

**VEAL SOUP AND JELLY.**—Veal jelly, which is equally good hot like soup, or cold, is made by slicing a pound of veal very thin, and putting it in a closely-covered jar in alternate layers with sliced turnips. Add teacupful of water and a little sauce. Place the jar in a pan of water, and simmer gently for four hours. Strain before serving.

**FOR A WEAK DIGESTION.**—When an illness leaves a patient with a weak digestion, the following will be found light, wholesome, and nourishing:—Beat up in a basin a fresh-laid egg, add six table-spoonfuls of cold water and two of potato flour. Mix thoroughly, and pour as much boiling water over it as will make into jelly, stirring it well. Before serving a little milk and sugar should be added.

**SAGO PUDDING.**—The "old man of Tobago," who lived upon a sago, might have had his pudding in one or two ways:—First, boil one cupful of sago in a quart of water. Pour it over apples that have been pared and stewed a little, and bake half an hour. Or, if his doctor forbade apples, he might have four spoonfuls of sago boiled in a pint and a half of new milk, sweetened and flavoured with cinnamon, and baked slowly.

**MUSHROOMS WITH TOAST.**—Rub the tops of the mushrooms with a piece of flannel dipped in salt. Heat some butter in a saucepan, into which put the mushrooms with a little salt and Nepaul pepper; let them stew gently till the butter has almost disappeared, when add cream and the grated rind of a lemon. Let them simmer now only till done. Serve the mushrooms on cut rounds of fried bread, and squeeze some lemon juice over them.

**BROILED MUSHROOMS.**—Peel large, firm mushrooms, remove the stems, lay on a close gridiron over bright coals, turn, season with pepper and salt; take up on a heated dish, pour over melted butter with a little lemon juice.

**HOW TO PICK OUT A GOOD LOBSTER.**—If you examine a lobster that was alive when thrown into the boiler you will find that the tail is curled up to the body, while one that was dead has the tail extended. In buying lobsters this is a good thing to bear in mind.

To prevent the juices from exuding from fruit pies, press the edges of the pie smoothly together, and trim. Then take a strip of cloth an inch wide, and long enough to go around the edge and lap; wet it in cold water, and wind it around the pie, one half the strip lapping over the upper crust, the other half drawn below; then bake. In this way there will not be a drop of the juice lost.

"FOR THE BLOOD IS THE LIFE."—CLARKE'S WORLD-FAMED BLOOD MIXTURE is warranted to cleanse the blood from all impurities, from whatever cause arising. For Scrofula, Scurvy, Eczema, Skin, and Blood Diseases, its effects are marvellous. Thousands of testimonials from all parts. In Bottles 2s. 9d., and in cases containing 6 times the quantity 12s. each, of all chemists. Sent for 3s or 12s stamps, by the Lincoln and Midland Counties Drug Co., Lincoln.—[ADVT.]

**SWEET PICKLED CABBAGE.**—Shave thin, or chop fine, two small cabbages; add a teaspoonful each of powdered cloves, cinnamon, and allspice, two teacupfuls of vinegar, two teacupfuls of salt, a small teacupful of dark sugar, a pinch only of red pepper. Scald thoroughly all together. The cabbage must be cooked, not left tough. Stir constantly. Do not eat it for at least a week. Spices may be used "at discretion."

A STEW usually has vegetables and dumplings cooked with the meat. A haricot of mutton, or any other meat, is a stew with the meat and vegetables cut fine—the size of a haricot bean. A ragout is a stew highly flavoured with wine. A salmi is a stew of game. A chowder is a stew of fish. A fricasee is a form of stewing where the meat is fried or browned in fat, either before or after stewing, and is usually served without vegetables. A pot-pie is a stew with the dough put on as a crust. Braising is a form of stewing usually done in a covered pan in the oven. It gives a richer, stronger flavour than that obtained by stewing over the fire.

**ABOUT LOBSTERS.**—To open one, first wash and wipe it carefully, a desirable preliminary often omitted; break off the claws, and then the legs, being careful to draw out complete the feathery portion connected with them, which are the lungs of the creature. Then the shelly armour may be crushed and removed without breaking the meat, and the jointed protection of the tail taken off. With a knife, carefully cut along the rounded part, spread open with the fingers, and take away the intestine that will be found passing through it, and also the stomach. The soft greenish substance is the tomalley (what did the word come from?), and with the soft pinkish portion and the coral, or undeveloped spawn, is eatable, though some persons ignorantly reject what others regard as a *bonne bouche* which gives flavour and finish to the plain meat. Lettuce is the proper accompaniment for lobster.—For stewed lobster, put a pint of milk upon the stove to heat. Rub together a teaspoonful of flour and a piece of butter the size of an egg. When the milk is hot, stir in the butter and flour, and season with salt and pepper to taste. Chop about two pounds of lobster rather fine, and stir into the milk, letting it get thoroughly heated through. Just before sending it to table, stir in two table-spoonfuls of vinegar.—Lobster is nice fried like any other kind of fish. Take regular slices of the solid portion, and fry in hot butter or fat from slices of salt pork, which seasons it, and gives it a different taste from any other modes of cooking.—Some persons object to the use of oil in salad dressing. Let such try this excellent way: Beat the yolks of two eggs, take half a cupful of milk, teaspoonful each of mustard, salt butter, white sugar, half a teacupful of pepper. Put in a small saucepan, standing in a larger vessel of boiling water, and stir regularly. When cooked to the consistency of cream, add half a cupful of vinegar, then mix in the well-beaten whites of the two eggs after it is taken from the hot water. Five minutes is ample time to make it, though so many ingredients are called for.—The remnants of plain boiled lobster may be made into croquettes by being chopped or pounded fine, and mixed with bread crumbs and a little melted butter seasoned. Form them into balls, roll in egg, then powdered bread crumbs, and fry in boiling lard.—Or they may be scalloped, like oysters. Put into a buttered dish; spread fine bread crumbs and lobster in alternate layers, having the last layer crumbs. Add bits of butter, pepper, and salt; moisten with milk, and bake.—Still another approved way is to heat the chopped lobster in a little vinegar, with butter and seasoning.

**DIAGNOSIS.**—Mrs. Grumbleton—Oh, doctor! I'm afraid I swallowed my false teeth in my sleep! Dr. Wagg—Don't be alarmed, my dear madam. Do you feel a gnawing sensation?

TOWLE'S PENNYROYAL AND SWEET PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 13d. and 2s. 9d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, E. T. Towle, Chemist, Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]

## HINTS FOR THE HOUSEHOLD.

ONLY bright, happy, healthy subjects should be discussed in the hearing of a sick or ailing person.

DISTRESSING vomiting may be relieved by applying to the stomach a hot woollen pad brought from the oven.

The quickest way to treat a burn or scald is to cover it with oil and flour, and bandage with linen. In case of prostration from either accident administer a mild stimulant.

WHEN a delicate person is fatigued and has no appetite, sponging the body with bathing whisky, diluted alcohol or milk, will nourish the system and produce rest or refreshing sleep.

PLAINNESS IN TABLE LINEN.—Plain clothes, like a heavy satin cover in their damask sheen, are much affected now on fashionable dinner-tables.

BITS of camphor laid about closets where mice are wont to frequent will draw their visits to a close.

A ROOM with a low ceiling will seem higher if the window curtains hang to the floor. Lambrequins may be used to extend the curtains to the ceiling, and thus carry out the effect.

To erase scratches on varnished furniture, take a mixture of half paint oil and half turpentine, and with a cloth rub over them, and then rub dry with a soft, clean cloth.

A VERY complete filling for open cracks in floors may be made by thoroughly soaking newspapers in a paste made by one pound of flour, three quarts of water, and a table-spoonful of alum, thoroughly boiled and mixed. Make the final mixture about as thick as putty—a kind of paper putty—and it will harden like papier-maché.

A TIMELY TABLE.—The following table gives the length of time required for cooking fruit:—Cherries, five minutes; currants, blackberries, raspberries, six to eight minutes; gooseberries and halved peaches, ten minutes; strawberries, fifteen minutes; whole peaches, twenty minutes; halved pears and quinces, twenty minutes; sliced pineapple, twenty minutes; crab apples and sliced pears, thirty minutes.

BEAUTIFUL CHINA.—A full set of silver plate used to be considered the height of luxury in the way of table service, but in these days of exquisite china, when it is an easy matter to spend £100 for a dozen porcelain plates, silver in this form is relegated to an inferior place, and, like the heavy old four-post bedstead, becomes attractive only when it is an heirloom. However, the collecting of beautiful china is not entirely a modern fashion. That extravagant lady, Catherine the Great of Russia, not contented with her massive service of gold, had made in France for the Imperial table, several dozen plates painted by distinguished artists of the time, for which she paid about 4000 roubles a plate. French works of art were made to do the duty of dinner plates, upon which, no doubt, was served plenty of tartar sauce.

SURGEON SAID:—To keep debt, dirt, and the devil out of my cottage has been my greatest wish ever since I set up housekeeping. Surely these form a trinity of evils that should be carefully guarded against. A man who is in debt is a slave, toiling to meet the demands of another. He cannot call what he possesses his own. He had better a great deal have less, and "owe no man anything," according to the apostolic injunction, than to have large possessions for which he is responsible, but which in whole or in part belong to another. A man in debt is like a person overboard with a great weight about his neck, with which, by great exertion, he may reach the shore, but which, nevertheless, may sink him at any moment. But whatever excuse may be made for men going into debt, surely none can be offered for their living in dirt. Soap and water are cheap, and brushes and brooms are not very expensive.

"The Family Doctor will be found of great use in every Household."—*Sportsman*



# THE MOTHER'S PAGE.

"OH, don't do that!" many a mother exclaims, even to her children who are young men and women grown. It seems to make little difference what they propose to do, for the habit of years on the part of the mother, growing out of fear, ignorance in the care and education of her children, and an unwise solicitude has made this expression involuntary—a sort of wet blanket upon every innocent and spontaneous desire frankly expressed. Such mothers are no doubt faithful and conscientious, indeed they are fidelity itself, but this does not take the place of right knowledge. Notice how soon the habit of deception is formed by children who continually feel the mother's repression, how it separates parents and children, and finally leads to the saddest results. "Don't say anything about it before mother, she'll be sure to put a damper on it," said a young girl to her friend of a proposed course of action perfectly proper in itself.

That mother had pitifully defrauded herself, as well as her children, and in consequence had no one but herself to blame for the result. If from early childhood she had been in the habit of considering matters with them, if she had talked over their little plans and hopes, showing an interest in what to them is of so much importance, how different in maturer years their relations to each other might have been, how much more happiness might have been assured for both.

Dear mothers, if you hope to become the trusted and beloved friend, the companion of your children in later life, don't say "Don't" to the children except when it is unavoidable.

\* \* \* \*

A WISE father or mother will not do for children the many things which they should be taught to do for themselves. Simple justice to children requires that they should be put upon their own resources. "My papa never allowed us to say I can't," remarked a young girl, who, in spite of many obstacles, was learning to sing. Blessed are the fathers and mothers who banish "I can't," and who encourage their children to believe that they can. "I never learned to cook," said a grown woman "because my mother thought I would make too much trouble in the kitchen." That mother saved herself some annoyance perhaps, but she had deprived her child of its lawful due. The child's desire to learn should be gratified, and the mother should gladly give these early lessons, thus helping the child to help itself. Children need guiding, and this is the mother's happy province. No greater cruelty can be devised than to bring children up with the expectation that everything will be done for them, for this is to create a class of dissatisfied, helpless dependents, of no use or comfort to themselves or anyone else.

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## ONE DAY IN A MOTHER'S LIFE.

THERE is no class of women under the sun who so need to be coached in regard to hygienic principles of rest as mothers. Ah, how heavily the cares of life press! So heavily that even the longest day in the year refuses to furnish that one precious half-hour which, if devoted to rest, will save a woman's good looks and vitality from premature decay.

Why, hygiene, these days, is as much of a fad as the souvenir spoon. Wise ones are very wide awake to this fact, and as a result those delicate nerve centres, upon which we women depend for womanly comeliness and sweetness of disposition, are, as far as possible, carefully looked after.

The sister does not live who can be at her best when fagged to death. No matter how clever the patents used to run the domestic machinery, the wear and tear tells, and in a way to bring to the front unpleasant little gusts of temper that might be easily controlled were it not for an overtaxed system.

STEEDMAN'S Soothing Powders for Children putting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere please observe the *W.N.* in Steedman—Advt.

Rest, if only thirty minutes a day. Give the tired nerves a chance to relax. This is a duty which you owe, not only to yourself, but your family as well.

Rest by all means—rest, if you have to filch from the day's duties the thirty minutes for repose. Surely, somewhere in between the flying hours they may be sandwiched.

What the average woman needs is a nook all her own, in which will be found the softest of divans, the downiest of head-rests, and a light so tempered that it will aid in wooing the god of sleep.

You need not hesitate to accept this luxurious idea on account of the cost, for even a slender purse can surely afford a plain little cot. This gives you a comfortable beginning. When a thin hair mattress and a pretty cheesecloth cosy have been added, along with a trio of denim-coloured pillows, you will, I feel certain have secured a very strong incentive for following my advice.

The home which owns the fairest, the freshest-looking, and the best-natured wife and mother, is always supplied with cosy corners. Now comes the question. Do you know how to rest? Not one woman in a hundred does.

How often one hears the remark: "I do most of my thinking and planning when lying down."

Could anything be more exhausting? The trouble is this: Every moment given to so-called rest seems to the busy soul just so much time wasted.

There are so many tasks waiting their turn. And how they march and counter-march before the half-closed lids! Thump, thump! beat, beat! There is a regular trip-hammer movement going on in the base of the brain. It is discouraging—so discouraging that you give up the struggle.

What is needed is a first-class method for "shutting down the thought valves of the mind," as someone puts it. Close down your mind like a water-gate. If you cannot do this, place near your couch something that will turn your thoughts into a more soothing channel. A big, branching palm or a few cool, feathery ferns are restful. Banish, with what will-power you possess, harrassing details. The first trial will no doubt be a failure, but after a time you will gain better control of your mind, and some fine day you will discover that this little way-station along life's road is doing more for you than all the balms and lotions in the universe.

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## DON'TS FOR WIVES.

BY A HUSBAND.

DON'T talk too much about what "lovely times" you used to have when you were "free and single," or your husband may wish that you were so at the present time, and it is a sad day in the life of any wife when her husband cherishes that opinion regarding her. It is a sadder day still for him.

Don't treasure up all of your daily trials for your husband's ears when he comes home at night.

Don't tell him how bad the children have been, or how hateful the girl has acted, or how the clothes-line broke with the week's washing on it, or how the baby has cried all day, or how badly the ironing has been done, or how the milkman left milk that soured in an hour, or how the grocer has sent bad eggs for good ones. Don't add all these things to the trials your husband has borne all day. He has had his trials, you may be sure of that, and unless he is an exception to the general rule, he has not said anything at all about them to you.

Don't "nag" at him all of the time. That is the hatefulest little word I know of, and the "nagging" practice is one of the most vicious. Much should be forgiven a husband who has a "nagging" wife—one whose tongue is never still and whose every word is of fault-finding or complaint. Such a woman is a blot on the fair face of creation, and her husband has much to bear. Whatever else you may do, don't nag your husband.

Don't compare him to other men to his disadvantage. Don't tell him that you "do wish" he were like this woman's or that woman's husband. Nothing can flatter him so much as your openly-expressed conviction that you have the best and kindest and handsomest husband in all the world. No doubt you told him so once, and even if you think differently now, nothing but harm can come of your telling him so.

Don't go around slipshod and slovenly before your husband. He may not say anything about it, but it will have a demoralising effect upon him all the same. Don't come to the breakfast table with your hair in crimping pins because you are going to town later in the day, and the crimp will all come out if you take your hair down before breakfast. Your husband won't see you when you are in town, and he does see you now, and wouldn't you rather look your best before him than before any other man in the world? The time has been when you would have been "mortified to death" had he caught you with your hair in crimping pins.

Don't ask him to be both master and mistress of the house. Don't ask him what you shall have for dinner or burden him with all of the family marketing. Don't expect him to oversee your servants or to do things that you, as mistress of your own home, ought to do. He probably has his hands and his mind full.

Don't look for perfection in your husband. He has not found perfection in you, has he? Perfect men are so rare in this world that if one could be found he would be worth his weight in gold, and perfect women are equally rare. If your husband is "as good as the average" be thankful that he is no worse, and bear in mind that it rests largely with you whether he grows better or worse.

Of course nearly all of these "Don'ts" apply to husbands as well as to wives. Men are no better than women, nor as good—they have their failings by the score, but don't increase their shortcomings by showing them the weak tide of your own characters.

\* \* \* \*

SLEEP, O my darling, sleep,  
Safe folded are the sheep;  
The faint stars lie in the quiet sky,  
The soft wind croons thy lullaby;  
The leaves upon the linden tree  
Are whispering tenderly to thee,  
And close at hand lies Slumberland,  
O sleep, my darling, sleep.

Wake, O my darling, wake,  
The sunbeams kiss the lake;  
The seagulls fly to the eastern sky,  
The happy ships are sailing by;  
The birds upon the linden tree  
Are calling merrily to thee,  
The whole glad earth is rimmed with mirth,  
O wake my darling, wake.

EMIGRATION.—Too crowded indeed! Meanwhile, what portion of this inconsiderable terraqueous globe have ye actually tilled and derved till it will grow no more! How thick stands your population in the Pampas and Savannahs of America; round ancient Carthage, and in the interior of Africa; on both slopes of the Altaic chain, in the central platform of Asia; in Spain, Greece, Turkey, Grim Tartary, the Curragh of Kildare! One man, in one year, as I have understood it, if you lend him earth, will feed himself and nine others. Alas! where now are the Hergists and Alarics of our still-glowing, still-expanding Europe, who, when their home is grown too narrow, will enlist, and like fire-pillars, guide onwards those superfluous masses of indomitable living valour: equipped, not now with the battle-axe and war chariot, but with the steam-engine and ploughshare? Where are they? Preserving their game!!—*Curlyte.*

TO TOBACCONISTS (commencing).—*Illust. Guide*, 239 pages. "Post Free." How to Commence, £20 to £1000. Tobacconist's Outfitting Co., 181, Euston Rd., London. Manager, H. Myers. Est. 1866. Smoke "Pick-Me-Up Cigarettes."—Advt.



[SPECIAL ARTICLE.]

## CARE OF THE FEET.

BY A STUDENT.

A HUMAN foot, when graceful and proportionate in its outlines, and neatly dressed, is one of the most comely members of the body—as well as one of the most useful. Like other portions of the anatomy, the foot varies considerably in size with different individuals of the same general weight and build, but the average shows that for a well-proportioned man of six feet, weighing perhaps 180 pounds, the foot will measure 11 inches in length, and will fit comfortably in a No. 9 shoe. Occasionally a man nearly six feet in height will be found with a foot small enough to wear a shoe not larger than No. 4, though the smallest men of normal proportions rarely use a shoe more than one or two sizes smaller; while the largest foot on record, which measured 20 inches, would have filled a No. 36 shoe. The average size of a man's foot, however, is about 10½ inches, requiring a No. 8 shoe. Among women, the average length of the foot is something more than an inch less, and the shoes are correspondingly smaller, though it is not safe to rely wholly upon the old rule that the length of a woman's foot is one-seventh of her height.

In many cases there may be said to be national traits or peculiarities of the feet, and, by common consent, to the Spaniards the award of the most beautiful feet must be made. The Spanish foot is very slim, with long toes, small heels, and the graceful arch of the instep, without which the most perfect outline is faulty. The French foot is larger, but it has the arch of instep and pointed toes, which, when properly fitted in the shoe, gives the impression of a much smaller member. The Germans have broad feet, though well arched, and the English foot may perhaps be called a cross of the French and German, being broad at the ball but inclined to the narrow toe. The Irish foot is short and thick, with little arch, while that of the Scotch is large, bony, and broad.

Taking into consideration the delicate nature of the human foot, the great number of small bones, muscles, tendons, and nerves, with the trying usage to which they must inevitably be subjected in the course of the ordinary life, it is apparent that the greatest possible care should be exercised in the proper treatment and preservation of these indispensable members. Nor should this painstaking be deferred to adult life, when the wearer of the feet is often awakened to the fact that irreparable mischief has already been wrought. With the delicate muscles once paralysed, the bones and joints demoralised, malformations begun, there is no prospect ahead but that of a partially-crippled existence, accompanied by more or less of torture and mortification. Nor is the general health so often attacked and ruined as through the feet—especially in childhood.

It is the part of the wise mother, then, to carefully watch the feet of her little ones during their tender years. "Keep the head cool and the feet warm," is a faithful admonition, especially adapted to the children. With many woollen stockings should be avoided altogether, especially when they cause itching or sweating of the feet. Perspiration will be absorbed by the wool, making of the stocking a cold, clammy mass, more to be dreaded than the most tempting "mud-puddle." Equip such children with firm, substantial cotton hose, providing woollen anklets or leggings, if thought best, and their feet will be warm and dry, except for outward wetting.

When this happens, whether in child or adult, the wet garments should be promptly removed, the feet bathed—if possible with lukewarm water—and vigorously rubbed till dry. Where this is promptly done, dry shoes and stockings being put on, there is little danger of serious results. Care in keeping the feet warm and dry is very much better than muffling the throat and neck. Too often it happens that a thick muffler is laid aside, the child steps into a draught of air, the perspiration is checked, and deadly lung or throat troubles follow; whereas, had the throat been but lightly covered, the strong circulation of

the blood naturally keeping it abundantly warm, with the extra attention devoted to the feet and lower limbs, where the circulation is least vigorous, there would have been no danger of colds or more dangerous maladies.

While the child's foot is immature, with yielding bones and tender muscles, it is of the greatest importance that care be exercised in all that pertains to the shoes, if serious trouble in later life would be avoided. The shoe should fit properly, being neither too large nor too small, and the child should be taught to walk firmly and squarely upon it; as soon as there are signs of the heel "running over," the aid of a cobbler should be invoked, or a new pair procured. More is meant by the "fit of a shoe" than is often realised. Unless the hollow of the foot is fitted, there is a constant tendency to break down the arch, making the foot flat and the owner miserable; and the graceful contour, once destroyed, can never be wholly regained. In mature life, except in case of disease or debility, the muscles may be trusted to maintain the true proportions.

There are a few common diseases of the feet which are annoying and sometimes painful, for which the services of a physician or a chiropodist are scarcely required, since the intelligent individual can generally treat them quite as effectually. Above all, ignore the peripatetic "corn doctor." If the trouble is serious enough to require skilled attention, better employ the family physician, whose business it is to understand the ailments of the human system. If he is unable to effect a cure, the applicant will at least be safe in his hands.

Corns are the most nearly universal disease of the feet, and a word about their prevention may well precede anything regarding their removal. In the first place, a frequent and thorough bathing of the feet is one of the best possible (though not an infallible) preventive of corns. Sometime during each twenty-four hours, summer and winter, the feet should be bathed thoroughly, and when there is a tendency to sweat or they are subjected to hard usage, a night and morning bath is preferable. But the hard-working man or woman may think this too great a waste of time. It will not require many minutes to bathe the feet thoroughly twice a day, for the task is comparatively light when performed at short intervals; and to say nothing of the added comfort, the prevention of diseased conditions is well worth all the time and trouble. The feet require soap and water as much as the face and hands, and an argument against one may with equal force be made an argument against all.

Feet thus bathed will be comparatively free from corns, bunions, and callouses, dead and wrinkled skin will be unknown, and disorganised nails a rarity. Still, it is a fact that corns occasionally baffle all known preventives, and put in an appearance under the most forbidding conditions, and in the most annoying and provoking positions. As they are due to certain pressure exerted by the boot or shoe, they may sometimes be smothered in infancy, so to speak, by a change of foot-wear. Having several pairs of shoes, and changing them daily or regularly at longer intervals, will enable the wearer quite frequently to avoid corns, even after they show signs of formation.

Where remedies become necessary their name is legion, and some of them will usually be found effective. If one does not answer the purpose, try another. In the early stages of corn growth, paraffin oil is recommended. Pare down the hard part as much as possible, and apply the oil night and morning. If between the toes, saturate a piece of tissue paper, cloth, or felt, and wear it, with daily renewals. In most cases a hard corn can be easily removed with a knife, without pain or blood-letting. Do not pare it, but when the kernel is dry and hard find the edge of the indurated portion and pass the point of a small knife between the hard substance and the live skin beneath. Use the back of the point of the knife—not the edge, which would be liable to wound the tender flesh under the corn. Press the knife very gently under the corn, lifting it slightly and drawing the blunt point toward you. If the root of the corn runs down into the flesh, it should be carefully followed with the knife, and though the spot will be tender, there will

be no pain worth minding in the operation, and the relief of having the kernel removed will be very grateful. Rub the tender skin with a little vaseline and the task is done. Soft corns cannot be coaxed from their beds in that way.

Ingrowing or malformed nails are very painful sometimes, and while rare where proper attention is given to bathing the feet, trimming the nails, and selecting proper-fitting shoes, they sometimes, like corns, appear without any apparent cause. Where the case is serious, it is better to consult a physician; but if taken in time the growth may be checked in this way: Soak the nail, and scrape the central portion quite thin. The corners may then be lifted somewhat from the flesh, and a small quantity of lint pressed into the crevice.

Thin strips of adhesive plaster may be applied to draw the irritated skin still more away from the nail, and in a few days the trouble will probably be remedied without other treatment, while the application of a soothing ointment will banish the soreness.

There is another affection of the feet, not quite so general as the above, which is, nevertheless, quite as aggravating, and in some respects more annoying, and that is sweating. If there is simply a tendency to perspiration, frequent bathing and changes of foot-wear will be especially necessary. In such cases the addition of a small quantity of ammonia to the water will be found beneficial, and if there is excessive tenderness—which is very apt to be the case—weak alum water may be applied. An application of cologne, bay-rum, or diluted alcohol is also helpful. Powdered chalk and starch are also recommended, especially where there is a tendency to chafe and blister.

(To be continued.)

## DRESS AND HEALTH.

ALTHOUGH it is true, as shown by actual investigation, that tight-lacing is, on the whole, on the increase, yet in the days of independent thought and action—we might better say, in these days of the better education of women—we find many who dress perfectly hygienically. While some of these are still suffering from the results of transgressions committed when they were young and foolish, or before they knew any better, it is interesting to the physician to note how much more readily these yield to treatment when ill, how much clearer the complexion, and how much more graceful the carriage in health! These facts are so marked that they can scarcely escape notice from even the most casual observer.

It may be interesting to know some of the reasons for the great advantage this class have in point of health and beauty. Were we to speak of all the reasons, volumes would have to be devoted to the subject, for there is no organ or tissue of the body which is not directly or indirectly affected by our manner of dress. The walk cannot but be more easy, and hence more graceful, when the muscles of the trunk are free, the hips unburdened by the heavy weight of clothing, and the feet comfortable in broad soles and low heels. If thought be given to the position to keep the shoulders and hips well back, the spine curved forward, the head erect, and the chin dropped, and in addition to this, if pains be taken to develop the muscles of the trunk so that they can carry the upper part of the body erect with ease, one can scarcely help developing a graceful carriage. The complexion is fresh, the hands white, and the cheeks ruddy, because—

First, there is no interference with the circulation, damming back the impure blood in the veins, and making the hands blue and bloated, the face coarse and red.

Second, there is spacious lung surface, where the blood can unload its burden of effete matters, instead of depositing them in the skin. Here, too, it can take on a large quantity of oxygen with which to tint the cheeks, and burn up the rubbish lying about in the tissues, rendering the skin dark and sallow.

Third, the digestive organs have room in which to do their work, which, if not otherwise abused, can furnish good, well-prepared building material. Those who would be beautiful, and think to become so by showing spite to the



Creator of the human form divine, fall sadly short of their purpose, and that in consequence of their own misapplied taste.

[SPECIAL ARTICLE.]

# ORIGIN OF GRAVEL.

By "LANCET."

[T used formerly to be told us that a beautiful maiden, having a wealth of kindness, received, for a glass of water offered to a fairy who was thirsty, the gift of scattering from her lips roses of precious stones of great size and of various compositions. In no respect altered, but altogether degenerate, we still produce stones, but they are not very precious; they are, in fact, the common calculous. These calculous secretions are found nearly everywhere, our bodies seem inexhaustible quarries, whose wretched materials are destined not for the repair of our corporal edifice, but for its destruction.

This faculty of sowing in our organs gravel and stone is called *uric acid diathesis*. We may suppose that our body, a furnace always ignited for the duties of life, draws badly, it receives an excess of nutritive matter, and there forms in the blood as a result of albuminoid substances imperfectly assimilated the elements of these stones.

It is the excess of receipts over expenditure that is the evil with rich, sedentary, or inactive people; but there is a uric acid diathesis among poor people, in the case of those who take up their nutriment badly, allowing mineral matter to be deposited in their economy.

In the two cases besides there is perversion of nutrition, the mechanism of which we cannot grasp. Not to dwell upon this any further, let us enter into the heart of the subject. The most frequent manifestation of calculous diathesis is gravel. The kidney is as much the "sewer" of the body as the urine, which traverses it, carries off all the refuse, albumen, sugar, gravel, &c., and reveals all its ills. The salts which the urine carries deposit themselves either in the kidneys or the bladder, under the name of infarcts, sand, gravel, and calculi.

Gravel is then the production of the body resulting from the urine, and is of variable shape, size, and composition.

In practice one may distinguish three kinds of gravel. First, the calculi are hard and of a reddish colour, this is gravel formed of uric acid and urates. Second, the calculi are brown, hard, and nodulated like a raspberry; it is oxalate of lime that gives them this appearance. Third, the white, or grey, and friable calculi are formed of phosphate of lime, or the triple phosphates.

By far the most frequent, the uric acid or red gravel is found chiefly among the inhabitants of towns and among rich people. This gravel is a rear relative of gout, diabetes, obesity, and all the evils of the rich, consequent upon inactivity and the abuse of all kinds.

The most common causes of red gravel are heredity, digestive troubles, excess of food, insufficient exercise, violent moral emotions, and blows or wounds in the region of the kidneys.

Heredity is the most frequent and most cogent cause of uric acid gravel, and this hereditary gravel respects neither the child nor even the new-born infant. One sometimes finds red gravel in the urine of very young children; they suffer acute colic at these times, during which they vomit and utter shrill cries.

Troubles of the digestive functions also often provoke uric acid diathesis. A dyspeptic ends by having red gravel, but the gravel in his case disappears when the state of the stomach amends.

Excess of food is the cause, if not the surest, at least the best known of uric acid diathesis, and it is gravel which venges itself upon the rich. Doubtless an exclusively animal diet, a choice and tempting cuisine may prove dangerous, but an excess of wines, liquors, and brandy are otherwise highly favourable to the production of uric acid.

The safe and heavy bordeaux is the only exception to this rule, but avoid sparkling

moselle, champagne which comes to a head in the glass, burgundy of a purple-brown hue, Spanish wine sweet and full of alcohol, strong and intoxicating English beer, or even cider, if it is old and not a customary beverage.

Heavy substances are equally in the long run favourable to the production of gravel. Asparagus, congesting the kidneys, favours the agglomeration of gravel, French beans, sorrel, and the tomato constitute dangerous foods for predisposition to this complaint. Insufficient exercise is again a powerful cause of uric acid diathesis; a person suffering from gravel may be a man of perfect sobriety, condemning himself to the most severe regimen, if he does not by muscular exercise, proportionate to his years, completely "oxydise" the nourishment he takes, he is condemned to remain a sufferer.

Violent moral affections, vivid emotions, fits of passion, &c., may bring about the hasty appearance of gravel in the urine, an accident of persistent recurrence if the humour is continued.

Lastly, blows or injuries in the region of the kidneys, may provoke gravel more or less lasting.

Gravel produces pains of variable intensity in the region of the kidneys, often a simple aching consequent on walking or riding. If the stones are large, their expulsion may give birth to a violent crisis, nephritic colic—a rare occurrence, however, which might attack one patient in a hundred.

The emission of blood in the urine, on the contrary, is frequent enough in cases of passing red gravel. In white gravel there is no blood with the urine, no violent crisis, but the pains, although less acute, are of longer duration.

There is not yet known a successful remedy to meet the calculi collected in the kidneys and deposited in the bladder. What has not been tried? Someone has favoured the injection of warm blood from the fox or goat, and the urine of the goat taken as a draught—what strange remedies! The blood of the pig, or the boar, the brain and kidney of an ass taken in wine, the powder of the glow-worm or the ordinary worm, crickets, locusts eaten with bread, the flesh of the hedge-hog, grasshoppers, the liver of a hydia, &c., all these ought surely to dissolve gravel and stone.

Better advised, we have returned to a very simple regimen: A diet chiefly of vegetables, exercise, the removal of the ordinary causes of gravel, such are the precautions we commend to you.

Nephritic colic should be treated with vigour, the thing is to soothe an intolerable suffering as quickly as possible. Sparse cupping, mustard poultices, leeches, crushed ice applied in a bladder upon the painful place, the local application of hot cloths, hot irons, pure chloroform on wadding, a mixture of chloroform, soothing balm and laudanum; such are the external means which ought to be applied at once.

If the pain remains active, one should use injections of laudanum or chloral, or chloral and morphine as a draught. A subcutaneous injection of morphine five to fifteen milligrammes renders signal service.

As a last resort, one has recourse to inhalations of ether or chloroform, a dangerous means, which must be avoided if possible.

The gravel which is the cause of nephritic colic is expelled at the same time as the urine, usually from six to twenty-four hours after the crisis; one exceptionally sees voluminous secretions remaining in the bladder two or three months before expulsion.

The calculi brought down from the kidneys into the bladder may give rise to *stone* by means of the addition either of elements of the same nature or deposits of a different kind, the abuse of strong alkalines. Bicarbonate of soda, mineral water, alkalines, &c., may hasten this formation.

To sum up, one ought to rid himself of gravel, because of its possible consequences—Nephritic colic, renal hæmorrhage, and formation of stone—but to treat it chiefly by exercise and diet.

"For years he was well known to me,"

So the physician sadly said,

"But now, called to his autopsy,

I am obliged to cut him dead."

## NURSING IN WORKHOUSES.

[T is to be hoped that the conferences of lady guardians lately held, in reference to the nursing of the aged and infirm inmates of the workhouses, will have some good effect, and will not be allowed to lapse until some real improvement is made in the lot of a most long-suffering class. To be really ill in a workhouse infirmary is one thing, bad enough no doubt, although often mitigated by good nursing and kind attention, but to live in a workhouse itself and suffer the aches and pains of chronic ailments, and struggle against the feebleness and decrepitude of age unhelped and uncared for, is quite another and much worse thing to bear. At the meeting held on October 23rd, under the presidency of the Countess of Meath, Miss Twining read a Paper on the subject, and deplored that the arrangements for the care of the poor were not on such kindly lines as abroad, where sisters and deaconesses were always available for the work. A resolution, proposed by Miss Twining and seconded by Mrs. Shaen, was adopted, to the effect that "it is desirable to form an association for providing trained attendants for the aged and infirm inmates of workhouses as distinct from trained nurses of sick wards." Before the meeting separated Lady Meath promised to pay for the training of the first six attendants.

It must not, however, be imagined, because of the efforts made to extend the benefits of good nursing to the aged and infirm as well as to the sick, that these latter now have all that is proper in the way of care and attention. Since the legislation which led to the erection of separate infirmaries by the metropolitan parishes and unions, the sad lot of the sick poor in London has been immensely alleviated. Anyone who will refer to the reports for 1865 and 1866 by Mr. Ernest Hart and the late Dr. Anstie describing the condition of the nursing in the sick wards of the workhouses in those days, and will then visit one of the modern separate infirmaries, such as the one at Notting Hill, will see what great strides have been made in bringing modern methods to bear on the treatment of the pauper sick. But it is otherwise in the provinces. A few large towns have put up splendid poor-law infirmaries, but in the majority of country places the sick are still treated in workhouse sick wards much on the old lines. Even in London, however, things are not as they should be. The existence of the great rate-supported infirmaries is apt to encourage a certain sense of pharisaic pride and satisfaction, not entirely well founded. We Londoners are not as dwellers in other towns; we treat our pauper sick in separate infirmaries with trained nurses and proper nursing appliances. Do we? That is just the question.

According to a return presented to the House of Commons in 1891 the metropolitan separate infirmaries and sick asylums (not including the Asylums Board Hospitals) provided 12,464 beds for the sick. This seems an immense number, but according to the same return there are still 5832 beds in sick wards remaining in metropolitan workhouses, the nursing of which is on a very different footing from that which obtains in the better separate infirmaries. Whether it is due to the growth of London, or whether it is that the separate infirmaries, with their better appliances, have drawn to themselves a class of acute cases which formerly were treated at home, the fact remains that the separate infirmaries which were instituted with the object of clearing the sick out of the workhouses do not supply sufficient beds for the purpose, and that there are still upwards of 5000 left within the workhouse buildings.

Again, inquiring from the same return as to the ratio of paid nurses to sick beds quite irrespective of whether they are trained nurses or not, we find how poorly off the workhouse sick beds are compared with those in the separate infirmaries. Paddington, for example, has one paid nurse for every 10·1 sick beds in its infirmary, but only one to every 33 in its workhouse; Chelsea, 1 to 11 in the infirmary, 1 to 28·1 in the workhouse; St. Pancras, 1 to 14·9, against 1 to 23·6; St. Marylebone, 1 to 14·8, against 1 to 20; Holborn, 1 to 17·3, against 1 to 36·2. This is sufficient to show what we wish to draw attention to—namely, that outside

"The FAMILY DOCTOR. Truly an Astonishing Pennyworth."—Knowledge.



and beyond the sick who are, as we fondly hope well treated in the specially-built separate infirmaries, there is a great mass of sick who have never got into these havens, and still remain in the old workhouses. Nor can we feel quite happy regarding even the separate infirmaries: the old feeling as to the management of paupers dies hard, and so long as a great metropolitan parish like Islington only affords one paid nurse to every 341 patients in its infirmary, we cannot feel that the sick poor always get proper nursing even in these great institutions. There is a great opening yet for philanthropy and reform in our dealings with sick and aged paupers. Lady guardians and visiting committees with right of entry would throw a flood of publicity on the inner working of our poorhouses, and might greatly lighten the lot of many of our poorer neighbours who have fallen by the way.—*British Medical Journal*.

## CORPORAL PUNISHMENT IN SCHOOLS.

AFTER considerable experience of childish misbehaviour, and of moral and physical methods of chastisement, public opinion, as represented upon the School Board, has arrived at the decision that corporal punishment may be administered by duly qualified and prudent schoolmasters. Though we do not admit that corporal punishment is at all indispensable to the educational armamentarium, yet as long as juvenile human nature continues to be what it is, we may expect that its instincts and inclinations will, in a great many cases, prove to be too strong and wayward for mere moral suasion. We find this wilful tendency even among the educated and in the adult. To expect more self-control or more intelligence in children would be unwarranted presumption. We can, therefore, support unreservedly the very moderate motion passed at a recent meeting of the London School—namely, that head teachers should be allowed to administer punishment when necessary, and also to transfer the right in respect of "slight" punishment to properly qualified assistants. Without an arrangement of this kind the authority of a teacher is limited to mere remonstrance, a means of control which many children would not understand, and which others of them would laugh at. If teachers are appointed to maintain discipline we must in reason and in very decency trust them. We should, for our own part, wish to have some definite interpretation of the term "slight punishment." We presume that it would be merely a punishment sufficient for its intended purpose. Floggings, in the ordinary sense of the term, such as were common in the time of Nicholas Nickleby, are now, of course, utterly unheard of in the days of the enlightened and highly-trained teachers into whose care the education of the "rising generation" is entrusted. Such forms of maintaining school discipline excite as much contempt in the mind of the present-day schoolmaster as the proposal to bleed a patient suffering from typhoid fever would do in the mind of the present-day physician. Some further information on the subject of methods is in any case desirable, but we imagine that there need be little doubt that schoolmasters, having now more though not unqualified liberty in the matter, will use discretion in the choice of time, means, and points of application.—*Lancet*

ARISTOTLE mentions a woman who had five living children at a birth four times successively. Menage tells of one who had twenty-one children in seven years.

ABOUT THE KORAN.—The Koran, the sacred book of the Mohammedans (usually spoken of by Oriental scholars as the "Alcoran"), was composed by Mohammed (Mahomet), and is said to have originally been written upon the bleached shoulder blades of sheep. The first edition contains 6000 verses; the second and fifth 6214; the third, 6219; the fourth, 6236; the sixth, 6226, and the seventh, or "Vulgate" edition, 6225. The words and letters are the same in all editions, viz.: 77,639 words, and 323,015 letters. The George Sale (common English translation) is divided into 114 chapters.

## PHYSIQUE AND CHARACTER.

By J. S.

PHYSIOGNOMY is a science of observation. Study based upon observation is attractive and easy; one can give himself up to it anywhere, in spare hours without preparation, according to circumstances. This kind of work exacts neither hard application nor the silence of the study, it is often even in the midst of an excited and noisy throng, that one encounters the most valuable elements of investigation and gathers the most useful notes.

I have always had a marked predelection for this kind of investigation. First, I made observations to occupy my attention from pure idleness, and without any preconceived idea; then, little by little, I made comparisons, and drew deductions from these comparisons, and so I ended by setting up a code of rules, which experience has completed by confirming.

There are certain observations on traits of visage, nose, mouth, eyes, ears, chin, &c., which I propose to set forth here; I shall give them just as I have gathered them, briskly engaging my readers to arrange them by their own personal experience.

There is nothing so recreative as the work of compiling and investigation, which unfolds at every step fresh peculiarities.

There is nothing at once so instructive and amusing as these comparisons, comparisons which quickly teach one to make ready use of *Analogy*, that operation of the mind by means of which one penetrates so easily, and without effort, into the most arduous branches of science.

In the street, the theatre, concert or drawing-room, as one lounges at the cafés or on the promenade, when one pays a visit, gets on top of an omnibus or into a train, everywhere are presented to us inexhaustible subjects for study upon which to exercise our talent.

It is sufficient to look around, in order to gain by practice such confidence in the means with which this art furnishes us, when it quickly becomes a guide in all social relations.

"That man does not please me, notwithstanding that he has never done me the least ill; but before he comes, I ought to break with him!" said Jean-Jacques Rousseau.

Nothing more just or true! As soon as we are in the presence of one of our fellow creatures a sensation takes hold of us; instinctively we feel that beneath that material covering, there is a soul, of which the form before our eyes is the faithful interpretation; and if we go to the root of things, we soon acquire the profound conviction that every form in Nature is the expression of the force which has created and developed it.

We implicitly proclaim this truth in all our judgments. It is by his lines and his contour that we foretell the character and pace of a horse; all his manners, his look, his attitude, as I say, a simple indication such as the pricking of his ears, or his way of champing the bit, tell us far more of the secret blemishes of the animal, and of the service he can render us, than all the assurances of the seller.

The peasant by a simple glance, judges, without deceiving himself, of the milk-giving qualities of a cow. Every moment we surprise ourselves by saying, "Here is a fruit which is hard and tough! A beast timid or spiteful!" Why, then, should it not be the same with man? Why, on seeing such a shape of nose, or such eyes, should not one say with as much reason, "Here is a humbug, or a chatterbox, a bad man or a hypocrite; this man is honest and good; that one vicious and crafty!"

Evidently this is the sort of judgments we form every day, only they operate as if we obeyed a sort of intuitive impulse; there is on our part neither pre-conceived reason nor pre-meditation; we submit to a certain kind of secret influence of invisible currents, of which we are not the masters. Why not regulate these intuitions? Why not seek the key of these sympathies and antipathies? Why submit blindly to persuasions and repulsions, against which it would be so easy to arm ourselves, and so avoid being victimised?

At every instant in the course of life we make terrible blunders in this respect.

We must take, I suppose, a domestic circle. Behold a stranger whom we are going to introduce and establish in our home; we are going to give into his hands the keys of the house; he will soon be fully initiated into the intimate secrets of our existence; have we not a powerful interest in divining beforehand the traits, the position, the utterances of this man, whether he does not misinterpret his thoughts, and that we have not received an enemy who will perhaps imperil our lives and property?

By what do we see that he is active, sober, and discreet, that he is honest and merits all our confidence? Will the certificates, which he presents to us, enlighten us in this respect? One knows what value he ought to place on these references of convenience!

But in these circumstances, if we have the good fortune to be something of a physiognomist, what an advantage, and what disillusion!

I knew an old lady who had absolute confidence in my judgment; she never engaged her servants without appealing to my knowledge, and she arranged matters in such a way as to make me meet, as if by chance, with the person whom she wished to take into her service. One day she did not take into account my estimate on the subject of a cook, who had been particularly recommended by friends. She had greatly to repent of it, for not only did this amiable girl make an outrageous number of perquisites from the larder (as I had foreseen), but she drank like a fish. The deception of my old friend was so great that I had the generosity not to take too much advantage of my sagacity.

To change a servant when one is deceived is, without doubt, a most annoying thing, but still more serious are the consequences of an error when one has to take a wife, or acquire a daughter or son-in-law; it is then one cannot give too great proof of his sagacity. A marriage contract is not broken as easily as a salaried engagement, the serious misfortune that one experiences in that case being even more cruel than the other.

One of my friends came one day, as cheerfully as possible, to acquaint me of his approaching marriage. He was entering into a family with whom I kept up relations, and he announced to me his fixed intention to live, once married, under the roof of his wife's parents.

"Take care," I said to him; "it is generally necessary to mistrust mothers-in-law—distrust your future mother-in-law in particular!"

"Nonsense, man. Why?"

"Because she has an inquisitive and authoritative nose, which tells me nothing good."

My diagnosis (I had no need to press it home) was very ill-received by my friend, who, full of happiness, and besides slightly sceptical on the matter, was but little disposed to listen to me. Some months after I saw him again; he was profoundly depressed. The mischief-maker ruled in his house, and the tender solitude of his mother-in-law had (as I foresaw) become the most abominable of plagues. Under the pretext of supervising the repair of his linen, the order of his papers, or the state of his health, an inquisitive hand turned out his drawers and dived into his pockets. If he went out, they were disturbed by his absence; when he returned, they wished to know where he had been; and then, when he forgot to embrace his mother-in-law, he was accused of coldness!

"This woman is killing me with her affection and her little attentions," said my poor friend to me, holding his head in both his hands; "and, to crown it all, when I revolt against this insufferable rule of inquisition, they treat me as an ingrate."

Let us not exercise our choice blindly, you understand. Let us study with care the physiognomy of those who would take a place in our lives, and who take a part, more or less important, in our interests. Our health, our happiness, and sometimes our safety and honour depend upon it!

"Know thy fellows, and know thyself." Such are the two precepts which should be inscribed in the heads of all who work at the foundation of education. "When, then, will the time come when the knowledge of man shall be an integral part—still better, the principal part, the centre—even, of natural history?" said Lavater. We shall not know too much to associate ourselves with the prayer

"The FAMILY DOCTOR conveys to its readers much Useful Information."—*The Graphic*.



uttered by the celebrated physiognomist. True progress will be realised when physiognomy, psychology, and physiology go forward on terms of equality. If one, even in this day, does not accord to physiognomy the position it should occupy, it is because one is not yet sufficiently alive to this truth, that man, intellectual and moral, outside the domain of his will, presents to us, without knowing it, a revealing silhouette in his outward appearance.

The image of an object reflected in a mirror appears only as the object exists; the form is the mirror of the being!

The nose will be our next subject of study.

## THE INCAPABLE WOMAN.

NOWHERE outside of an old-fashioned romance is there a spot in the world where the incapable woman can to-day maintain a foothold. In the leisurely three-volume novel, dear to our grandparents, Arabella and Ariminta, gentle, pallid, timid, submissive creatures, faltered and gasped and fainted gracefully in their chairs at the slightest excuse for such behaviour. To swoon with ease was regarded as a proof of elegance and as a distinctive line marking the difference between the milkmaid and the lady born and bred. Possibly the tight-lacing then in vogue aided the lady in her ability to perform this part of her rôle to the satisfaction of the spectators, who were usually within the receding vision of the fainting and fragile being, whose delicate nerves were proof against neither terrors by nor shocks by day.

Frankly, we doubt whether the old novelists were quite fair in their portraiture of the current life of their times. We find Jennie Deans able to undertake a long, difficult, and every way arduous journey, reaching its end as fresh and hearty and full of purpose and courage as at the beginning, her beauty not marred by hardship and loss of rest. Mary, Queen of Scots, was able to sit for hours in the saddle, no cavalier of her period riding harder or faster or more bravely than the bold and beautiful queen. The famous women who made the Court of France splendid during successive changes and revolutions were not frail die-away creatures of ghostlike hues and willowy outlines; they were substantial flesh-and-blood women, equal to all the dangers and perilous adventures which are often their portion.

Recalling the much harder conditions of housekeeping of the times of our grandmothers and of their mothers before them, we are impressed with the fact that the women who surmounted successfully so many obstacles must have been made of really tough fibre. The modern appliances which give us everything for our tables in highly condensed and beautiful forms, ready for use, with the minimum of preparation, were then unknown. They pounded the pepper and pulverised the sugar and rolled the salt. So far from having electric lights to command at the touch of a mysterious knob, they had not even lucifer matches. The fire had to be kept in by strenuous care, and sometimes one went to her neighbours to borrow a handful of fire with which to light her own. Nothing was easy. Everything required hard, persevering, and unremitting labour, so that we may well believe that the women of that elder day were far from being incapable.

Incapable women may, for the brief season of youth, while the sea-shell colour tints the rounded cheek and the *beaute de diable* beams in the bright eyes, win a passing tribute from thoughtless men. But the women who wear well must know how to meet emergencies, how to order and see their orders obeyed, how to hold themselves in calm composure, whatever tempests are abroad. The incapable woman was never so much an anachronism as to-day.

HOWEVER unwillingly a person who has a strong opinion may admit the possibility that his opinion may be false, he ought to be moved by the consideration that, however true it may be, if it is not fully, frequently, and fearlessly discussed, it will be held as a dead dogma, not a living truth.—John Stuart Mill.

## FETTERS?—A RETROSPECT.

"How strongly our hearts are fettered on earth."

"FETTERS!" asked a laughing youth, seizing the left hand of his favourite cousin, a bride of three months at twenty. "Fetters?" the plain gold betrothal circle, with its mystic initials, "G. A. T. to E. R., Feb., 1886," then the wedding-ring, heavily chased in semblance of a wealth of golden roses, bearing the new name and date a year later. Life seemed all golden glint, all roses of youth and hope and love; heretofore the best of all things had been rendered as but due her, from parents, friends, and lovers, and in purest faith she had given her life to the keeping of another, submitting with joy and a light heart to wear his gifts—almost resenting the bachelor suggestion—fetters, indeed!

Of her own choice she was bound to the life of another, one whose life had never touched either mental or moral plane such as she held in ideal; won by long persistent devotion, the enlisting of sympathies and influences for his happiness. How unselfish womankind grow to love those in whom a disinterested person would seek in vain for loveliness is a mystery yet to be solved, yet the facts remain and she fondly hoped to find in the cosy new home, in making a true home, the joyous freedom of her previous life, and the realisation of her fair ideal. How soon the unacknowledged sinking at heart at the first disappointment, the first sensation of truth of her enthrallment! While the golden bands fitted snugly the taper fingers, no jingle called to mind the facetious cousin's suggestion, but as the years by trios, as then the months, had passed, and the fingers grew thin so that as often the golden circles slipped off they brought a season of reflection and retrospect, a realisation of what those fetters have been, of the added links to those first perishable ones, these imperishable as are only the immortal souls of little children. Seven trios of years. Sitting alone at the task of the family, mending,—prosaic enough, indeed,—the thin hand holding the "patch beside patch," off slip the now half-worn-away rings, and as she recovers them, memory reproduces the day, "long weary years ago," when they were in the jest and ballinage of her honeymoon first regarded as "Fetters." Stitching away fancy and fact labour together.—The first trio of years found her indeed fettered to a new life, tied down to the prosaic life of the farm routine—the mother's duty. Bereft of her loving mother, and all too late realising her lack of even physical strength to contend with necessary labour, yet wearily struggling to hide away the galling fetters, and be brave and loyal to her master.

Another and another trio still added weight of cares of duties, of little loving souls to be trained for time and for eternity; fettered to humble life by "lack of ducats," too, and faulted by those from whom she most needed kindness.

Another trio of years, the fetters begin to wear into the very soul life and sap her strength from its foundations; rebellious often, alas! how vainly one must struggle who fails to keep her faith. Now as the fifth trio of years close, one, two, three little lives go out over the river to the better home, three broken links on earth, there strongly binding ones to renew a hope of *réunion* where sorrow never comes.

Fetters? How strongly our hearts are fettered to earth by our ties of blood! Each child a link in the great cable, and the part on the other side has its helpful influence over first and last. Sixth trio, and the baby girl, whom, as seventh daughter, she almost ventured to call "Omega," yet left unspoken the thought. Now they begin to go out into the great world, and the magnetic influence of the mother love and care must reach out after them, must in turn be fetters to hold them to truth and right. Years of the seventh trio are gone and yet in the great need for the day, she has realised the promised "strength," and in retrospect sees the bright spots, the triumphs, and fettered to earth by mother love and desire feels, too, that release from all that these imply comes only in the fulfilment of the too often lightly spoken, lightly heard, "Till death do us part."

## THE FIRST QUARREL.

WHY THE TINIEST FRACTURE OF FAMILY PEACE SHOULD BE AVOIDED

WATCH beginnings. There is always a point where the entering wedge breaks in, and after this the progress of disintegration is easy. It is the first quarrel that makes possible the next, and after one or two fights and reconciliations, those who love each other, it may be devotedly, grow accustomed to strife, and no longer feel horror-stricken at the bare mention of it. The little rift is not more than a hand-breadth, but may widen and broaden until alienation and distress and the wreck of all household happiness follow the first tiny fracture of peace.

In the union of husband and wife, which is the most intimate and confidential relationship on earth, there must be something more than mere superficial admiration, the one for the other. The two have pledged to each other a lifelong consecration. Nothing can affect one without equally affecting the other. For weal or woe they have joined hands, and to the outside world they present a united front.

And yet, if testimony could be taken, it would be found that many married people have not been perfectly happy during the early years of wedlock. There has been friction. There has been disappointment. The little rift has been suffered to open the way for estrangement.

"We decided," said a man, whose long life has been singularly tranquil and satisfactory: "we decided, my wife and I, when we were married, that we would never let the sun go down on any lack of peace between us. We would ask each other's pardon, if necessary, but we would never quarrel. One or the other should always give up the point on which both could not agree, and, whatever else came to us, we resolved to have no discord." Beware of the little rift.

## HOW TO TREAT NEURALGIA.

IN the first place we must understand distinctly what neuralgia is. Neuralgia is the result of the irritation of a certain nerve, which may be brought on either by chill or weakness. We know that the nerve is the seat of the disorder, for we can distinctly trace the pain along that particular nerve. The neuralgia of the face, which is the form very prevalent among women, is also known as *tic-doloureux*. It comes on in paroxysms, lasting about a minute, suddenly coming, and as suddenly disappearing. This form of neuralgia may be due to nervous strain, exposure to cold, lactation, or some mental excitement. Sciatica is also another form of the same complaint. It is usually associated with gout, rheumatism, and allied complaints. The pain becomes intense upon the slightest movement of the body. We can distinguish neuralgic pains from others by the fact that they are not associated with inflammation, fever, or any structural change in the parts affected. Where they result from exposure to cold, external applications, such as menthol, or some stimulating liniment will frequently dispel the pains altogether; where due to nerve weakness, internal tonic medicines must be resorted to. The Quinine and Gelsemin Palatinoids are about the finest remedies to alleviate and give temporary freedom from pain I am acquainted with. They can be obtained from any chemist, and I usually give one every two hours until the neuralgia ceases. But bear in mind that these afford temporary relief only. If we wish to guard against future attacks, we must fortify the system by strengthening the nerves, and giving tone to the system. For systematic tonic treatment there is nothing to equal a tablespoonful of Oppenheimer's Cream of Malt with Cod-liver Oil and Hypophosphites taken regularly three times daily after meals. Do not forget to take a good daily walk, obtain a plentiful supply of fresh air, play tennis, cycle, cricket, golf, anything you will so long as you get healthy exercise. Massage and the Turkish bath have many advocates, while alternately hot and cold water douches along the course of the nerve have proved beneficial.



## ADVANCE OF KNOWLEDGE.

THE growth of higher knowledge has been a very gradual one, says the *Nineteenth Century*. It has come by leaps and bounds within the last two centuries, after remaining stationary for more than sixteen hundred years. The nineteenth century especially has been a period of activity and progress in the various branches of science, such as the world has never seen before. Nor could it have been seen before. The full light of liberty—liberty of action and liberty of thought—was necessary for any great forward movement, and the world was lying in the bonds of darkness and superstition. The tree of liberty is a plant of slow growth, that has fought its upward way painfully, bowing its head often beneath the blasts of persecution, and often broken beneath the foot of the oppressor. Like Igdrazil, the tree of life, it has its roots deep below in the kingdom of the dead. It was not till this century that it had attained such growth as to burst into the blossom which is everywhere bringing forth noble fruit for the service of man.

Had Hahnemann and Stephenson, Herschel and Edison lived in the middle ages their genius would have availed mankind nothing. The slow world was not ready for them, and it would have crushed and silenced them as it did Galileo and many another brave spirit that was born out of time. They would have gone under, and shouts and hymns would have celebrated another triumph of orthodoxy and authority. Authority was the juggernaut beneath whose car all the best and boldest spirits were crushed in the sacred name of religion.

"In almost all places of studie," wrote Cornelius Agrippa, "a damnable custom is grown, in that they binde with an othe the schollers which they receive never to speak against Aristotle, Boetius, Albert, or any other of their schollers being accepted a God, from whom if a man differ a finger's breadth in thought, immediately they will call him Heretike and worthy to be burned."

Montaigne, too, adds his protest to the same effect:

"The opinions of men," he says, "are received according to ancient belief, by authority and upon trust, as if it were religion and law, and thus the world cometh to be filled with lies and fopperies. It is not inquired whether Galen has said anything to the purpose, but whether he has said so-and-so; and 'tis irreligion to question any of Aristotle's decrees."

The old Frenchman adds quaintly:

"Whoever should bundle up a lusty faggot of the fooleries of human wisdom would produce wonders."

## SPECIALITIES.

## SWINBORNE'S ISINGLASS AND CALVES' FEET GELATINE.

WE have carefully examined the two preparations forwarded to us, and find them of perfect manufacture. The economical purposes served by gelatine on the human body are well known, and the manufacturers have accompanied the preparations with a useful little book of recipes for jellies, creams, and other invalid cookery written by Lady Constance Howard. The specimens sent us were perfectly pure, tasteless, and absolutely free from smell, subserving admirably the purposes requisite for the *chef de cuisine*.

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THESE are oval tabloids of attractive appearance, and pleasant taste, being in addition nicely perfumed. We have tested

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their effects upon our musical friends and find them unanimous in expressing the opinion that Doughty's Voice Lozenges are of the greatest possible service in restoring and sustaining the jaded vocal organs when broken down with overwork, or debilitated from catarrh.

## NEWBERRY'S "BRAIN" SALT.

WE have examined and tested samples of this preparation; we find it pleasant to take, harmless in composition, but calculated to act well in cases of headache and brain fag, due to overwork and anxiety.

## OUR OPEN COLUMN.

## CORRESPONDENTS' OPINIONS.

## MILITARY TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.  
SIR,—The letter about military tight-lacing in Russia is most interesting, and many thanks are due to your correspondent. It would be most interesting, I think, if some of your readers could give some information upon this subject in foreign military colleges at the present day. German and Austrian officers undoubtedly wear corsets, but whether the custom is begun at school I cannot say. A friend of mine saw the cadets of the American Military Academy, and remarked on the whiteness of many of their faces. He was told this appearance of ill-health was largely due to the extreme tightness with which they drew in their broad leather belts, many young men being in the habit of confining their waists in belts, furnished with four or five buckles, drawn in regardless of the pain, indigestion, and headaches. Hoping to read more of this interesting topic, I remain, yours truly,

A WILLING WASP WAIST.

## Notes &amp; Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

**BANKRUPTCY.**—What is the position of the employé of a bankrupt firm? Is he entitled to salary in lieu of notice, or does his pay cease at the date of the stoppage?—"Employee."

**CUSTOMS.**—What book details the manner in which customs duties are charged and paid in different European countries?—"Fuller."

**EARRINGS AND SAILORS.**—What is the reason that we always see nautical men with small gold rings in their ears in all nationalities?—"D. Lewinn."

## ANSWERS.

**EXECUTION.**—It is absurd to suppose that your rights, as the judgment and execution creditor of a firm, can in any way be prejudiced by your subsequent sale to the same firm or their assignees in trust for the benefit of creditors.

130th Thousand Post free of Author, 2s. 6d.

THE CURE OF  
CONSUMPTION

CHRONIC BRONCHITIS, ASTHMA, & CATARRH.  
By E. W. ALABONE, M.D. Phil. U.S.A., F.R.M.S., Late M.R.C.S. Eng., late Consulting Surgeon to the Lower Clapton Orphan Asylum, &c., Lynton House, Highbury Quadrant, London, N.

By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous. I had no less than 60 cases of cure last year."

**NERVOUS and WEAK MEN.**—Vigorous Vitality Ensured to men suffering from nervous exhaustion, low vitality, &c. Try HALE'S (the only genuine that does not blister or injure the skin) PATENT ELECTRIC BELT and Suspensor. Comfortable, curative. Effective in electric qualities. No metallic contact with the body. This scientific appliance will infuse a mild continuous current through the diseased nerve centres. Descriptive circular, undoubted testimony, sent free. ARTHUR HALE and SON, Medical Galvanists, 30, Regent Street (Piccadilly Circus.)

**LOSS.**—The occupier of the house in which a person has lodgings is not liable to him for any loss of his goods which he may sustain. It is the person's duty to lock them up safely.

**DOG.**—Little dogs that won't take their medicine should be made to take it. Now if I were your master I should open your little jaws, and give you a grain and a half of pure salutarina, and half a drachm of grated aconite nut, made into a stiff pill with lard, and follow it, in about an hour, with a good teaspoonful of castor oil. Your worm troubles would soon disappear and the others probably follow them.—"Fugh, Liverpool."

ANSWERS  
-TO-  
CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

Just published, 1s., post free 1s. 1d.

**THE PHYSICIAN.** A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, &c. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience.

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## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	metersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

**ROBERTS.**—1. When thirsty take lemon juice neat, without sugar. 2. Eat your food very slowly, drinking only after meals. Wash your face with hot water, using Terebene or Vinolia soap. Rub the parts thoroughly with a towel after drying. Pierce each spot with a spear-headed needle at bedtime, and take the following mixture before each meal: Dilute muriatic acid ten minims, sulphate of magnesia half a drachm, tincture of nux vomica eight minims, water to half an ounce.

## EASTON'S SYRUP.

WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon Road, London, E.C., who will forward either sized Bottle free by post for three extra stamps. Or any Chemist will procure it. Sold in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d. 16-oz. bottles, 4s. 6d.

"THESE NATURE'S HERBS," positively nothing more universally reliable known, as proved by Published Testimonials of most Influential Authorities; they readily relieve aches, pains, inflammations in every part, headache to sciatica. Why experiment when a remedy with a three-quarter-century record such as this costs but a farthing a meal? send 16d. or 36d. to-day—Sir Thomas's Buildings, Liverpool, or Chemists—for BROMLEY'S GOUT & RHEUMATIC PILLS THE FAITHFUL CURE.



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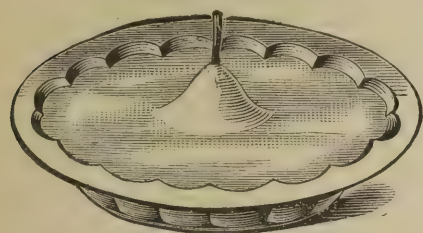
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**GEORGIUS.**—Your condition is by no means a solitary one. They are as common as they are relievable. But it is useless for you to suppose that you will be able to escape a personal interview with a medical man, for that is out of the question. You may take cold baths, plenty of exercise, good food, and pay due attention to the state of the bowels; but you will require some additional local treatment, for which you will have to consult a specialist.

**JULIA.**—You appear to have psoriasis, but do not give us anything like sufficient detail to enable us to judge as to its cause. You may, however, try the following mixture after each meal: Fowler's solution five minims, water to one teaspoonful, and use for each spot after bathing off the scales, chrysophane ointment (five per cent). To be applied on alternate nights. If after a month of this treatment there is no improvement, write us again restating your request that we should give you the name of a specialist.

**T. K. H.**—We certainly do not think you need "go under" at forty-three. On the contrary, there is reason to believe that a course of electrolytic treatment might be of the greatest possible service in your case. You must, however, consult a properly qualified man, and if you wish us to guide you further it would be better to send us a directed envelope, as we are unable to publish the name of any physician in these columns.

**CHARLES GRAHAM (Camden Town).**—Take a cold bath every morning and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Let your meals be composed of light and nutritious diet, and taken regularly at uniform hours. Take a teaspoonful of Farrish's Food three times a day immediately after meals.

# FOR COUGHS



# POWELL'S BALSAM OF ANISEED

For **ASTHMA, BRONCHITIS, NIGHT COUGH, INFLUENZA, and ALL LUNG TROUBLES.**

**SAFE AND RELIABLE.**

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See Trade Mark on Wrappers. Beware of Imitations.  
**SOLD BY CHEMISTS EVERYWHERE.**

**J. J. F.**—You had better go on with the treatment we have already recommended. It seems to have been very beneficial in your case, and we accept your grateful thanks with pleasure and pride. A glass of beer in the day time will not hurt you, but do not exceed this amount. Be careful to keep the bowels freely open.

**PETRUS NIGER.**—The desire is easily checked by means of drugs, such as bromide of potassium and salix nigra, but this is likely to be unbeneficial in the long run. We do not see what difficulty there is in obtaining a companion under the relations you suggest. No diet will be particularly good for you. The only thing you can do is to refrain from stimulating food and drinks. You may try the following: Bromide of potassium one drachm, syrup of oranges two drachms, chloroform water to six ounces. One sixth part three times a day.

**W. H. G.**—You must avoid all beer, wine, and spirits, and much walking or standing about. Take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One sixth part three times a day immediately after meals. If this does you no good, the chances are that you have a congested patch which requires electrolytic treatment. We know of no one in Bristol who is qualified to undertake such cases.

**EDWARD.**—You must use plenty of soap and warm water to these, and they will dry up in time. No special treatment is required beyond being careful to dry thoroughly after washing, and then dusting with a little oxide of zinc powder.

**J. B. P.**—We cannot suggest even a treatment for a skin disease of which we have no description. The only thing you can do for this is to go and see a skin specialist.

**BURNEX.**—You had much better follow the doctor's advice. He will not wish you to have the abscesses opened unless he thinks it necessary. Continue to take the pills if you find you get constipated without them, that is obvious. If you prefer to be constipated that is merely a matter of choice. We do not see that any advice is necessary under the circumstances, especially as you appear to be visited by your own doctor.

**C. B. 35.**—You are perfectly right, medicine and cold baths alone are of very little use indeed. You had better send a stamped addressed envelope for advice.

**DR. DUNBAR'S ALKARAM;**  
 or Anti-Catarrh Smelling Bottle,  
 Is the only cure yet discovered for Colds by inhaling.

## ALKARAM.

If inhaled on the first symptoms of Catarrh, Will at once arrest them, and in the severest cases will generally cure in a single day.

## ALKARAM

Contains no narcotic, the smell is agreeable and reviving, and relieves head aches; in fact, it should be on every toilet table.

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KEEP THE VOICE IN TONE.

From Signor **TOMMASO SALVINI**, the Eminent Tragedian.

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 "SIR,—The other night, when my voice would have otherwise failed, I was able to accomplish my duty to the very last in "Othello," which I owe entirely to your Voice Lozenges."

## ASK YOUR CHEMIST FOR THEM.

Sold in boxes by all chemists. 1s., 2s., 6d., 5s., and 11s., or will be sent direct, post free, for 1s. 2d., 2s. 9d., 5s. 4d., and 11s. 6d. Sample boxes 6d., post free 7d.

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 1 and 3, King Edward Street, Newgate Street, London.  
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FOR HEADACHE AND SEA SICKNESS.

**F. NEWBERY and SONS**, 1 and 3, King Edward Street, Newgate Street, London, E.C. (established A.D. 1746), send "BRAIN SALT," postage paid, for 3s., to any part of the United Kingdom; and those who fail to procure it of chemists may thus readily obtain it from the Sole Proprietor.

**JAMES F.**—You had better take a cold bath every morning and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Your meals should be light and nutritious, and taken regularly. Take a teaspoonful of Farrish's Food three times a day immediately after meals.

**G. W. G.**—You ought to go to a medical man and have your varicocoele attended to. It is of no practical or permanent use to wear suspensory bandages, &c. The veins must be tied. With regard to the skin disease, we are not in a position to say what it is without a personal examination. You should take frequent warm baths, and be careful to keep the bowels freely open. Avoid much standing or walking about. Take a teaspoonful of Farrish's Food three times a day immediately after meals.

**C. F.**—If your family history is good on both sides, there is no harm in your marrying. With regard to the other matter, you must come to some arrangement between yourselves. **CARRIAGE PAID.**—We have inadvertently answered your letter in the ordinary columns.

**JAMES PATTERSON.**—You had better use the following:—dissolve this powder: Borax, chloride of sodium, and bicarbonate of soda, of each, seven grains, powdered white sugar fifteen grains in a half-teaspoonful of warm water, and sniff up from the palm of the hand several times a day, bringing it out of the mouth, so as to allow it to traverse the length of the nostril. Keep up your general health also, paying due attention to the state of the bowels, eating regularly well-cooked and assimilable meat, such as fish or poultry, getting a fair amount of active outdoor exercise, and taking as a general tonic a teaspoonful of Easton's Syrup three times a day immediately after meals. Persevere in this treatment, for you must not expect to be cured at once.

**FRAN.**—There is nothing abnormal or uncommon about this. Nothing requiring a particular treatment so long as you look after your general health.

**F. W. BELLAMY.**—The only thing you can do in a case like this is to call in a doctor to advise on the case. Should you neglect to do so and anything serious happens you will be to blame.

FOR INFANTS AND INVALIDS.

# SWINBORNE'S ISINGLASS

Is the Best.

A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.  
 IT IS MOST NUTRITIOUS.

"The FAMILY DOCTOR is stored with useful Hints for the Preservation of Health."—*Daily Chronicle.*



**GRATEFUL.**—You should take a cold bath every morning and get a fair amount of active outdoor exercise. Avoid all beer, wine, and spirits, and take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia half an ounce, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day between meals. If the old trouble is still on you, you ought to have that cured or you will never be well.

**RAW RECRUIT.**—You must avoid all beer, wines, and spirits, and much standing or walking about. Be careful to keep the bowels freely open, and take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buckthorn six ounces. One-sixth part three times a day immediately after meals.

**CORPORAL BUGLE.**—Sudden distension of synorial pockets in connection with the joints is not at all unusual, but we do not think change of dietary would be likely to prevent such troubles. You should, however, give up beer altogether, and we do not advise you to replace it by any other stimulant. If you must drink spirits, the least harmful to you would be an occasional very small dose of old Scotch whiskey (Robertson's by preference) well diluted with soda or seltzer water. Keep the bowels free, and do not take too much meat.

**ANEMIA.**—Your mother has expressed a very foolish opinion—entirely wrong, by the way—in saying that you cannot be cured. The opinion is not only foolish, but wicked, for the disease, under proper conditions, is one of the most amenable to treatment. You can obtain the Biphosphates of Messrs. Oppenheimer and Co., 14, Worship Street, London, E.C., who will send you a price list on application. At the same time, you should take each morning a teaspoonful of Epsom salts dissolved in water. You have no need to despair; write us again in a month, with a report of progress, and we will advise you again.

**DAISY.**—It would have been much better had you given us some account of your age, occupation, habits, diet, &c., as well as of any other illnesses which you may have suffered. You do not say whether you have bad teeth; whether you have neuralgia, or other nervous trouble of any kind. If you will give us this information we shall be glad to do all we can to help you. Meanwhile you may apply the following lotion each night to the scalp using a small piece of sponge for the purpose: Blistering fluid three drachms, glycerine six drachms, rose-water to six ounces.

**R. F. W.**—We cannot tell from your writing whether you are male or female, nor are we able to guess at your age, occupation, or habits. Few symptoms are given, and these are quite insufficient to enable us to make a diagnosis of your case. You may have gastric catarrh, with some engorgement of small vessels in the pharynx. On that supposition we suggest your taking the following mixture before every meal: Subnitrate of bismuth fifteen grains, mucilage of acacia half a drachm, tincture of gentian half a drachm, camphor water to half an ounce. Take also one teaspoonful of compound liquorice powder in a little water each night at bedtime.

**R. F.**—We should advise you to read the advice given to "Roberts," and to follow the instructions there suggested. You would do wisely to give up the milk and strabout, to take underdone meat and fresh fish each day, and to eat plenty of green vegetable.

**A. Y. Z.**—Strictly follow up the regimen prescribed for you and take the following medicine: Subnitrate of bismuth one drachm, mucilage of acacia three drachms, aromatic spirit of ammonia one drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**NEMO.**—We presume you wish us to use this pseudonym again. You had better take ten to fifteen grains of antipyurin three or four times a day while this neuralgia and the other pains last. If you do this you will soon find that this trouble disappears. Keep up your general health, take plenty of active outdoor exercise, and keep the bowels freely open.

**DOOW BONG.**—1. Have this removed; you had better see a doctor with that object. 2. This is a question for an oculist; we cannot tell you what the weakness of the eye is due to. 3. No; we know of no reason.

**ENTREATY.**—There is no such thing as a "sure cure" for any complaint known to the physician. Such things are only talked of by the charlatan and by the advertiser of quack medicines. Take three grains of iodide of potassium in half an ounce of camphor water three times a day, and if you are a smoker, give up the habit.

**F. A. G.**—1. Dunn's Fruit Saline (W. G. Dunn & Co., Croydon) you will find as good as any others. If you will say exactly what the conditions are, for constipation may depend upon many causes, we shall be happy to give you all the information in our power as to the length of time it may need to be administered. 2. Use a cathart or an indiarubber brush, or a glove of rough Turkey towelling. The ordinary brush is not what we should designate as a "flesh brush."

3. Leave well alone since the swelling causes no inconvenience. **M. F.**—Persevere with the medicine, use the application already advised for the warts, and see that the outer skin is completely retracted and the whole of the inner parts washed with soap and warm water at least once a day. The pain, if given are suggestive of early stricture, but only examination with an instrument can determine the fact positively. We still think you would do wisely to consult a surgeon.

**R. C. H. D.**—1. It is possible you have a varicose; if so you ought to have it operated on, as nothing else will cure it. 2. For this also it will be necessary to have something done. Send a stamped addressed envelope and we will recommend some one.

**C. R.**—You had better take a teaspoonful of confection of senna every morning before breakfast, or if you like, take a dose of this at night with some fruit salts in the morning. You should not allow yourself to get into this condition; it is only caused by want of attention to diet and exercise.

**G. STREYER.**—We have no means in your letter upon which to found a diagnosis. There must be some reason for the appearance of the spots and the simultaneous falling out of the hair. If you write us a full description of the case, naming habits, occupation, diet, &c., we shall be happy to prescribe. Meanwhile you had better inquire whether the patient has had any sore throat or any pains in the bones or elsewhere.

**ZERO.**—Your liver is out of order, and you will do well to take one of the following pills daily at dinner time: Blue pill one grain, pill of colocynth and henbane three grains, as well as a teaspoonful or less of sulphate of magnesia in water each morning before rising. Your eyes should be examined by an ophthalmic surgeon with a view to the use of spectacles if necessary.

**X.**—The so-called "remedies" named are useless for any kind of skin disease. If you will describe the particular complaint from which you are suffering as nearly as you can, stating at the same time your sex, age, occupation, habits, and diet, we shall be glad to suggest some treatment for you.

**D. D. A.**—1. The continued improvement in your case is very satisfactory. Keep on with the medicine for another month and report again. The hair will grow presently. 2. Certainly the child should undergo a course of mercurial treatment. The rule is contrary to what you state. Children properly treated, as a rule, do not die, but recover entirely. Give the baby half a grain of grey powder twice a day, watching for any effect upon the gums. This should be continued for a month, then intermit for a week and again persevere with for a further period. Report again when writing of your own case.

**CARRIAGE PAID.**—As pencil writing is difficult to read in gas light, we shall esteem it a favour if you and several other correspondents will in future write in ink. As you say, the advertiser whose paragraph you enclose is a quack of the best sort, whom you are wise to avoid. We do not think the description in the paragraph applies to known pathological condition. You probably have eczema of the leg, though from the imprecise description it is not possible to be positive on the point. You may take each morning a teaspoonful of sulphate of magnesia dissolved in a little water. Bathe the part each night with warm water to bring away crusts; dry carefully, then apply the following ointment: Creosote fifteen minims, red oxide of mercury four grains, oxide of zinc one drachm, vaseline one ounce. Drink no beer, and keep the ointment applied on old linen rags, afterwards bandaging the part.

**M. P.**—1. These habits are, we regret to say, very common in subjects of both sexes. The difficulty is to obtain a candid history of the whole of the circumstances. Take the following mixture after each meal: Bromide of sodium twenty grains, carbonate of ammonia two grains, glycerine twenty minims, tincture of bark half a drachm, water to half an ounce. 2. The medicine ordered above will help to relieve the excitement and to induce sleep. Beer at that late hour is not good for you, and may possibly be accountable for the moodiness named. Try a cup of Bovril instead. If not better in a month write again.

**CISSE.**—The condition is known as dropsy. It is not only difficult but dangerous to treat such cases without careful examination of the patient. Your best course will be to consult some good doctor in your own neighbourhood.

**QUININE.**—The biphosphates of carbonate of iron can be obtained at Messrs. Oppenheimer & Co., 14, Worship-street, E.C. They will send you full particulars of price and method of administration.

**MISERABLE.**—Blushing is not at all infrequent in young fellows of your age. There is, as a rule, some cause for it, but you make no mention of such a thing in your letter. Take a dose of the following mixture three times daily: Liquid extract of ergot fifteen minims, bromide of potassium twenty grains, tincture of nuxvomica five minims, water to half an ounce. Keep the bowels acting freely, take plenty of outdoor exercise, avoid sensational literature, and rest assured that by degrees all your difficulties will disappear.

**FRANK BULLEY.**—1. Ophthalmia neonatorum. 2. Sulphate of copper one grain.

**LUX.**—You had better bathe well with cold water every morning and keep the bowels freely open by means of some Dunn's Fruit Salt taken every morning. Take a fair amount of outdoor exercise, and wear a suspensory bandage so as to keep the parts well supported. You should, however, see a doctor who makes a speciality of this complaint, and can pull you together again. Send a stamped addressed envelope, and we will advise you.

**POSTER.**—You will have to pass an examination of the Pharmaceutical Society if you wish to assume the position of a chemist. It is illegal to vend medicines without a license from this society. The blatant quacks who sell their so-called remedies at market corners do so at their own risk, but even they require a hawker's license, which is obtainable from the police at a very small sum.

**M. PEPPEBORN.**—She had better take the following medicine: Carbonate of ammonia half a drachm, spirit of chloroform one drachm, decoction of bark to six ounces. One-sixth part three times a day. She must not take much exercise, but must wrap up warmly, and keep out of the draughts.

**DEBILITATED.**—Most likely the condition is curable if you persist in taking the medicine regularly, and using the local remedy as you have been doing. You should take the following: Iodide of Potassium one drachm, aromatic spirit of ammonia one drachm, decoction of bark to six ounces. One-sixth part three times a day after meals. The noises in the ears will cease as the catarrh disappears. You ought to see a good skin specialist to cure you of this trouble. It is not always easy to know to what cause it is to be attributed. Should you be coming to town and let us know we can advise you whom to see.

**COTOPANI.**—You do wisely in avoiding those persons who advertise various treatments for these troubles. They are nearly, if not quite, all what you term them in your letter. Medicine alone, however, is not all that is needed in such cases, though as you wish it we append a prescription: Tincture of peruviana four drachms, sweet spirit of nitre one drachm, fifteen grains, spirit of chloroform five minims, quinine (sulphate) one and a half grains; water to half an ounce. To be taken three times a day before meals. You must take care that the bowels are not constipated.

**TOTTENHAM.**—This is a very common thing. You had better take the following: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre one drachm, tincture of hyoscyamus two drachms, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals. You must avoid all beer, wines, and spirits, and refrain from any excess in standing or walking about. With regard to the other party, frequent injections of lime water must be used.

**D. B.**—We are always advising in cases similar to yours. The only cure for this condition is electrolysis of the stricture, which you had better get done. If you wish to know where to go, send a stamped addressed envelope, and we will recommend you someone.

**A FOND MOTHER.**—If your little girl is suffering from infantile paralysis, you may use the hot salt water and galvanism, regularly applied for some months. Rubbing with ordinary oil is very little use in this case. You had better give her the Scott's Emulsion of cod-liver oil with hyposphites, a teaspoonful twice a day. This is both food and medicine combined.

**CONSTANT READER.**—Your work, being always in a more or less dirty atmosphere, would be quite sufficient to account for the presence of black spots on your nose and cheeks. Rubbing with ordinary oil is very little use in this case. You had better give her the Scott's Emulsion of cod-liver oil with hyposphites, a teaspoonful twice a day. This is both food and medicine combined.

**J. W. C.**—It is impossible to diagnose between the several diseases of the heart without careful auscultation. However, we cannot find that you describe the symptoms of fatty degeneration, not fatty deposition, and think that a modified dietary may help you. Avoid fats, starchy foods, sugar, beer. Eat lean meat, green vegetables, stale bread. Drink claret or lemon juice with water.

**J. LEACH.**—We agree that the cauterisation suggested would do you no harm, but without careful auscultation, and some of the out-of-date practitioners, it might be productive of certain serious results. Your case, however, would be met by electrolytic treatment properly carried out. See reply in this column to "T. K. H."

**E. A. STEPHENS.**—The trouble described has not yet been dignified with a name of its own, and is dependent upon insufficient secretion of acid, and may have arisen from the bad habit of replacing the natural lubricator of solid food by drinking with each morsel. You will have to give up the habit entirely, and learn to eat slowly without drinking at all until the meal is finished. In addition, you are nervous and your letter indicates that there are evidences of some hysteria. Take, therefore, the following mixture three or four times daily between meals: Bromide of potassium fifteen grains, carbonate of ammonia four grains, glycerine twenty minims, tincture of bark half a drachm, water to half an ounce. Keep the bowels acting freely with liquorice powder.

**DOLOR.**—If you are suffering from spinal weakness you should have the spinal column galvanised. Keep the bowels freely open, and take a fair amount of outdoor exercise. With regard to a suitable embrocation you had better use Eiliman's or St. Jacob's Oil, well rubbed in. Also take a teaspoonful of Sellers' Eason's Syrup three times a day immediately after meals.

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Get all that's possible of both, if in need of strength, flesh and nerve force. There's need, too, of plenty of fat-food.



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ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scoury and Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

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No. 455.—VOL. XVIII. SATURDAY, NOVEMBER 18, 1893.

PRICE ONE PENNY.

**THE LATE SIR ANDREW CLARK, M.D.**  
(SPECIAL MEMOIR.)

**T**HE death of Sir Andrew Clark, Bart., late on Monday afternoon, November 6th, was not unexpected. The eminent physician passed peacefully away shortly after half-past four o'clock in the presence of all his family, while prayers were being read by his son-in-law, the Rev. W. Lee. The medical gentlemen present were Dr. Liveing, Dr. Jackson, and Dr. Hadley. Sir Andrew rallied a little towards the end and appeared to recognise a few of those present, but he never rallied sufficiently to be able to say anything. The face of the deceased physician wore a most peaceful expression.

Sir Andrew Clark, Bart., the son of Andrew Clark, Esq., of St. Fergus and Aberdeen, was born on October the 28th in the year 1826. He commenced his professional studies at Aberdeen, and continued them at Edinburgh, where he secured for himself the medals of the Extra Academi- cal Medical School in the following numerous and general subjects:—Anatomy, Physiology, Chemistry, Botany, Materia Medica, Surgery, Pathology, and Practical Medicine, thus plainly indicating as a student the versatility of his professional brain.

Whereas some students distinguish themselves in one or, perhaps, two or more branches of their professional study, and gratification. He has also occupied the posts of Councillor and Examiner in Medicine to the Royal College of Physicians, and has for



THE LATE SIR ANDREW CLARK, M.D.

*Drawn from a Photograph by Barraud, 263, Oxford-street, London, W.C.*

Andrew Clark distinguished himself beyond his fellows, and carried off the prizes in almost all.

Having graduated in medicine at Marischal College, Aberdeen, in 1854, he quickly migrated to London, as so many Scotchmen have done before and since, to find a wider scope and larger field for the exercise of his professional ability. For two years previous to his settling in London he assisted Dr. Hughes Bennett in the Pathological Department of the Royal Infirmary, where he rendered himself popular by his skilful aid, and held the post of Demonstrator of Anatomy under Dr. Robert Knox during the first course of lectures delivered by him.

For four years Dr. Clark had charge of the Pathological Department of the Royal Naval Hospital at Haslar, delivering a series of interesting lectures.

It was not until 1854 he decided to remain in London, and entered the London Hospital as physician. In 1858 he gained the Fellowship of the Royal College of Physicians of London, and was afterwards elected by that body to the Croonian Lecturer-ship, which he filled to their satisfaction

**READ SPECIAL ARTICLES THIS WEEK.**



many years been leading physician to the London Hospital. On August 9th, 1883, he was created Baronet in appreciation of his excellent skill and valuable contributions to medical science.

At the very outset of his career, as the *Daily Telegraph* reminds us, Sir Andrew Clark encountered a difficulty that would have overwhelmed many a less energetic man. He was seized with hemorrhage of the lungs in so serious a form that his medical adviser warned him that it would be at the risk of his life to persist in his arduous medical studies; he must give up all thought of becoming a doctor, and think only of his own health. The aspirant for fame was not to be thus daunted. Happily, for the world, youth has a horizon of its own. Recognising fully the grave nature of the danger, young Andrew Clark determined, come what might, that a doctor he would be, and that he would begin, if possible, by curing himself. It was a sharp application of the precept: "Physician, heal thyself," and he made up his mind not to rely on medicine, but to subject himself to a strict regimen of fresh air, moderate exercise, and careful dietary. Persisting in this course with the decision of character which was one of his unflinching attributes, his unswerving faith in Nature was rewarded by a most gratifying result. The breakdown that had seemed inevitable was avoided, the lungs were healed, and Andrew Clarke's first serious patient was saved for a vigorous and energetic life. Telling the story himself he once said: "I determined, as far as my studies would allow me—for I never meant to give them up—to live in the fresh air. This resolution I carried out, often studying *al fresco*, and in a very short time I was so much improved that I was able to indulge in gentle physical exercise, taking care not to do too much; and so, in the course of time, I became well, if not robust—and I may almost say I got over the trouble that had threatened me." This experience had a decisive influence on Sir Andrew's future. It was one of those mishaps which make a man. In this way his attention was specially directed to pulmonary diseases, and there can be no doubt that his success in their treatment was largely due to the fact that he never ceased to insist on the first importance of the natural remedies from which he had himself benefitted. Consumption and ailments of the chest largely occupied his scientific attention.

Mr. Gladstone's physician, the *Daily News* remarks, will be missed on platforms like that from which the Prime Minister delivered his Newcastle Programme. Sir Andrew Clark sat watch in hand when the Newcastle speech was delivered. He had limited his patient to an hour. As the hour was up, Mr. Gladstone tossed aside the last sheet of his notes, and the physician looked triumphant. But in the warmth of his oratory Mr. Gladstone went on without his notes for nearly half an hour longer, during which time the physician's look of triumph changed to one of mingled perplexity and amusement. After the speech the applause of the crowded Newcastle Theatre was tumultuous, and was crowned with a touching rendering of "Auld Lang Syne" by thousands of voices in unison. Mr. Gladstone was on his way out of the hall, but he turned back to acknowledge this moving farewell. There were many swelling hearts at that moment, for the scene was overpowering to the emotions, and those who were near Mr. Gladstone were not surprised to note that he was moved to tears. They looked at Sir Andrew Clark. "Nerer mind," said Sir Andrew, "it will do him good." He had felt Mr. Gladstone's pulse, and was able to say that the veteran statesman was in even better form at the end of his speech than he had been at the beginning.

Of late years, Sir Andrew Clark's time, says the *Times*, has been filled up, from morning to night, by the unceasing demands of patients, to which both the calls of friendship and the ties of family have to some extent been sacrificed.

His principal recreation has been reading, in which he could indulge when in his carriage or on a railway journey; and even from his youth he has found his chief pleasure in books dealing with the great problems of theology and philosophy, to which he has given whatever attention could be diverted from his daily tasks. There is but too much reason to fear that his almost ceaseless activity of body and mind has been the chief cause of his fatal illness, and that he has, in the strictest sense of the words, been worn out by overwork. His holidays were few, brief, and liable to interruption by claims upon him which he did not think it right to disregard. Although always early in his consulting room, he was often engaged until late in the night by an enormous correspondence; not only all written with his own hand, but every word of which was weighed with scrupulous care. Much of this was forced upon him by the thoughtlessness and want of consideration of patients, but he would not on that account delegate what he considered his responsibility to a secretary. In all professional relations, whether to his patients or to his medical brethren, Sir Andrew Clark's life has been an example of devotion to the highest sense of duty.

## RECOLLECTIONS OF SIR ANDREW CLARK, M.D.

[From the *Westminster Gazette*.]

THOSE who knew Sir Andrew best, and had known him longest, would often smile—very affectionately and, to the outsider, somewhat mysteriously—when the conversation turned to the eminent physician. "It is a wonder," a medical man and a friend and admirer of Sir Andrew's said to me a short time ago, "it is a wonder Clark has not been utterly spoiled years and years ago. His patients, and particularly his lady-patients, do their very best to bring about such a result. They worship him, every one of them; and, what is more, his very presence seems to cure half of them. Nor is this surprising. There is something so genial, so sparkling, so sympathetic about the man, which fascinates you in spite of yourself, and in spite of his Scotch bluntness. This is one of the reasons of Sir Andrew Clark's success. Another, and a far greater one, was his wonderful knowledge of human nature, and his perfect mastery of the fact that in nine cases out of ten the patients who apply to a fashionable physician suffer chiefly from ennui, indolence, and the consequences thereof. They would be ill, they must be treated by Sir Andrew and by no one else; it gave them importance, and it belongs to fashionable life. Clark has little patience with these *malades imaginaires*, but his is so kindly, and perhaps also so courtly, a disposition, that his very wrath has an air of geniality, and acts like a tonic. He prescribes, for such cases, exercise and a plain diet rather than medicine, and the result is that his fame spreads more widely every year, though he himself is the last man in the world thus to seek honours.

"No, his real fame is the result of nothing but hard, continual work. Few men have worked so hard and so steadily as Sir Andrew Clark. And whenever he has a really serious case in hand, he gives it his whole and almost passionate attention, and it is not too much to say that he wrestles for his patients with grim death itself."

Shortly afterwards (writes the journalist to whom the remarks just given were made) I met Sir Andrew personally. Lord Tennyson was dead; from Haslemere came confused rumours that the death-bed scene had been of unearthly beauty, and that Sir Andrew, who had watched with his dying friend and patient through the whole of the last day and night, was on his way back to London. When I stepped out of my hansom, at his door, Sir Andrew drove up from the opposite direction. He could not see patients just then, the servant told me very politely. I wasn't a patient, I replied, and gave him my letter of introduction from the editor. And then I was told Sir Andrew would see me presently. I had to wait some time, and then

he himself came in full of apologies, and ready to listen to my requests. "Come along into my den," he said, very kindly; "I am tired, but I would like to oblige your editor. Your editor is my editor, for yours is the only evening paper I read regularly."

"And now listen and I will tell you what I think I may say," he said, as we had settled in the famous consulting room. A reddish light from the fire lit up the gloom of the dull, wet autumn day, and in the perfect silence of the house Sir Andrew's account of that most wonderful of death-beds, was almost as a story from another world. He looked very sad as he was sitting in front of his bureau, incessantly twisting a pencil between his fingers; but for one moment he brightened up, then looked frowningly at me, and said, "Do you know what you are asking? You are asking me to do what in the medical profession is considered an awful breach of etiquette." And then he got up, and in bitter disappointment, I rose to go, with only sufficient courage left to say that certainly if this was so I was sincerely sorry. In one second the frown turned into a genial smile, and, with his hand on my shoulder, he said, "Sit still. I don't mind committing a breach of etiquette this time, but you must promise me faithfully not to mention my name as that of your informant."

"Keep my name out, and then tell the world what I tell you, as far as words can tell such things, of that glorious death-bed down on the Surrey hills," and then, with glowing emotion, with a voice that rose and fell, and often grew husky and unsteady, he told me of the last watch by the bedside of the poet. "I have stood by the bed-sides of thousands of fellow-creatures," he said, "and have seen very grand and solemn death-bed scenes, but never, never one like that from which I have just come home." Sir Andrew, when he grew animated, had a strange magnetic power over his hearers—I have heard others, students, medical men, and private friends of his often observe this—and I sat in spell-bound silence as he told of the glorious day which, in the midst of the autumn storms and rain, dawned over the world as the poet lay on his death-bed. One sentence I remember of the description which he then gave me. "The distant hills, shrouded in mists of perfect white, could be seen through the oriel window of the room where Tennyson lay like a piece of breathing marble." He went on to describe the night flooded with moonlight, the perfect stillness, the dying man's request for his Shakespeare, and "after that the dark," and then he rose again, and walked up and down the room. I also rose to go.

"Sit still?" he thundered suddenly. "Shall I tell you why Tennyson's death was so peaceful? This is not to be put into the papers to-day; probably it would not interest them to-day. But the secret is this: He lived a quiet, laborious, simple life. It is a secret which few men learn in time to profit by it. I was his friend before I was his physician. Metaphysics drew us together. Gladstone, too, is deeply interested in that subject, and we all three agreed in our taste for a simple life and a life of work. "Half the disease of this generation is due to people's idleness. Idleness, the beginning of all evil. The mother of a pampered darling of a daughter sends to me. The girls ails, no one knows why. I am to come and prescribe. I know before I go what is the matter with the girl. 'Go to your local medical man,' I say; 'he can manage the case very well.' But no, it must be Sir Andrew, the grumpy Scot, and Sir Andrew prescribes long walks and less rich food, and regular meals and early hours. And presently, when the young lady has regained her red cheeks and high spirits, they think I have performed a wonderful cure!"

"Now let me tell you how I myself have managed to live at all. I'm 66. Over thirty years ago, when I was a young and obscure Scotch practitioner in London, I applied for a place on the medical staff of the London Hospital. The authorities there said, 'Oh let us give the poor chap a chance. He is consumptive; he won't last long. Let us, in pity, give him the post.' Well, I have outlived nearly every one of them. All my life I have been delicate; I have several times been at death's door; but by reason of a simple life, and a life

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of work, I have managed to get very close to three score years and ten."

I got up once more to take my leave. "Sit still," he commanded once more, as he put on his glasses and a professional air. "And so you are one of those ladies who write? They tell me all the younger generation of women write and smoke. Do you smoke?" (with a terrible emphasis on the personal pronoun). "No, Sir Andrew, I don't." "You don't smoke? Look here, let me tell you one thing. *Don't! Don't!*" I took my leave, and jumped in to my hansom; but I was recalled. "Come back! make haste! young woman, come back this moment!" Sir Andrew called after me, and showed me again into his room. "I only want to tell you one thing. If you breathe my name, in connection with what I have told you I'll—I'll—I'll haunt you. Now shake hands and forgive a garrulous old man for keeping you so long."

I never mentioned Sir Andrew's name at the time in connection with the information. He sent his "Well done!" down to me when he saw my article, and that was the last I heard directly from him. But if the threat of haunting me for revealing who was our informant about Tennyson's deathbed scene was meant to be indefinite, then— But I do not think Sir Andrew went so far in his prohibition.

## THE FAMILY DOCTOR.

SATURDAY, NOVEMBER 18, 1893.

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### CONTENTS.

PAGE.	PAGE
The Late Sir Andrew Clark, M.D. (Illustrated) .. 177	How to Disinfect Clothing .. 183
Recollections of Sir Andrew Clark, M.D. 178	Care of the Feet .. 184
Editorials .. 179	Air—Famine .. 184
The Struggle for Existence .. 180	The Perfect Man .. 184
Are Nurses Afraid of Fever? .. 180	My Sister .. 184
Water and Disease .. 180	Dilatation of the Stomach .. 185
Do We Eat Too Much? 180	Sins Against Health .. 185
Sacredness and Dignity of Motherhood .. 181	Over-Feeding the Young .. 185
The Acids of Fruits .. 181	At the Brewers' Exhibition .. 186
Cause of the Decay of Eggs .. 181	Use of Fruit and Nuts as a Food .. 186
Recipes for the Table 182	Constipation .. 186
Hints for the Household .. 182	The Man of the Year .. 187
Cleanliness .. 182	Million .. 187
Mother's Page .. 183	Rheumatism and Bees .. 188
Recent Patents .. 183	Notes & Queries .. 188
	Answers to Correspondents .. 188
	&c., &c., &c.

### EDITORIALS.

**THE DANGER OF LONG SKIRTS.**—A prominent physician, who gives close attention to bacteriological study, says:—"Late the long dress trains worn in the streets by our ladies suggest another way to carry tubercle and other bacilli into our houses. In walking along the streets we constantly see a dress wipe up portions of sputum from the pavements. From one of these dresses dragged over the streets a few times I was able to demonstrate the presence of seven tubercle bacilli on an inch microscopic slide on which a little dirt off a dress was dusted. Knowing, therefore, that these long dresses have dried tuberculous sputum on them for the maids to dust off in our ladies' dressing rooms, most of which are poorly ventilated, we can quite understand how a sufficient number of bacilli can be collected in small compartments to an extent dangerous to at least those predisposed to tuberculosis."

**FINGER nails grow most rapidly upon the healthy.**

An apple poultice is said to be so good a thing for sore eyes that it is used regularly in French hospitals, but any poultice is dangerous for a non-professional to apply to the eye.

Some women unwisely try to enhance the brilliancy of their eyes by exposing them to an air slightly impregnated with a powerful acid or rub over each eye a tiny quantity of belladonna ointment. This artificial dilation has again and again been the means of injuring the sight. Plenty of sleep and good digestion are the best cosmetics for the eye.

**SUICIDES IN EUROPEAN ARMIES.**—In view of the epidemic of suicides which seems to have set in of late it is interesting to see how different countries stand in this respect. The following figures give the number of suicides in the various armies of Europe per 100,000 men: Austria, 131; Germany, 67; Italy, 40; France, 29; Belgium, 24; England, 23; Russia, 20, and Spain, 14.

ONE way of toughening ourselves is by means of a cold foot bath. We take cold through the feet as often as any way; by putting them in cold water for about ten seconds, morning and night, and then rubbing them till they are red, is a grand remedy for all this. Ten or fifteen seconds are long enough, and even less will do in the first few times. It is unwise to prolong this bath, and may do harm.

**HEALTH HABITS OF SCHOPENHAUER.**—Schopenhauer, who evidently got a good deal of enjoyment out of his life in spite of his pessimism, writing in his old age, said, "I run like a greyhound, blow at my flute every day, and beyond my deafness have nothing to complain of on the score of health." Readers of his biography are aware that he lived with great regularity, never missing his morning bath, two hours constitutional, &c. His mind was active to the last, and he died suddenly without any painful illness. He never overworked himself, and thus brain and body remained healthy. He lived to be over eighty years.

**THE CAUSE OF BILIOUSNESS.**—The cause of biliousness is a dilated stomach. Food decomposes in the stomach, and that gives rise to the condition known as biliousness. It is a state of poisoning in the stomach, produced by the action of germs upon the food remaining there. When those germs grow up through the oesophagus they produce the bad coating on the tongue. Biliousness always means bad diet. If a man is bilious he ought to be ashamed of himself, for it means that he has abused his stomach. A dilated stomach is very common among chronic dyspeptics. It is a stretching of the stomach in consequence of overloading it; it is sometimes due to a breaking down of the stomach.

**WHO MAY HYPNOTISE?**—At a meeting of the British Medical Association lately held the subject of hypnotism was discussed and it was agreed that the force was a real one. This medical men have doubted for a century and many still doubt. Now, however, that this is admitted it is suggested that those who are not physicians shall not practice it. This is just like the doctors. If after endless trouble you succeed in convincing them of the value of some novelty in therapeutics, they turn on you at the first chance and proclaim that the thing is indeed a good thing, but that they are the only folks fit to be trusted with its application. The truth is that not all persons can hypnotise, and even few doctors are fit to do it. The best hypnotisers are strong persons with upright characters and good sense, and who are willing to learn what is best to do, and to do it, and to avoid what seems trivial and foolish. It will be a long time before there are many good operators either in or out of the profession.

**TO WASH THE HAIR.**—For washing the hair, particularly such as is inclined to be oily, nothing is better than the common hard soap of the kitchen. A woman who has used it frequently herself and seen its benefits tested in other cases prescribes it with strong faith. "Make a strong suds," she says, "rub it quickly on the hair and wash it off again at once. After that any scented scap or wash may be used in the way of an ordinary shampoo." A lady's maid, who is famed for the care of her mistress' hair, may be taken in further testimony of the same article, as the only wash she uses is soapsuds thickened with a teaspoonful of glycerine and the white of an egg. Undoubtedly women waste money in expensive hair beautifiers and preservers. Simple means are just as effective. The pulp of a lemon, for instance, rubbed on the roots of the hair will stop ordinary cases of falling out.

**MALE AND FEMALE BRAINS.**—A physician who has had much experience of the insane has examined the brains of one thousand six hundred subjects. He comes to the conclusion that Nature makes palpable differences between male and female brains. First, there is a difference in weight, the male being heavier, possibly by one ounce, relative to weight of body; second, while the frontal lobes are equal in the sexes, the parietal are larger in the male and the occipital in the female, who consequently, has quicker perceptions; third, the female brain is less convoluted in the grey matter and has less service; fourth, the blood supply is more copious in the anterior lobes in the male and the posterior has a larger supply in the female, and these parts have different activities. The blood of the female is also poorer in corpuscles, there being half a million less in a cubic millimeter. He fears that the tendency of too much education or intellectual development in women is to make them lose beauty. He instances the Zoro women of India. They are supreme. They woo the men, control the affairs of the home and nation, transmit property, and leave man nothing to do. The result is that they are the ugliest women on earth.

It is simply untrue, says the *Sanitary Record* that red-haired girls are never left to become old maids. We have the honour to be acquainted with at least one engaging spinster who is dowered with auburn, not to say caroty, locks; and we do not intend in this matter to listen to the sophistical argument that it is the exception that proves the rule. Those who maintain that maidens with red hair always attract the men, and therefore get married, explain the alleged fact by pointing out that the colour of their crinal ornament is due to a superabundance of iron in the blood, and that it is this mineral that imparts "the vigour, the elasticity, the great vitality, the overflowing thoroughly healthy animal life which runs through the veins of the ruddy-haired," and that renders them attractive to the other sex. The fact that many girls have been known to dye their hair so as to give it auburn tinge seems to show that they themselves incline to the belief that the richer golden colour will give them an advantage over those who do not resort to such methods. The theory is quite in accordance with Darwinian principles of natural selection, and George Meredith has popularised the general idea in his strange book called "The Egoist," where he shows that even aristocratic wooing is strictly determined by the scientific principle that "success is awarded to the bettermost."

**A GRAND SPECULATION,** in these days of financial unrest, is a rare thing for people with spare capital to come across. It is, therefore, refreshing to know that in purchasing a box of Holloway's Pills, good value for money can be obtained. They never fail to give instant relief from pain, and no disease can long withstand their purifying influence. A few appropriate doses at the proper period will prevent many a serious illness. Their primary action is upon the blood, stomach, liver, kidneys, and bowels. Their secondary action strengthens the nervous centres. No drug can be so harmless yet so antagonistic to disorders caused by brain worry. The most perfect reliance may be placed upon their regulating and renovating virtues. [ADVT.]

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## THE STRUGGLE FOR EXISTENCE.

NO part of the Darwinian doctrine has taken stronger hold or made a more profound impression upon modern thought than the ideas involved in the phrase, "The struggle for existence." Obvious as the leading facts seem to be as revealed by the light of modern research, it is certain that we owe to the labours of Darwin, Wallace, and their numerous disciples the first distinct recognition of the broad biological law that all living organisms are engaged in a struggle to maintain their own existence and to propagate their kind. The means of subsistence being limited, a struggle ensues for their possession, and the results of this struggle we term "the survival of the fittest." By "fittest" we mean "best adapted to its environment." The term is thus a relative one and has no constant signification. Regarded purely from the biological point of view, fitness means such conditions of structure or function as enable the organism to react to its physical environment, to appropriate suitable nutriment from the elements of food available, and to protect itself against the dangers that menace its existence. So much is clear.

It is when we get into the ethical region that difficulties assail us, and it is to this side of the question that we desire briefly to advert. If the struggle for existence be world-wide, if it be waged on purely selfish principles, if the conditions of success be mainly strength and cunning, we are face to face with a conception of the creation from which we may well shrink appalled. Where, we may ask, is there place in such a scheme for justice, for mercy, for sympathy, for love? Happily these principles exist and their range is not wholly confined to the human family. We must pause, therefore, before we accept as complete or conclusive such a conception of biological laws as would seem to exclude any recognition of the higher moral qualities. The very fact that these qualities have arisen and now exist is proof that there is a place for them in the universal plan. Any analysis of these qualities into mere phases of selfishness is as unsatisfactory from the point of view of philosophy as it is repugnant to the unsophisticated feelings of the human heart. These reflections have occurred to us on reading Sir J. Crichton-Browne's address on "Biology and Ethics" at Sheffield, with the general drift of which we find ourselves in much sympathy. "In the case of civilised man," he says, "natural selection is subject to numerous and extensive limitations. The struggle for existence still goes on vehemently enough; but it is changed in character, and instead of animal rapine we have industrial competition. The brutal and relentless acts of self-assertion that in a savage state secured the survival of the fittest—that is to say, of those best adapted to savage surroundings—have been condemned as unsuitable to a more artificial existence, and are punished as crimes, and the conflict is carried on by cunning devices which abolish the weakest slowly and unobtrusively, and do not outrage certain moral feelings opposed to violence which have in the meantime grown up."

This is, no doubt, true, but our point is that, if a selfish struggle were a correct and complete analysis of the competition which undoubtedly exists among all living organisms, it is difficult to see how, for example, violence was ever deposed from its place of honour. It might be argued that, in the process of evolution from lower to higher types, it came to be perceived that violence often defeated its own ends, that cunning and foresight were the really important things, and that violence came to be condemned, not *quâ* violence, but simply as a misdirected force. That there is some truth in this view of the case is probable, but it is surely a very inadequate explanation of the honour which we pay to patience, self-control, self-surrender, and love. Again, Sir J. Crichton-Browne says

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truly that "in social progress the struggle for existence becomes in certain directions a surrender, not of the feeblest, but of the strongest and the best. A recognition of the obligations which man owes to his fellow-men, and the promptings of 'love's divine self-abnegation,' impose restraints on some of the competitors who, instead of forcing their way to the front, as they are well able to do, stand aside and allow themselves to be beaten by those less fitted to survive."

In other words, wherever the moral element appears the struggle for existence is no longer an unrelieved and relentless struggle, but is modified to an incalculable extent by other forces than strength and cunning. The lecturer went on to point out that, "the moment we get beyond the solitary animal, fighting for its own life, mutual obligation or a consensus becomes apparent." The social feelings exist more or less throughout the animal kingdom, and they reach a high degree of perfection even in the case of such creatures as ants and bees. It is evident that these feelings represent a higher phase than the unrelieved individualism which is the first and most obvious expression of the struggle for existence. The benefit of the individual becomes subordinated to the benefit of the community of which he forms a unit. This is a distinct advance, but if progress stopped here we should only substitute class feeling for individual selfishness, and the gain though real, would be very limited. We need to rise to the conception that man owes obligations, not only to his family, his class, his nation, but to the whole human race. The subject of the ethical bearings of the struggle for existence is, however, too vast to be pursued further here.—*The Lancet*.

## ARE NURSES AFRAID OF FEVER?

THE question is being asked if nurses are afraid of fever, the ground for the inquiry being a statement made by a contemporary that one hundred beds are left unoccupied at the Tottenham Hospital, because nurses cannot be procured. We have no hesitation in answering our contemporary's question by a direct negative. Women are not less moved by generous instincts than men, and certainly the records of our hospitals show that they are not less willing to submit themselves to the fever hospitals, and, if necessary, to lay down their lives, than are men. But women are like men in other ways than this. Women who have to earn their own living cannot afford to face times when their services are not required. The demand for nurses, and especially for fever nurses, is not equally great at all times, and a large community like London cannot expect to find waiting for employment at times of exceptional prevalence of disease a sufficient number of nurses if no step has been taken to retain their services and to afford them the means of maintenance during long periods when there are no patients for whom they can be employed. In the old days, when every woman was thought fit to be regarded as a nurse, and no training was held to be essential, there was often difficulty in supplying the needs of public institutions, but this difficulty has been much accentuated at the present time, when knowledge and skill are required of every woman who undertakes the nursing of the sick. The managers of the Metropolitan Asylums Board have in the past been criticised by representative bodies when they have endeavoured to maintain the nucleus of a nursing staff during periods when London has been free from disease. It cannot be expected under these circumstances that they can, when the demand for nurses is great, enlist the services of a large and capable staff. Competent women do not wait for years for employment, and if such are to be available when the demand comes, it is evident they must be subject to some arrangement by which their services can be retained when they are not required for actual duty. The matter is very much one of money, and the sooner the ratepayers learn this the better it will be.—*The British Medical Journal*.

## WATER AND DISEASE.

### A FEW HINTS ABOUT FILTERING AND BOILING IMPURE LIQUIDS.

IMPURE water should not be used for any domestic purpose. When only impure water is to be had, it should in all cases be purified before use.

Boiling is the most common method of rendering innocuous or sterile any water suspected or known to contain material which might produce diseases conveyable by water—such as typhoid fever or cholera.

It is not uncommon to hear people say: "We do not fear cholera because we boil all our drinking water." Yet it is safe to say that half of those who give orders to have the water boiled, and even of those who themselves attend to its boiling, drink water from vessels rinsed with unboiled water.

It is plain that the good effects of boiling the water which is to be used for drinking purposes are lost, if the pitcher, or the salad, or the milk can, or the milk jug has been rinsed with unboiled water. The boiling of water is an excellent precaution, but the use of boiled water should be extended.

Of the water used in the household, the proportion devoted to drinking purposes is relatively small. In the kitchen, water is used for washing vegetables and salads, for rinsing dishes and tableware. One or two germs of disease clinging to the sides of a vessel into which milk has afterward been poured may find the milk an excellent soil in which to grow and propagate their species.

From food which has been subjected to roasting, to boiling, or to any thorough cooking there is nothing to fear. From uncooked foods and from fluids danger is possible, and in the process of their preparation for consumption they should be guarded from every possible source of contamination. In time of an epidemic, milk should always be subjected to boiling or steaming before it is used.

Water which contains mineral impurity, or, indeed, an appreciable quantity of organic matter, should not be used under any circumstances.

## DO WE EAT TOO MUCH?

THERE is a great need of more exact knowledge as to the effects of over-feeding on man, and especially the young. There is a society for the study of scientific hygiene in Vienna that really does give some attention to this subject. These studies have been made on men and women who have lived to be old and have worked hard and it has been found they have been moderate eaters. Eating which was originally a process to balance waste in the economy of life, is now, to a great extent, resolving itself into the gratification of the sense of taste. The wonderful capacity for work possessed by the world-renowned Professor Tyndall, according to his own confession, comes from moderation at the table. He eats that he may work, not that he may enjoy. If enjoyment comes, as it does by temperance, it is not ignored. He began life with the conviction that eating too much was quite as sinful and almost as injurious as drinking too much. Acting on this principle, he was able to work sixteen hours a day at severe intellectual tasks.

Over-eating not only lessens the power to do protracted mental work, but spoils the quality of what is done. We probably eat one-half more than is of the best good for any person. Our energy is used in getting rid of superfluities, rather than in deriving the needful amount of nutrition from the food we eat. It is demonstrable that by far the majority of deaths are attributable to the difficulties we involve ourselves in from the superfluous part of our food.

The case of Henry Ward Beecher and his habits of eating, reported in a recent number of the FAMILY DOCTOR, is in point. When his brain was to be severely taxed he ate little, making it up when he had less to do.



While those who work hard with their muscles need more food, it must be observed that if the tissues are overburdened with it, even the power to do physical labour is lessened. What man needs to know is just when the dividing line comes between too little food and too large a supply. That known and applied will give to each the power to feed himself so as to be able to do the most and the best work, perfect health, and prolong life to its proper limit.

## SACREDNESS AND DIGNITY OF MOTHERHOOD.

DR. MARY WOOD ALLEN, an American lady, in a recent address to women, said:—

Napoleon once said that the greatest need of France was mothers. He meant it only in a physical sense, for the bringing into the world of men to be made into soldiers, but the great need of the world is mothers, not merely physical mothers, but spiritual and intellectual mothers. There are a great many who are physical mothers—that is, they bring children into the world, but they are not spiritual nor intellectual mothers. On the other hand, there are a great many single women who are leading the thought of the proper training of children, and are really grand, intellectual, and spiritual mothers. Single women, sitting apart from the worries and cares of maternity, have a better chance to judge of the needs of childhood, and more time to study vexed problems concerning child training than many mothers. Every true woman has within her breast the maternal instinct. There are always the helpless and sick who call upon us for motherly care, so none need say there is nothing to do. A good many who are excellent mothers of little children, fail when it comes to training those of older growth. We think when our children are little that we will keep them always with us, but by-and-bye they slip away from us. Sometimes we are so anxious to get them out of the way that we hurry them off to school; so anxious about clothing for their little bodies that we forget to provide for their moral and intellectual needs.

Oh, friends, remember that these little ones may slip from us into the grave, or, if not, we may lose them as they grow up to manhood and womanhood. Our little boy is a bright, active, stirring young man, facing life with all its problems; and our beautiful baby girl, is budding into young womanhood, with all its hopes and joys. Once these babies in our arms were so close to us that we fondly thought that nothing could ever separate us, but something has come between, and we may well ask the reason why the bond of confidence has been broken. Is it not strange that we could have let these little ones slip away from us, and we not know what they are learning and how they are learning it? Our little boy goes to school, and he finds many strange teachers. He learns things we have tried to keep from him, and he learns to keep secrets. He does not come now to his mother, and lay his whole heart before her as in babyhood; then there was no embarrassment between mother and child, and he came to you fearlessly with everything.

Be wise, mothers, and when your little boy comes to you with a tale that makes your blood run cold do not say to him: "Hush! don't let me hear anything about that from you," because this will make him imagine that there are subjects which should be tabooed between his mother and himself, and he will henceforth keep such matters from you. Oh, if the mother could only see that this is her opportunity for drawing her child into closer relations with herself, by adding this bond of sympathy! It seems very strange that we should be ashamed, and have false modesty concerning matters which Nature makes so plain. We cannot keep the subject of the origin of life away from our children if we try. The birds build their nest in the trees, and

hatch their brood of little ones; the domestic animals increase, and there are additions, perhaps, to the family. Why, then, should we make mysteries of these natural events which are pure, and which God has made good?

We lay a great deal of stress upon motherhood, and not enough upon fatherhood. The influence of both is exerted upon the child from babyhood up to the moment of conception and the mother's direct influence continues till birth, while the influence of the father is, after conception, indirect. During the prenatal life of the child, it can only be reached through the mother. Is it not wonderful that God has put such a great trust and responsibility upon woman? A great many women during this period make themselves tyrannical, with every whim to be humoured, for fear of untoward circumstances. If they would look at the matter the other way, and see that by their courage and fortitude, their elevation of thought, and right ambitions, they could do so much in a right direction for the little one who is coming to them. While we consider the possibility of evil temptors, and bad mental and physical make-up, we may well think of the power that the mother has of stamping the best qualities upon her child. We often see this illustrated in our families. Sometimes it may be one or more children are born to people of wealth, and the children are weak physically, and without moral courage or stamping of character. Then come reverses which call upon the mother to be courageous and self-reliant. She feels obliged to take up active responsibility, and her character changes completely. Her children born during this latter period are a marked contrast in point of superiority over her first born.

Sometimes mothers undertake to stamp upon the children which they are carrying, some special tendency or quality; for instance, I knew a mother who was determined that her little one should become a musician. The family were not musical on either side, but she studied music, practised industriously and persistently with the idea of making her child possess a strong taste for music, and she failed. When she told me about it, I asked her what was the strongest characteristic of her child, and she said, "persistence." I said, "That is what you did for him. You gave him that which will make him a man." We can determine to give our children strong bodies, good moral natures, with tendencies toward uprightness, though we may not be able to stamp them with some particular talent.

## THE ACIDS OF FRUITS.

THE grateful acid of the rhubarb leaf arises from the malic acid and binoxalate of potash which it contains; the acidity of the lemon, orange, and other species of the genus *Citrus* is caused by the abundance of citric acid which their juice contains; that of the cherry, plum, apple, and pear, from the malic acid in their pulp; that of gooseberries and currants, black, red, and white, from a mixture of malic and citric acids; that of the grape from a mixture of malic and tartaric acids; that of the mango from citric acid, and a very fugitive essential oil; that of the tamarind from a mixture of citric, malic, and tartaric acids; the flavour of asparagus from aspartic acid, found also in the root of the marsh-mallow; and that of the cucumber from a peculiar poisonous ingredient called fungin, which is found in all fungi, and is the cause of the cucumber being offensive to some stomachs. It will be observed that rhubarb is the only fruit which contains binoxalate of potash in conjunction with an acid. It is this ingredient which renders this fruit so wholesome at the early commencement of the summer, and this is one of the wise provisions of Nature for supplying a blood purifier at a time when it is likely to be most needed. Beetroot owes its nutritious quality to about nine per cent. of sugar which it contains, and its flavour to a peculiar substance containing nitrogen mixed with pectic acid. The carrot owes its fattening powers also to sugar, and its flavour to a peculiar fatty oil; the horseradish derives its flavour and blistering power from a volatile acid oil. The Jerusalem artichoke contains fourteen and a half per

cent. of sugar, and three per cent. of inulin (a variety of starch), besides gum and a peculiar substance to which its flavour is owing; and lastly garlic, and the rest of the onion family derive their peculiar odour from a yellowish, volatile acid oil, but they are nutritious from containing nearly half their weight of gummy and glutinous substances not yet clearly defined.

## CAUSE OF THE DECAY OF EGGS.

M. R. C. T. MCCLINTOCK writes:—Some two years ago a student in the hygienic laboratory was given a problem to determine whether the putrefaction of eggs was due to bacteria entering the egg as it passed through the oviduct or through the shell after the egg was laid. The results obtained were not satisfactory or conclusive, but as they may throw some light on the subject they are given (from memory) for what they may be worth. Many cultures were made from stale eggs in order to determine whether the putrefaction was due to a specific germ or to a number of different germs. Several species were found.

A healthy laying hen was obtained, and after repeated washings in a solution of bichloride of mercury, followed by sterile water, she was placed in a sterilised cage. The hen continued to lay regularly every other day. The eggs were obtained as soon as possible after being laid, and a portion of them were placed in sterilised cotton, and then in an incubator. If my memory is not at fault, all of those eggs decayed and swarmed with bacteria.

The remaining eggs were taken as soon as laid, and cultures were made from their contents. Some of these culture tubes developed; others remained sterile.

After some days the hen was killed, and with proper aseptic precautions culture tubes were inoculated from various portions of the oviduct. Most of these tubes developed. It would seem from this one case that the putrefactive bacteria entered the egg in its passage down the oviduct and before the shell was formed.

But to conclude that all eggs when laid contain putrefactive bacteria is not warranted. It is a matter of common household observation that some eggs do not decay, no matter how long they may be kept, and the further fact that eggs packed in some dry material, as sawdust, salt, &c., and those greased or coated with gelatine, &c., seem to keep longer than those left in the open air, would seem to indicate that the bacteria also enter through the shell.

VERY few natural philosophers, however eminent for great discoveries, and dreaded by the priesthood of their day, have made any deep and durable impression on the religious conception of the universe, as the product and expression of an Infinite Mind; and in tracing the eras of human faith, the deep thinker comes more prominently into view than the skilful interrogator of Nature. In the history of religion, Plato is a greater figure than Archimedes, Spinoza than Newton, Hume and Kant than Volta and La Place; even Thomas Carlyle than Justus Liebig. Our picture, indeed, of the system of things is immensely enlarged, both in space and duration, by the progress of descriptive science, and the grouping of its objects and events is materially changed. But the altered scene carries with it the same expression to the soul, speaks the same language as to its origin, renews its ancient glance with an angust beauty, and, in spite of all dynamic theories, reproduces the very modes of faith and doubt which belonged to the age both of the old Organon and of the new.—James Martineau.

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# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**TOMATOES RIPE AND RED.**—Some savoury forms in which to prepare them for the table.—To make "tomato eggs," cut three or four good-sized, and not too ripe, tomatoes into halves. Take out a little of the inside; lay them in a pan containing two ounces of heated butter, and fry them lightly. When nearly done, carefully drop a raw egg from the shell into each tomato. Watch till it has set perfectly, then take each one separately from the pan and lay it on a slice of buttered toast cut to the size of the fruit. Dust over them a little pepper, and sprinkle a little finely grated ham on the white of each egg. Serve on a hot dish, and garnish with the leaves of the tomato. Here is another way of making a dish that will be a feast to the eye as well as to the palate: At the blossom end of six ripe tomatoes make a small hole of sufficient size to hold a dice-shaped piece of butter that has been dipped in pepper, salt, and grated nutmeg (mixed). Place them in a cup-shaped mushroom, previously soured in heated butter and slightly dusted with pepper. Arrange them on a well-oiled dish, and set them in a hot oven to cook. Take the soft roes from six bladders, season them with oil and pepper, curl them round, and grill quickly on buttered paper over a clear fire. When the tomatoes and mushrooms are cooked, remove them from the oven and place a roe on each one. Round the whole pour a gill of ham coulis. To make tomato fritters, boil, peel, and pound to a pulp four tomatoes. Beat this pulp up with the yolks of four and the whites of two eggs, two tablespoonfuls of cream and the same quantity of white wine; season with a little grated nutmeg and a dash of cinnamon. Beat the whole till the batter is very light, then divide it into small fritters, and fry quickly in a pan of heated butter. Drain on kitchen paper, and send to table with the following sauce:—Melt an ounce of butter in a clean saucepan, skim it well, add the juice from two lemons, a wine-glassful of red canary sack, and a tablespoonful of castor sugar. When all is thoroughly heated, send the sauce to table in a tureen.

**TO PRESERVE QUINCES.**—Pare, quarter, and core the quinces, and throw them into cold water. Save the parings and knotty pieces for jelly, being careful to reject the cores and seeds, as they prevent the liquid from jellifying. When you have pared sufficient to make one or two jars, take them from the water and put into the preserving kettle; cover with boiling water, bring to a boil quickly, then stand on the back of the range, where they will cook slowly, until they can be pierced with a straw. While they are cooking, put the sugar and some water into another kettle, allowing one-half pound of sugar and a half-pint of water for each pound of fruit. Stir the sugar until dissolved, then boil and skim. Lift the quinces from the water, and put them into the syrup and cook slowly for ten minutes, and can. If several jars are to be preserved, all the fruit should be boiled in the same water, and this water saved to boil the skins for jelly.

**TOMATO MARMALADE.**—One who has never tasted this delicious preserve has a treat in store. The directions for preparing are as follows: Scald and skin a half peck of tomatoes, large or small, put them in a porcelain kettle, cook thirty minutes, then add an equal quantity of grated pineapple. Weigh or measure and to each pound allow one pound of granulated sugar. Cook slowly one hour, put it into tumblers or jars, and when cold tie up in two thicknesses of tissue paper. The small yellow variety are the best for this purpose.

**LITTLE MOUSSES OF CHICKEN.**—Take some raw chicken meat, free it from bone and skin, and pound it till smooth, and rub it through a

wire sieve, weigh out a quarter of a pound, and add to it a quarter of a pint of thick Bechamel sauce, one and a half tablespoonfuls of sherry, a pinch of salt and white pepper, four raw yolks of eggs, one and a half tablespoonfuls of thick cream; stir well together, then add to it four raw whites of eggs that have been stiffly whipped with a pinch of salt, mix well again, and put the mixture into a forcing bag with a plain pipe, take some little bomb moulds (or one large one), well butter them, and garnish them with shredded gherkins, hard-boiled white of egg, truffle, and French red chillies, and nearly fill them with the prepared mixture; stand the moulds in a stewpan on a fold of paper; surround them with boiling water to three parts their depth; watch the water reboil, and let the contents poach for about eighteen minutes, then take up the moulds, and turn them out on a purée of mushrooms, and serve with thin Suprême sauce as a hot entrée. This is from Mrs. A. B. Marshall's "Larger Cookery Book."

## HINTS FOR THE HOUSEHOLD.

**EASILY TRIED.**—Put dishes, tumblers, and other glass articles into a kettle, cover them entirely with cold water, and put the kettle where it will soon boil. When it has boiled a few minutes set it aside covered close. When the water is cold take out the glass. This process will harden the articles so that they will not be so easily broken.

TRY a short needle in sewing.

TRY turpentine for grease on velvet or cloth.

TRY removing ink from boards with muriatic acid, afterward washed with water.

TRY a sheet of white paper on a dark table cover, if you must work at it at night.

TRY one ounce of borax, two ounces of shellac, one pint of boiling water, for a glue or cement.

TRY removing marking ink from linen with a solution of cyanuret of potassium, applied with a camel's hair brush, and rinsed in cold water.

PUMICE stone is one of the best things to use in removing stains of any kind from the hands.

GOLD and silver jewellery may be thoroughly cleaned by a strong solution of ammonia—a teaspoonful to a cup of water.

RINSING all sorts of vessels and utensils with charcoal powder is a good way to rid them of old smells that seem to defy the sand and water scouring.

DIRT on a wall paper can be most readily removed by rubbing over it lightly a lump of dough made of coarsest flour, and but little stiffer than for a pudding. Stale bread is often used for this purpose, but it is not so valuable as the dough, as the latter leaves no crumbs.

AFTER knives have been cleaned they may be brilliantly polished with charcoal powder.

IN making coffee the broader the bottom and the smaller the top of the vessel in which you prepare it, the better the coffee will be.

SILK handkerchiefs should be washed in a suds made with castile soap and tepid water. They should never be wrung out, but just shaken and ironed with a cool iron.

THERE is nothing better for cleaning copper kettles than powdered borax and soap. Wet a coarse cloth in hot water, soap it well, and sprinkle over it the powdered borax.

WHEN stewing fruit, or, in fact, when cooking anything in an open vessel, do not leave the spoon in if you wish to have it boil quickly. The spoon carries a portion of the heat off into the air.

BOGUS COFFEE.—Look out for a new kind of coffee that is not coffee. Some clever Frenchmen at the Island of Reunion have discovered that the fruit of the wild orange that grows there has the aroma of the coffee berry. As it costs less to raise the wild orange than regular coffee, naturally the planters are substituting the former for the latter, and the government,

even, has ordered that a great part of the highlands on the island be reserved for the cultivation of the new bogus coffee. One bright gleam on the coffee horizon is in the fact that the new berry will be so cheap that it will, if its culture succeeds, drive out chicory, and as an adulterant it is said to be much less vile than that staple coffee cheapener.

ROSE SACHETS FOR DRAWERS.—To perfume bureau drawers rose sachets are most desirable. They may be made of cheese cloth or any thin material, in cream or white, tied with narrow bright ribbons, or colours in harmony with the toilet draperies can be chosen. In size the sachets should not exceed six inches in length and four in width. Fill them with petals freshly gathered, as such a small quantity will not need drying, the air circulating freely through and around them. They may be refilled several times during the season. It is much better to enclose the leaves in this way than to scatter them loosely through the drawers as is frequently done, for when they wither and dry up the result is not pleasing.

HOW TO CLEAN BLANKETS.—Various methods of cleansing blankets appear in the newspapers with periodical regularity. Among them the following has the merit of being probably the least taxing to the physical strength and the most economical of any, and at the same time equal to any in efficacy. Pour into the tub half a pint of common household ammonia, laying the blanket lightly over it, and immediately pour in enough warm water to entirely cover the blanket. This sends the fumes of the ammonia through the fibres of the wool and loosens the dirt in a way which seems little short of marvellous. The blankets should then be pressed and stirred about with a stick till the water seems to have acquired its darkest hue, when a second tub of clear water of about the same temperature as the first should be used in the same way, after which the blanket should be run lightly through the wringer and hung out to dry.

## CLEANLINESS.

WE have often said and we say it again:—Cleanliness covers a large part of the field of sanitary labour. Cleanliness that is purity of air; cleanliness that is purity of water; cleanliness in and around the house; cleanliness of person; cleanliness of dress; cleanliness of food and feeding; cleanliness in work; cleanliness in habits of individual man and woman; cleanliness of life and conversation; purity of life, temperance, all these are in man's power. The clean man and woman will, other things being equal, be the healthy one. Modern knowledge of bacteria has given enormous impetus to cleanliness in medicine. Physicians now disinfect their instruments more carefully than ever, so as not to have them carry infection to their patients. It is not long since medical students were allowed to go direct from the dissecting room to be present and assist at the birth of a child in the maternity wards of hospitals. The results were that puerperal fever carried off in many cases one-third of the patients. The poison was brought on the unclean hands and clothes of the student; now in all well regulated hospitals this is not allowed and the saving of life has been great. So it is in many other departments of medicine. We are on the eve of an era of cleanliness. It must be remembered, however, that it is not the actual visible dirt that does the harm, it is the poisonous decaying animal and vegetable matter, the living minute micro-organisms that are quite invisible that are dangerous. Sand and clay and coal are not dirt in the sanitary sense. It is decaying, rotting material that constitutes dirt in modern hygienic science.

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# THE MOTHER'S PAGE.

## HYGIENE FOR WOMEN.

By J. CHANDLER.

### LONG SKIRTS ON THE STREET.

THE long skirts which women are now wearing on their dresses for the streets of our large, and for aught I know our small cities, do not meet with as much criticism and condemnation as they deserve. I saw the other day a woman get out of a carriage and drag after her on a dirty pavement about a yard of her dress with fine fur on the border, as if she had been in her own house. She was evidently wealthy, and fine-looking, but she was not a lady or a cultured woman. Such sights are very common. Hardly a woman goes out on the street with a sanitary dress. Why is it? A few years ago a short street dress was in fashion, and it was a very sensible fashion, too, but women have fallen from grace. Now and then one wears a suitable skirt, and of such we are proud, of the others heartily ashamed. Are women always to be slaves to the arts of the dressmaker? We do not think so.

### THE COST OF THE LONG SKIRT.

The cost of the long skirt may not be very great in shillings, though it amounts to something, of course, and this helps trade a little, no doubt, but the real expense comes in a different way. It comes in the expenditure of force required to hold up or carry the skirt, the loss of the use of the arm and hand carrying it, which gives a most awkward and grotesque appearance to the person. Then there is the loss of time and expense of cleaning the very dirty skirt when soiled, the expense of getting rid of the dust it brings into the house, the church, the school, lecture room, or theatre. When this dirt dries, it fills the air, and only becomes visible when a ray of sunshine illuminates it. I saw in church recently a ray of light from a window illuminate the space behind a fashionable lady walking down the aisle, and it was a sickening sight. Myriads of dust particles filled every part of the place. There is much expense in curing the diseases of our eyes, our noses, our bronchial tubes, from the irritation caused by this dust. Sometimes this is very great, as when we have colds, and the dust brings on consumption, as no doubt it does, and then think of going to render thanks to God in such an air! Besides, there is a moral side to the question. One of the objects of religion is to help us to do right, and to keep us from wronging others. One of the cardinal precepts of nearly all religions is that we must not do to others what we would not have them do to us. Do we like to have others pollute the air we breathe unnecessarily?—No. Then whoever does it is a sinner, no matter what church he or she belongs to, or what creed is professed. Whenever a woman by means of a long skirt fills the air with filthy dust for others to breathe, she is as much a sinner as when she tells a lie.

### TEA AND ITS TANNIN.

It will be a long time before all women cease to drink tea, especially those who are over forty or fifty years of age; but I am glad that there are so many young women who never or rarely use it. This is especially true in families of intelligence and education. A glass of milk or a glass of water takes its place; or, in many cases, an abundant use of fruit, which supplies pure water and makes drinking unnecessary. For the benefit of those, however, who use and always will use tea, I give some facts concerning the tannin in tea leaves, and how to prevent its getting into the drink.

The results of analyses for tannin and theine in tea indicate considerable variation in the amount, according to the quality of

the tea and the stage of growth at which it is picked. In some China teas the percentage of tannin extracted by infusion for thirty minutes was 7.44; theine, 3.11; and a similar result was given in the examination of the finest Moning; while, on the other hand, with fine Assam tea a percentage of 17.73 of tannin by weight was extracted after infusion for fifteen minutes, and two blends of Assam and Ceylon tea gave, respectively, 8.91 and 10.26 of tannin. It is probable that the Indian teas are much more heavily loaded with tannin than the China or Japan teas. The common method of prolonged infusion in boiling water is well calculated to extract all the tannin, while it dissipates the flavour of the tea. To be drunk reasonably tea should not be infused for more than 60 seconds, and with water of which the temperature does not exceed 170 degrees Fahrenheit. It should be taken without sugar or milk, which drowns the flavour of the delicate and aromatic infusion thus obtained. This at least is how tea is drunk in China and Japan, whence we have borrowed its use.

There are very few persons who do not spoil their tea by prolonged infusion. By this method of preparation it is no better than any herb drink. It extracts all the best flavour of the tea and the tannin in such heavy proportions as to cultivate indigestion as the result of drinking it. Indigestion is said to be less common among tea drinkers in the East, and it is in all probability owing to the fact that they do not steep it long enough as to spoil it.

### SOLITUDE.

Women as a rule do not love to be too much alone, nor to go through life in solitude. But there are few of them who are not benefitted by being alone with their own thoughts every day for a short time at least. This is particularly true of those who have heavy cares and burdens to bear.

The great Daniel Webster used to say of a difficult question, "Let me sleep on it." It was not merely for morning vigour, but to get the matter at a distance where he could measure its proportions and see its relations. So it is well for all of us at times to get a little solitude in order to see straight and think clearly of our relations to our work. The moral use of the night is partly at least in the isolation it brings, shutting out the world from the senses that it may be realised in thought. Let us all get some moments each day to ourselves; take now and then a solitary walk; get into the silence of the woods, or some other isolation as deep, and suffer the mysterious sense of selfhood to steal upon us, as it surely will. Pythagoras insisted upon an hour of solitude every day to meet his own mind and learn what oracle it had to impart. As for myself, I have tried it, not every day, but at times, and I can testify to its value, both for health and correct thinking.

### LOOKING UPWARD.

There is a helpful poem which begins: "Look up and not down," and I am reminded of it by the advice given to a young married woman who was visited by another older and more experienced one. When the visitor rose to go, the hostess came with her to the door, and out upon the front steps, which, however, looked a little dusty in the corners. "Oh dear," said the young wife, "how provoking servants are! I told Mary to sweep the steps thoroughly, and now look how dusty they are!" "Grace," said the older woman, looking into the disturbed young face with kindly, humorous eyes, "I am an old housekeeper. Let me give you a bit of advice. Never direct people's attention to defects. Unless you do so, they will rarely see them. Now, if I had been in your place and noticed the dirt, I should have said: 'How blue the sky is,' or 'How beautiful the clouds are,' or 'How bracing the air is!'" Then I should have looked up at that as I spoke, and should have got you safely down the steps and out of sight without your seeing the dust."

This reminds me that we all ought to look at the sky and the clouds more than we do. If we love Nature as we should, and we cannot love God without loving Nature, we should see a great deal to promote our health. The clouds form constantly far finer pictures than any artist ever dared to paint. They might be made to soothe our worried, irritated minds and give us fresh hope and courage. It is a psychical effect, purely hygienic, and can be taken in large doses without harm. Let us look up, dear friends, and not down.

## HOW TO DISINFECT CLOTHING.

MANY would like to know the best way to disinfect clothing, bedding, &c., which has been soiled by use of a patient ill with some contagious disease. There are many ways in use, all of which have more or less value, and some may be more convenient in one place and some in another.

Boiling water kills all micro-organisms, and if clothing is such as is not injured by the heat no other is needed. Let it be well done. Hot steam, if continued long enough to penetrate the material, is equally good. The use of a five per cent. solution of carbolic acid can be used, but this is not always convenient, and is no better than boiling water.

The use of bichloride of mercury is often recommended. This is the same as corrosive sublimate, a poison, and ought to be handled with care. A solution of one part in 2000 of water is very useful for disinfecting vessels used, soiled hands and instruments, and might be used on clothing in emergencies, but it also is no better than boiling water. Ice cold water is also useful for woollen blankets which can lay in it for twenty-four hours.

The sun is another agent, and when it shines, blankets and bedding can be exposed to it for hours and made pure. The wind also and air do good work. Cold, freezing, dry air, as in winter, is equally good if its use is continued some hours.

An open fire takes the place of sun in cloudy weather.

A hot room with a temperature of 220 deg. makes a good disinfecting room and can sometimes be arranged. In general, non-poisonous things, as hot water, fire, sun, cold, &c., are safest and most convenient. Carbolic acid and bisulphate of mercury may be used for those things which require immediate disinfection. A mattress would require a sun bath for some days or to be made over new.

The plastering over head may be disinfected by whitewash. The paper on the wall by rubbing over carefully with stale bread. The woodwork by paint, varnish, or oil. The floor by carbolic soap and water and exposure to wind ventilation. Carpets by being steam cleaned as can be done in all large cities, or by exposure to air, wind, and sun, with heating, sweeping, &c. Salt may be sprinkled on carpets and swept off, gathering up much of the dirt.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

19,936. A new and improved electro-medical belt or bandage for curative purposes. H. C. BRAUN and G. E. MEYRICK, London. October 23rd, 1893.

20,059. An improvement connected with medico-electric bands and belts. N. MITCHELL, London.

20,062. An improved medicinal preparation for the cure of indigestion and like complaints. E. VAISEY, London. October 24th, 1893.

20,244. An improved vessel for use in taking cod-liver oil and other medicinal drinks. L. GROULADE, London. October 26th, 1893.

### SPECIFICATIONS PUBLISHED.

19,725. HARTNETT. Inhalation of medicated air 1892. 10d.

23,302. THOMPSON. Medicine glasses. 1892. 10d.

16,236. RUMBOLL. Stop-cocks for inhalers. 1892. 10d.

STEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, &c., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere. Please observe the **SE** in Stedman—Adv.

"The FAMILY DOCTOR combines an unusual variety of Hints on General Medical Subjects."—*Lloyds.*



[SPECIAL ARTICLE.]

## CARE OF THE FEET.

BY A STUDENT.

(Continued from page 168).

WHERE perspiration is attended with an offensive odour, the problem is more difficult of solution. In addition to the treatment above indicated, the use of a disinfectant must quite often be resorted to, and for this purpose either boracic acid or permanganate of potash should be used. An ounce of the former to a quart of water will give about the right strength, and of the permanganate, twenty grains to the ounce of water. Of course only cotton hose should be worn. The feet of these may be dipped in the solution and dried before wearing, changing daily or oftener, as circumstances may require; but perhaps a better way is to wear cork insoles which have been immersed in the liquid and dried, changing as often as necessary. External cleanliness is no relief for chronic mal-odour of the feet, but something may be gained by avoiding in the diet such articles as fish, cheese, onions, and others of a like nature. In connection with the dietetic treatment, the feet should be bathed three times a week, for an hour, in a decoction of ashes to which steeped laurel leaves and a little turpentine have been added. In addition to the morning and evening bath, after the feet have been wiped dry, rub with a powder composed of a drachm of camphor, two ounces of iris powder, and eight ounces powdered starch. An application of oxide of zinc, beginning with a weak solution and increasing the strength if necessary, is recommended as a positive cure.

Where these simpler treatments fail, the method of M. Legoux, an eminent French physician, is commended. After bathing the feet frequently in cold water during a couple of days, the doctor paints them with a mixture composed of five drachms of glycerine, two ounces of solution of perchloride of iron, with forty drops of essence of bergamot. The abnormal heat of the parts is at once reduced, the perspiration diminishes, and with it the offensive odour. Treatment twice a day for a week or two will generally cure the most obstinate cases.

Coldness of the feet may arise from impaired circulation (in which case it is not an affection of the feet, but a symptom of trouble elsewhere in the system), or it may be due to external causes. If the shoes and stockings are dry and of the proper material, the feet ought not to be uncomfortably cold under ordinary circumstances; but where there is to be exposure to severe cold, and especially if the feet are to remain comparatively inactive, there should be some additional protection. Generally cork insoles should be worn during the winter, as they aid very much in keeping up the temperature of the feet. Among men exposed to severe cold, it is a common custom to fit the bottom of the foot, inside the stocking, with a pad of curled hair, which renders the foot proof against the most trying exposure. If the commercial curled hair is not attainable, the manes and tails of horses, or the long hair from the necks of cattle, or even dogs, will furnish a substitute.

There is another foot-trouble, more or less common, resulting from the breaking down or flattening of the arch, which is known as flat foot. It is the result of weakness of the muscles, often the result of debility, or of excessive use of the feet. It is indicated by a dull pain in the region, sometimes becoming acute, and not infrequently mistaken for rheumatism or neuralgia. The patient walks with a heavy step and a tendency to "toe out" much more than usual. In such cases the feet should have as much rest as possible for a time, and when used the patient should endeavour to walk with the toes to the front, treading upon the outer edge of the foot; sometimes it may be necessary to build up the inside of the sole of the shoe to aid in the cure. When the trouble has become confirmed, an artificial support of steel, worn inside the shoe or built into the shank, will be necessary, and its use for a time,

besides giving great relief to the wearer, will aid the flaccid muscles to resume their sway, and bring the foot back to its normal condition.

So much regarding the feet and their care. What of their use? The chief purpose of the foot is to walk upon. Yet how few people understand so simple and universal a process as that of walking—to the extent of walking well and easily. Hark! There are two persons approaching. They are both young, strong, vigorous men, full of bodily energy and prowess. What a painful step that is in advance! Pound, pound, the heavy feet fall upon the walk, flat and jarring. No matter how great an effort this pedestrian puts forth, with much swinging of arms and shortening of breath, his progress is slow and exhausting. He cannot walk rapidly, though he bends over and stamps his feet upon the ground with redoubled energy. He simply wears himself (and his shoes) out. Notice the other. Erect, easy in every movement, it is no task, but rather a relaxation, for him to walk several miles each day, and almost any distance when occasion requires. One foot is thrown forward, and its heel touches the pavement with an elastic impress, as the ball of the other foot gives a swinging push to the whole body. In an instant the momentum of the body carries it from the heel to the toes of the first foot, and the second has taken its place. It is the alternating motion of the rocker, swift, elastic, simple, and the pedestrian goes forward with the directness and almost the speed of an arrow. This man understands the philosophy of walking well and rapidly, with the slightest possible tax to himself, and is justly proud of his accomplishment.

Unfortunately, the number of women who walk well is comparatively small. Occasionally one is seen with a queenly carriage, easy and graceful of movement, whose feet seem to rest upon the pavement just long enough to give it a coquettish little pressure; then she is speeding away yards distant, while a score of delighted eyes follow her with admiration. Why are there so few of her and so many of her fellow-women who go swaying, mincing, rolling, clumping along the streets or about the house, with arms akimbo, the body bent, the feet unwieldy and uncertain in their movements? Why?

## AIR-FAMINE.

DR. FELIX OSWALD, in a recent article, shows that fifty-five out of one hundred white children die before they complete seven years of life, but he asserts that hardly five of that number are born with germs of an early death, and that two-thirds of the remainder perish from want of life-air. It is too commonly assumed that a child's lungs are too weak to stand ordinary fresh air, to judge by the precautions that are taken to shut up every possible avenue through which pure air can enter a room in which it is kept. There is, perhaps, no subject pertaining to hygiene upon which parents and nurses act so ignorantly, or so pertinaciously refuse to be instructed, as in this vital necessity of fresh air to every human being, young or old, sick or well. It is all the more needful to the delicate child, or the ailing adult, than to the others, if that is conceivable when it is so certainly essential to the health of all. The abuse, however, is more noticeable in the case of young children, and infants especially, who are entirely under the control of others in the matter, and suffer from their lack of judgment or fatally misdirected prudence. Dr. Oswald remarks:—"Boys in knee-breeches often manage to remedy the evil by dint of strategy, while their petticoated juniors have to stand the brunt of paternal infatuation. Every form of disease is aggravated by the influence of impure air." Human beings can live a long time without food, but without air they cannot live six minutes. Their vitality is proportionally diminished by the lack of pure air, and the substitution of air that is vitiated and inadequate to supply the sustenance required from it. One cause of mischief in this direction is the confusion in many minds of the relations of heat and cold to pure or impure air. Rooms are shut up tightly to keep in the heat, and some economical but obtuse people

cannot possibly see the use of having a warm fire with the window or door open. It looks to them like a piece of extravagance, and "If you want the door open what do you want a fire for?" seems to them a question incapable of reasonable answer. Hence air-famine is not alone inflicted on the babies, but is frequently made through the individual and the family life.

## THE PERFECT MAN.

AN ANTHROPOLOGIST'S VIEW.

DR. PAUL TOPINARD, at the head of the great School of Anthropology in Paris, and author of "Man in Nature," gives his views of the perfect man as follows:—

First, from the point of Nature and of evolution the most perfect man is one in whom all the organs are the most harmoniously adapted to the life which is best for him. The bird flies, the fish swims, the horse is herbivorous and escapes his pursuer by the speed of his course; the lion is carnivorous and muscular; man thinks, creates, lives intellectually. Therefore, the perfect man is he whose brain is the best organised to conceive correctly and truthfully and to will most vigorously; the eye the most acute to bring him external impressions; his hand most dexterous to execute; the internal organs so satisfactory that he is not arrested in his course by diseases of any of them.

Second, from the personal and egotistic point of view, the most perfect man is the preceding, but having such a superiority through all his organs and specially through his brain, that he has the advantage at the same time over animals and over his own kind in the struggle for existence. Not to speak of his own power to master to a certain extent the physical elements of Nature, thanks to his intelligence. This aptitude is his attribute for excellence.

Third, from the point of view of general or social utility the perfect man is he who possesses sentiments that are the most necessary in common life—justice, family affection, love for his kind, respect for the rights and benefits of others, abnegation, personal dignity.

Fourth, from the ideal point of view the superior man is a thinker who sees things under their true aspect, who is neither an egotist, a systematist, nor a priorist, and who is able to free himself in his judgments from all the inherited influences of his body, his accidental and individual education, and to the ancestral education accumulated under the form of reflex action or hereditary instincts and beliefs.

I have defined man—an animal, of common origin with the simiads, highly perfected, chiefly in his brain and the highest up to the present time of the creation. He is the "intellectual animal." The man actually the most perfect is he who within the healthiest body has the healthiest brain. (*Dans le corps le plus sain a le cerveau le plus sain.*)

## MY SISTER.

I THINK of thee, my sister,  
In my sad and lonely hours;  
And the thought of thee comes o'er me,  
Like the breath of morning flowers.  
Like music that enchants the ear,  
Like sights that bless the eye,  
Like the verdure of the meadow,  
The azure of the sky;  
Like rainbow in the evening,  
Like blossom on the tree,  
Is the thought of thee, dear sister—  
Is the tender thought of thee.

I think on thee, my sister,  
I think on thee at even,  
When I see the first and fairest star  
Steal peaceful out of heaven.  
I hear thy sweet and touching voice  
In each soft breeze that blows,  
Whether it waft red autumn leaf  
Or fan the summer rose.

Moultrie,



[SPECIAL ARTICLE.]

## DILATATION OF THE STOMACH

By T. J. S.

ONE of our subscribers, who, no doubt, forms one of that interesting and numerous class suffering from dilatation, has, while mentioning Bouchard's theory on the subject, requested us to treat of dilatation of the stomach. We herewith scrupulously obey, for each subscriber may have his turn, and if he wishes it, he will study his complaint with him.

The term "Dilatation of the Stomach," requires no explanation. The stomach is provided with a powerful muscular coat, for gastric digestion is mechanical as well as chemical, and this organ grinds the alimentary matter to form it into chyle. An exaggerated muscular development of this coat is scarcely desirable; what holds good for the muscles of the trunk (which may be developed by athletics and gymnastics) is only a morbid phenomenon for the muscular portions of internal organs, and announces an interruption of functional regularity. For example, the heart becomes hypertrophied and dilated when its valves open and close irregularly, and the stomach when its chemical powers have to be supplemented by increased muscular exertion. All difficulty in digestion, that is, *dyspepsia*, is accompanied by dilatation. Bouchard's theory is different from this. He asserts that dilatation is not a consequence of disease of the stomach, but is a cause, being the original lesion, followed by *dyspepsia* and other diseases.

Dilatation is common enough in great eaters and heavy drinkers. The phenomenon of which we have just spoken is then induced. In the struggle to digest, the muscular coat becomes hypertrophied and swollen from persistent effort, like the arm of the wrestler or leg of the dancer. This is purely mechanical. The stomach dilatation of great feeders is a well-known fact recognised by the old clinicians. The Esquimaux and the Greenlanders, who ingest at a single meal a large quantity of food, have dilated stomachs, as have also the negro earth-eaters.

Hypochondria and hysteria, nervous diseases expressing themselves in muscular paralysis, also give birth to mechanical dilatation of the stomach. It is the same with flatulent *dyspepsia*, the large quantity of gas formed causes dilatation. Every chronic inflammation of the gastric mucous membrane is also a cause. The continuous ingestion of irritating, too highly spiced food, indulgence in alcoholic beverages, cause inflammation of the mucous membrane, and this gives rise to dilatation, due to paralysis of the muscular coat.

A large number of serious maladies may have dilatation as a consequence. Those which obstruct the circulation or alter the nature of the secretions of the stomach—for example, narrowing of either the cardiac or pyloric orifice by tumours or cicatrices of healed ulcers, gastric catarrh, general debility, and typhoid fever, often produce dilatation.

The dilated stomach does not as a rule maintain its well known shape of a bag-pipe; it lengthens vertically and assumes the appearance of a sack, the enlargement being made at the expense of the greater curvature which becomes lowered. The capacity is in some cases phenomenal: the dilated viscus may hold five, ten, or twenty pints. The possible morbid conditions of the muscular coat are various; hypertrophy, atrophy, degeneration. Hypertrophy is nearly always followed by atrophy and slow degeneration.

The mucous lining of the stomach is rarely perfectly healthy; it is often the seat of a chronic inflammation, and is frequently occupied by a fungus-like growth called *sarcoma*. The beginning of dilatation is not easy to discover, but sometimes there is a swelling over the region of the stomach.

The stomach becomes distended with gas and liquids, and one can in some cases see the abnormally slow and energetic contractions of the organ through the abdominal walls. On palpation, a certain resistance is felt, and when tapping, a splashing sound is heard, especially if a little water has been previously imbibed.

To these signs are added functional troubles. During digestion a peculiar sensation of weight and fullness is felt, and for several hours after a meal there is a feeling of torpor and sleepiness.

The mouth is dry and thirst is intense. The patient has a burning pain in the stomach, there are rumblings, and the abdomen is inflated; there is habitual constipation and scanty urine, noises in the ears, giddiness, and headache are common. As the disease progresses the symptoms become intensified; the vomiting of nasty-smelling, bitter mucus in large quantities occurs, even blood may be vomited, and the constipation gives place to diarrhoea of a violent character.

The most diverse troubles may be the consequence of dilatation of the stomach, disorders of circulation, palpitation, breast spasm, cramp, epileptoid convulsions, muscular contractions, mental troubles, hypochondria, delirium, &c., disturbances which would be, according to Bouchard, a kind of poisoning produced by the absorption of toxic substances manufactured in the stomach.

Different forms of treatment have been advised for this complaint—as massage, hydrotherapy, milk diet, and dry diet. Some doctors permit the use of hot beverage, weak tea, &c. According to some, animal food with pepsin or papain; according to others, vegetable diet to prevent fermentation; some advise over feeding by meat powders alkalised with prepared chalk and magnesia. Useful drugs are muscular tonics, like *nux vomica*, powdered *calumba*, absorbent substances like vegetable charcoal and precipitated chalk in order to check gastric fermentation. All the means used to combat *dyspepsia* succeed also in dilatation.

Very good results may be obtained by *lavage*. This remedy is not a new one, it was practised in 1802 by Casimir Renault. Dupuytren revived it in 1811, when it fell again into oblivion. Resuscitated in 1834 to 1837, it was only in 1867 that it became an established mode of treatment, when it was used as a simple and rational method of relieving the stomach of fermented gastric products. It is generally resorted to in the morning fasting, the sick man performing it on himself. The apparatus is simple, easy to manage, and *lavage* of the stomach, for the patient who makes a habit of it, is neither longer nor more painful than *lavage* of the intestine, the ordinary aperient injection.

## SINS AGAINST HEALTH.

A CONTEMPORARY truly says: "The burdens and anxieties which we compel others to bear because of our thoughtlessness and selfishness are among the sins of which we rarely repent, because we so rarely recognise them. Many conscientious people often overwork, or through disobedience of the laws of health, bring on illness which impose burdens on others for a greater or less period of time, and see the errors of their ways only when it is too late, for when physical suffering calls a halt on the activities, they are forced to consider others. The selfishness of good and intelligent people is hard to understand and hard to bear, because there seems no reason for the blindness that is leading them to the personal disaster which compels others to suffer both in body and mind—in mind, because of sympathy with suffering; in body, because of the exhaustion which is the result of anxiety and care as well as of physical weariness. Wives will ignore every symptom that indicates exhaustion, refuse to rest for lack of time, and yet know that at no distant time they will be laid aside, not only useless, but a cause of anxiety and suffering to others. Husbands will refuse to consider their physical condition until disease has laid them aside, and what should have been days of rest become weeks or months of anxiety. Sons and daughters too old to be controlled like little children, will, by excess of work or pleasure, or both, turn the house into a hospital, and the inmates into nurses before they realise how far they have violated the laws of health and of morals.

"When we realise how closely every intelligent home is connected with the world of work and progress, and that the interruption of illness

affects as many circles as there are interests represented in the family, we begin to value properly not only health of the individual, but that of the family, and there comes to us a sense of the closeness of the tie, the dependence that is inseparable from the fact that we are links in a chain. Our tendency is to consider ourselves units. We are units in a moral sense, but in a moral sense only. In every effort of life, except that of the development of personal character, we are bound together so closely that the smallest relation of affairs is linked to a past and a future, not only our past and future, but that of all having the remotest connection with our affairs.

"Health is oftentimes a matter of moral perception. It is the full realisation of the necessity of a sound body if one would have a sound mind that keeps a moral balance, and sees the true relations of men, of things, of efforts. Overwork is more often the sin of zeal without knowledge than of intelligence; it is the blindness of selfishness that always fails in recognising the rights of others."

## OVER-FEEDING THE YOUNG.

ON this subject, Prof. Luntz has expressed the opinion that in childhood often too much food is given. Parents desire to raise specimens of the most magnificent physical type and the extraordinary power of growth in the youthful organism often assists them in attaining their object. But here we see again the old experience confirmed that a prematurely overworked organ refuses its services at a time when greater demands are made on it. On the other hand, too little in childhood will induce permanent injuries. In this question the experiences of animal-breeders are of decisive importance. By not providing for abundant and appropriate food during the first months of life, the result is animals whom later on no kind of food will transform into vigorous specimens. At the same time experience has demonstrated that by too high feeding during a prolonged period a condition is realized which is called precocity, distinguished by an early development of the whole organism and especially the animal nature. But in man this result is very unfortunate, because we are not able to effect simultaneously with a rapid development of the body an equally rapid development of the mind, the result being that a fully developed body harbours a child-like intellect, and that the harmonious development of the human being is disturbed.

This proportion is caused by applying in early life a too stimulating food, acting too energetically as a stimulant of bodily growth; in the first place an alimentation too rich in albuminous substances; then other aliments which while influencing digestion and nutrition act on the development of the animal nature, the extractive substances contained in meat occupying an important place among them. Immoderate eating of meat is undesirable, as well as the various substances of daily consumption which we take from the alkaloid series. Finally, alcohol in any form should be deprecated as surely to have an injurious action. In the same connection we have to mention the usual condiments—pepper, cinnamon, vanilla—and I believe that by avoiding all these things a more steady, although slower, and more healthful development of the body is attained.

As an exemplification of these views, I wish to state that Axel Key, in his lecture on the development of puberty in school children, said: It has been found that the effect of richer nutrition in the well-to-do classes is expressed in a notably greater weight and length of the body shortly before the development of puberty, that then, however, in spite of the continuance of more modest nutrition in the lower classes, the latter retrieve completely what they had lost in such a way that at the age of eighteen or nineteen years perfect equality has been restored. It is to say:—The stimulus of growth is so powerful that it suffices completely to compensate the disproportion in question. On the other hand, everybody knows what a premature development of puberty means. Consequently for children the simplest possible alimentation—bread, butter, milk, and suitable



vegetables—is a strict requirement. If the food is of the right quality, the danger of over-feeding is slight.

## AT THE BREWERS' EXHIBITION.

A CURIOUS and striking illustration of the growth of the popular taste for palatable, non-intoxicating beverages is afforded by the numerous and attractive exhibits in this class at the above.

A chat with some of the leading exhibitors revealed the fact, that a large and gratifying proportion of their orders came from hotel and restaurant keepers, who find it wise and profitable to be in a position to supply an increasing class of their customers with drinks corresponding in refreshing and invigorating qualities to ales and stouts, and at the same time absolutely devoid of intoxicating properties.

A leading example was afforded by the exhibit of Messrs. J. Wheatley and Sons, of Sheffield, whose non-intoxicating ale, known as "Wheatley's Hop Bitters," impressed us as being as regards appearance, taste, quality, in every way an efficient substitute for the best of the brewers' ales. There is, indeed, nothing outwardly to distinguish this sparkling and refreshing beverage from any other first-class ale, while it possesses the additional advantage that it may safely be taken by the most rigid and conscientious abstainer. The manufacturers claim that it is brewed from the best hops only, and nothing else, except sufficient sugar to produce the degree of fermentation necessary to keep it any reasonable length of time without deterioration. It is prepared in perfectly equipped and managed breweries, the water used in the manufacture being drawn direct from their special artesian wells.

As a further illustration of the wide and general consumption of beverages of this class throughout the country, we may mention that the proprietors of Kops Ale (another excellent and well-known preparation) claim to have sold some million bottles this year in the London district alone.

As is usually the case at these exhibitions, the display of mineral waters, both natural and artificial, was a very large one. Many of the standard table waters are, however, unsuitable for regular and habitual consumption, owing to the effect of the mineral salts, with which they are, as a rule, heavily charged, but to those who are in search of a really pleasant and palatable water for daily use, we may recommend "Johannis" with confidence. It may be taken in ordinary quantities daily with good effect, since it is not a medicine, but simply a natural, absolutely-pure table water.

Messrs. Gordon and Dilworth's Tomato Catup requires no recommendation to the housewife with an eye for good things. It has long reigned supreme in America, and in this country it has already attained a well-deserved reputation for purity and excellence.

The exigencies of space forbid a detailed description of the many articles of domestic utility and value displayed, but we noticed amongst the most prominent: Root's Cuca Cocoa, Stones's Ginger Wine, Jeyes' Fluid, and other preparations all well-known to the household.

WHEN a man dies, his mortal and corruptible part suffers dissolution, but the immortal part escapes unhurt, and triumphs over death. And if the soul is immortal, it stands in need of cultivation and improvement, not only in the time we call this life, but for the future, or what we call eternity. We will find it very dangerous to neglect the soul. Were death the dissolution of the whole man, it would be a great advantage to the wicked after death to be rid at once of their body, their soul, and their vices also. But forasmuch as the soul is immortal, the only way to avoid those evils, and obtain salvation, is to become good and wise; for it carries nothing along with it but its good and bad qualities, its virtues or vices, which are the cause of its eternal happiness or misery, commencing from the first moment of its arrival in the other world.—*Socrates*.

## USE OF FRUIT AND NUTS AS A FOOD.

A FEW words concerning the more extended use of fruit for health sake by all who can use them will perhaps not be out of place here. Mr. A. E. Hills, editor of the *Vegetarian*, speaks thus enthusiastically:—

Fresh fruit is the food of health, but it is also Nature's only physio. Set fresh fruit in abundance on your tables at every meal, for yourselves, your children, and your servants. It is not only anti-bilious, anti-scorbutic, and anti-rheumatic, but also nerve-strengthening, blood-purifying, and regenerating to the whole system. It has all the valuable qualities of the much-used, much-abhorred nursery abominations—senna, rhubarb, and quinine, and such-like familiar "family friends"—without the after-taste of regret and fore-taste of pains to following. Just try the children with a morning dose, and see how quickly the pulse will be regulated to its normal beat, and the cross, peevish cry be replaced by joyous laughter and delight. No nursery should be without its plateful of oranges, or other fresh fruit, for morning use. Taken the first thing on waking, they prove their value as a preventive to cross temper all the day through, by their anti-stimulating influence on the nerves of nurse and children.

### FRUIT versus DRUGS.

All the drugs in the pharmacopoeia may not be taken in exchange for a single apple; nor can any mixture from the chemist be found to equal the divine alchemy of the orchard. Fresh fruit has a specific recreative power. It renovates and rebuilds. It washes out of one's system the deposits, the low poisons which debilitate, the lithates and urates of gout and rheumatism; it cleanses the system of the matter of disease, and re-sweetens the great filter of the circulation—the liver—from its accumulated morbid matter. There would be no such thing as zymotic disease if fruit was once more, in suitable quantities, the food of man.

### FRUIT IN DISEASE.

Fresh fruit is the one remedy for organic disease. Phthisis, tuberculosis, cancer, and many another of the terrible scourges of avenging nature are capable of amelioration, if not of cure, through the agency of fruit diet. The grape cure, the orange and apple cure, the fig and date cure, all within their measure and degree bear witness to the value of fruit as food. There has been a great fallacy as to the expensiveness of fruit; it has become to be considered as a luxury of the rich, the crown and completion of elaborate feasting. The truth has yet to be taught, by repeated iteration, that fresh fruit is at all seasons more cheap and more wholesome than flesh-meat, for which it is the proper substitute. In the fruit districts thousands of bushels of wholesome apples, gages, plums, &c., are thrown to the pigs, because the momentary market is glutted, the demand is not equal to the supply. Much may yet be done in the direction of fruit storage to prevent waste; but the first and most crying necessity is the creation of a still greater demand. When once the universal appetite for fruit is aroused, there will be no trouble in finding an abundant and varied supply.

### NUTS.

And lastly, nuts come within the sphere of our inquiry. Too long have these delicious gifts of Nature been considered as the delight of youth and the torture of old age. In truth, they are an almost perfect food, especially rich in the fat-forming and heat-giving elements, which for the most part are denied to the fruits and cereals. In winter weather no better meal can be made than a handful of nuts with a hunch of wholemeal bread; and vegetarian experimentalists, who suffer from the cold in

the days of their novitiate, are recommended to make trial of these natural fountains of caloric. Not only is their flavour of a subtle delicacy, unspeakable by words, but it is condensed in an infinite variety of filberts, walnuts, hickory nuts, almonds, cocoanuts, pecan-nuts, Brazilian nuts, and many another, provide the *bon-vivant* with a never-ailing feast. As yet, they have been much neglected. They have been reserved for the humiliation of serving as foils to port, and other heavy wines. They have been encased in sugar and sold as sweets. They have been mounted on the village green for penny shies, and have vied with Aunt Sally for the popularity of the fair. They have been entitled "monkey-nuts," and in many minds are associated with the Zoo. They have been altogether neglected as food, and the average digestion hoists the signal-flag of pain at their approach. They have been thwarted and misunderstood; they have been misplaced and mistimed, but the future is theirs. As yet they are in the minority of one with Nature; but the verdict of Father Time is in their favour—they but wait for the dietetic awakening of the world.

## CONSTIPATION.

THIS unpleasant and dangerous complaint is a rather difficult subject upon which to lay down any hard and fast rules. We find in some healthy people a motion occurs daily, while in others once in two or three days seems to fulfil all Nature's requirements. How then define constipation? I will tell you how. If the bowel is emptied without pain or discomfort, do not take any purgative medicine. Never mind the time which has elapsed since the last motion. But if you have a nasty taste in the mouth, feel lethargic, if there be a dull pain across the forehead, or a sense of fullness across the abdomen, do not delay, treat the torpid bowels at once. There is no occasion to violently purge. In fact, this measure, although affording temporary relief, has such a weakening action upon the muscles, that "after binding" is bound to result. Do not take castor oil, patent pills, or other quack nostrums, for one or two Laxative Palatinoids at bedtime will not only relieve the bowels but restore regularity. The cause of chronic constipation is due to the accumulation of fecal matter distending the intestine, which thus prevents the muscular system from acting. Chronic constipation is frequently (in fact, we may say, principally) due to the imperfect digestion of starch. And you may not probably be aware that starch forms at least 75 per cent. of the food we eat. So you see its digestion is a most important subject. I have often found a tablespoonful of plain Cream of Malt given with meals to relieve the most obstinate cases of constipation. The malt has a solvent action upon starch. Vegetables should be freely partaken, such as cabbage, lettuce, &c. Every well-regulated household ought to contain an enema. This is more for occasional than habitual use. An enema of soap and water is the simplest and most efficacious one. Make an effort daily. You may not feel any desire to do so. Make the effort, however, for after all we are but "creatures of habit."

A SYSTEM of bounties and reciprocal services runs through all this chain of creatures. It is not for the good of the clay that are elaborated its nourishing principles. It is turning what earth and heaven have given it into uses for powers higher up. It is not the grasses that need the seeds of grasses to live upon. It is not the flax that needs either linen or linseed oil. It prepares the material of the one and the other. "Not for ourselves." Apple trees do not eat apples. Cotton bushes do not wear muslin. The eucalyptus does not dread malaria. The tea plant or the coffee plant need no nerve stimulant. Rose bushes seek no pleasure in red or white, in exquisite forms or sweet odours. From the moss up to the mighty trees every plant reaches up from the earth towards heaven having written upon the sap of it and in every limb of it the law that they shall provide not only for themselves, for their own nutrition and reproduction, but shall minister to the want of higher things.—*Wm. Arthur*.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 14d. and 2s. 9d. [the latter contains three times the quantity] of all Chemists. Sent anywhere on receipt of 16 or 34 stamps by the Maker, E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]



## THE MAN OF THE YEAR MILLION.

A SCIENTIFIC FORECAST.

ACCOMPLISHED literature is all very well in its way, no doubt, but much more fascinating to the contemplative man are the books that have not been written. These latter are no trouble to hold; there are no pages to turn over. One can read them in bed on sleepless nights without a candle. Turning to another topic, primitive man, in the works of the descriptive anthropologist, is certainly a very entertaining and quaint person; but the man of the future, if we only had the facts, would appeal to us more strongly. Yet where are the books? As Ruskin has said somewhere, *apropos* of Darwin, it is not what man has been, but what he will be, that should interest us.

The contemplative man in his easy chair, pondering this saying, suddenly beholds in the fire, through the blue haze of his pipe, one of these great unwritten volumes. It is large in size, heavy in lettering, seemingly by one Professor Holzkopf, presumably Professor at Weissnichtwo. "The Necessary Characters of the Man of the Remote Future Deduced from the Existing Stream of Tendency," is the title. The worthy Professor is severely scientific in his method, and deliberate and cautious in his deductions, the contemplative man discovers as he pursues his theme, and yet the conclusions are, to say the least, remarkable. We must figure the excellent Professor expanding the matter at great length, voluminously technical, but the contemplative man—since he has access to the only copy—is clearly at liberty to make such extracts and abstracts as he chooses for the unscientific reader. Here, for instance, is something of practicable lucidity that he considers admits of quotation.

"The theory of evolution," writes the Professor, "is now universally accepted by zoologists and botanists, and it is applied unreservedly to man. Some question, indeed, whether it fits his soul, but all agree it accounts for his body. Man, we are assured, is descended from ape-like ancestors, moulded by circumstances into men, and these apes again were derived from ancestral forms of a lower order, and so up from the primordial protoplasmic jelly. Clearly, then, man, unless the order of the universe has come to an end, will undergo further modification in the future, and at last cease to be man, giving rise to some other type of animated being. At once the fascinating question arises, What will this being be? Let us consider for a little the plastic influences at work upon our species.

"Just as the bird is the creature of the wing, and is all moulded and modified to flying, and just as the fish is the creature that swims, and has had to meet the inflexible conditions of a problem in hydrodynamics, so man is the creature of the brain; he will live by intelligence, and not by physical strength, if he live at all. So that much is purely 'animal' about him is being, and must be, beyond all question, suppressed in his ultimate development. Evolution is no mechanical tendency making for perfection according to the ideas current in the year of grace 1892; it is simply the continual adaptation of plastic life, for good or evil, to the circumstances that surround it. . . . We notice this decay of the animal part around us now, in the loss of teeth and hair, in the dwindling hands and feet of men, in their smaller jaws, and slighter mouths and ears. Man now does by wit and machinery and verbal agreement what he once did by bodily toil; for once he had to catch his dinner, capture his wife, run away from his enemies, and continually exercise himself, for love of himself, to perform these duties well. But now all this is changed. Cabs, trains, trams, render speed unnecessary, the pursuit of food becomes easier; his wife is no longer hunted, but rather, in view of the crowded matrimonial market, seeks him out. One needs wits now to live, and physical activity is a drug, a snare even; it seeks artificial outlets and overflows in games. Athleticism takes up time and cripples a man in his competitive examinations, and in business. So is your fleshly man handicapped

against his subtler brother. He is unsuccessful in life, does not marry. The better adapted survive."

The coming man, then, will clearly have a larger brain, and a slighter body than the present. But the Professor makes one exception to this. "The human hand, since it is the teacher and interpreter of the brain, will become constantly more powerful and subtle as the rest of the musculature dwindles."

Then in the physiology of these children of men, with their expanding brains, their great sensitive hands and diminishing bodies, great changes were necessarily worked. "We see now," says the Professor, "in the more intellectual sections of humanity an increasing sensitiveness to stimulants, a growing inability to grapple with such a matter as alcohol, for instance. No longer can men drink a bottle full of port; some cannot drink tea: it is too exciting for their highly-wrought nervous systems. The process will go on, and the Sir Wilfrid Lawson of some near generation may find it his duty and pleasure to make the silvery spray of his wisdom tintinnabulate against the tea-tray. These facts lead naturally to the comprehension of others. Fresh raw meat was once a dish for a king. Now refined persons scarcely touch meat unless it is cunningly disguised. Again, consider the case of turnips; the raw root is now a thing almost uneatable, but once upon a time a turnip must have been a rare and fortunate find, to be torn up with delirious eagerness and devoured in ecstasy. The time will come when the change will affect all the other fruits of the earth. Even now only the young of mankind eat apples raw—the young always preserving ancestral characteristics after their disappearance in the adult. Some day boys even will regard apples without emotion. The boy of the future, one must believe, will gaze on an apple with the same unspeculative languor with which he now regards a flint"—in the absence of a cat.

"Furthermore, fresh chemical discoveries came into action as modifying influences upon men. In the prehistoric period even, man's mouth had ceased to be an instrument for grasping food; it is still growing continually less prehensile, his front teeth are smaller, his lips thinner and less muscular; he has a new organ, a mandible not of irreparable tissue, but of bone and steel—a knife and fork. There is no reason why things should stop at partial artificial division thus afforded; there is every reason, on the contrary, to believe my statement that some cunning exterior mechanism will presently masticate and insalivate his dinner, relieve his diminishing salivary glands and teeth, and at last altogether abolish them."

Then what is not needed disappears. What use is there for external ears, nose, and brow ridges now? The two latter once protected the eye from injury in conflict and in falls, but in these days we keep on our legs, and at peace. Directing his thoughts in this way, the reader may presently conjure up a dim, strange vision of the latter-day face: "Eyes large, lustrous, beautiful, soulful; above them, no longer separated by rugged brow ridges, is the top of the head, a glistening, hairless dome, terete and beautiful; no craggy nose rises to disturb by its unmeaning shadows the symmetry of that calm face, no vestigial ears project; the mouth is a small, perfectly-round aperture, toothless and gumless, jawless, unanimal, no futile emotions disturbing its roundness as it lies, like the harvest moon or the evening star, in the wide firmament of face." Such is the face the Professor beholds in the future.

Of course, parallel modifications will also affect the body and limbs. "Every day so many hours and so much energy are required for digestion; a gross torpidity, a carnal lethargy, seizes on mortal men after dinner. This may and can be avoided. Man's knowledge of organic chemistry widens daily. Already he can supplement the gastric glands by artificial devices. Every doctor who administers physic implies that the bodily functions may be artificially superseded. We have pepsine, pancreatine, artificial gastric acid—I know not what like mixtures. Why, then, should not the stomach be ultimately supernatated altogether? A man who could not only leave his dinner to be cooked, but also leave it to be

masticated and digested, would have vast social advantages over his food-digesting fellow. This is, let me remind you here, the calmest, most passionless, and scientific working out of the future forms of things from the data of the present. At this stage the following facts may, perhaps, stimulate your imagination. There can be no doubt that many of the arthropods, a division of animals more ancient and even now more prevalent than the vertebrata, have undergone more phylogenetic modification—a beautiful phrase—"than even the most modified of vertebrated animals. Simple forms like the lobsters display a primitive structure parallel with that of the fishes. However, in such a form as the degraded "Chondracanthus," the structure has diverged far more widely from its original type than in man. Among some of these most highly modified crustaceans the whole of the alimentary canal—that is, all the food-digesting and food-absorbing parts—form a useless solid cord: the animal is nourished—it is a parasite—by absorption of the nutritive fluid in which it swims. Is there any absolute impossibility in supposing man to be destined for a similar change; to imagine him no longer dining, with unwieldy paraphernalia of servants and plates, upon food queerly dyed and distorted, but nourishing himself in elegant simplicity by immersion in a tub of nutritive fluid?

"There grows upon the impatient imagination a building, a dome of crystal, across the translucent surface of which flushes of the most glorious and pure prismatic colours pass and fade and change. In the centre of this transparent chameleon-tinted dome is a circular white marble basin filled with some clear, mobile, amber liquid, and in this plunge and float strange beings. Are they birds?

"They are the descendants of man—at dinner. Watch them as they hop on their hands—a method of progression advocated already by Bjornsen—about the pure white marble floor. Great hands they have, enormous brains, soft, liquid, soulful eyes. Their whole muscular system, their legs, their abdomens, are shrivelled to nothing, a dangling, degraded pendant to their minds."

The further visions of the Professor are less alluring.

"The animals and plants die away before men, except such as he preserves for his food or delight, or such as maintain a precarious footing about him as commensals and parasites. These vermin and pests must succumb sooner or later to his untiring inventiveness and incessantly growing discipline. When he learns (the chemists are doubtless getting towards the secret now) to do the work of chlorophyll without the plant, then his necessity for other animals and plants upon the earth will disappear. Sooner or later, where there is no power of resistance and no necessity, there comes extinction. In the last days man will be alone on the earth, and his food will be won by the chemist from the dead rocks and the sunlight.

"And—one may learn the full reason in that explicit and painfully right book, the 'Data of Ethics'—the irrational fellowship of man will give place to an intellectual co-operation, and emotion fall within the scheme of reason. Undoubtedly it is a long time yet, but a long time is nothing in the face of eternity, and every man who thinks of these things must look eternity in the face."

Then the earth is ever radiating away heat into space, the Professor reminds us. And so at last comes a vision of earthly cherubim, hopping heads, great unemotional intelligences, and little hearts, fighting together perforce and fiercely against the cold that grips them tighter and tighter. For the world is cooling—slowly and inevitably it grows colder as the years roll by. "We must imagine these creatures," says the Professor, "in galleries and laboratories deep down in the bowels of the earth. The whole world will be snow-covered and piled with ice; all animals, all vegetation vanished, except this last branch of the tree of life. The last men have gone even deeper, following the diminishing heat of the planet, and vast steel shafts and ventilators make way for the air they need."

So with a glimpse of these human tadpoles, to their deep close gallery, with their boring



machinery ringing away, and artificial lights glaring and casting black shadows, the Professor's horo cope concludes. Humanity in dismal retreat before the cold, changed beyond recognition. Yet the Professor is reasonable enough, his facts are current science, his methods orderly. The contemplative man shivers at the prospect, starts up to poke the fire, and the whole of this remarkable book that is not written vanishes straightway in the smoke of his pipe. This is the great advantage of this unwritten literature; there is no bother in changing the books. Our contemplative man consoles himself for the destiny of the species with the lost portion of Kubla Khan.—*Pall Mall Gazette.*

## RHEUMATISM AND BEES.

FOR several years items have been going the rounds concerning the cure of rheumatism by the sting of bees. This opinion seems to have had its origin on the island of Malta, where bees are plenty, and bee-stings are in such repute as a cure for rheumatism. Resort to this primitive method of inoculation has been a common practice among the islanders, in some cases for generations, the result being most satisfactory.

Homœopaths claim that the virtue of the sting is in the poison injected by the bee, and that the cure is in accordance with homœopathic principles. Old school physicians claim that the poison of the bee-sting causes immunity as vaccination does by altering the constitution of the blood, so that the germs of disease will no longer live in it. Both of these theories are wrong. The true explanation is a psychical one, caused by the shock produced by the sting. It starts into activity the nervous centres, the circulation, and through them excretion, respiration, nutrition, perhaps all of which is beneficial. The same result often happens when the shock is caused by other means. Two cases have come to our notice recently. A woman suffering from semi-acute rheumatism fell from a step-ladder on which she had climbed to do some work. The fall cured her rheumatism, instead of, as she expected, making it worse. It started into activity nerve centres which had become inactive, and these infused a more healthy life into the body.

The other case was that of a man, lame from rheumatism in the hand. In trying to drive a nail into a board, he struck his hand a hard blow. Instead of making his lameness worse, he got well. Better still is the scientific application of the same idea by the use of the bath, especially the Turkish and Russian bath with friction, kneading, and the use of a well chosen vegetable diet, or the use of electricity, or sun-baths, all agreeable, whereas the sting of a bee is not agreeable, and in some cases would be exceedingly painful and perhaps produce injury.

## Notes & Queries.

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

REPAIRS.—I have had some rooms papered and white-washed. I told the man verbally to put on a similar wall paper to that which had been on before, not exceeding a certain price. I now find he has charged a great deal more on the wall paper; he has also done to one room more than he was ordered. Can he compel me to pay his charges?—Householder.

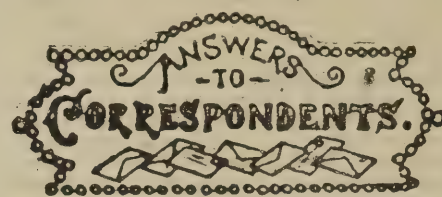
### ANSWERS.

TAXES.—You do not make it clear what you mean when you speak of your landlord's proportion of Queen's taxes. In the absence of special contract as to the burden of Queen's taxes, they fall on the occupier; at all events, the inhabited house duty does. As to the property tax, the occupier, though he is primarily charged, can throw the sum charged, not exceeding the rate per pound of the tax on the rent which he is paying, by deducting at that rate from the next payment of rent to the landlord. Thus, if the property tax rating be £20, and the annual rent £20 the occupier is not entitled to deduct the whole of the tax which he pays to the collector from his rent. There will be a margin of tax on the £20, which the occupier must bear the burden of himself. In such a case, and in similar cases, the occupier may consider himself lucky in being very much under-rented. The taxes are assessed on values which may be greater or less than the actual rentals.

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Demerolgia of the Stomach and Liver, Purifies the blood and is delightfully refreshing. Through Chemists and Stores.

SPECIAL OFFER.—To prove its efficacy, 1s. 6d. bottle will be sent post free for 1s. 6d. stamps. WORKS: CROYDON, LONDON



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These orders must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospitals, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	smith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopædic Hospital
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.

MARS—Perfectly safe. If you like to send a stamped addressed envelope we will tell you where with pleasure.

SUFFERER.—The local treatment is not the entire treatment necessary for cæca. There may be some constitutional disorders such as struma or syphilis. In which case this should be attacked in the well-known orthodox way. Syringing, if a warm salt solution is used, ought not to cause neuralgia, besides a little opium may be introduced to allay this. If you had given us a more detailed epistle we might have suggested more satisfactory.

PENINSULAR.—You are very probably suffering from dyspepsia. You should take a cold bath every morning and get plenty of exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Your diet should be light and nutritious and taken regularly. Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals.

ANWARTEN.—1. Not dangerous, but an indication of nervous incoordination, dependent upon the predisposing cause mentioned—bad habits, and upon dyspepsia with flatulence of long standing. 2. Flatulent distension of the stomach causes mechanical pressure through the diaphragm upon the heart, and is then the exciting cause of the phenomena. 3. Cure the indigestion and the exciting cause to go. 4. Not appear. Take your food very slowly, masticate thoroughly, drink only after meals. Take each morning one teaspoonful of Epsom salts, dissolved in an ounce of peppermint water. Take a reasonable amount of open air exercise, and rest for half an hour after each meal.

LIKE.—Your best course would be to consult a London specialist. Failing that, try the effect of passing a gum elastic bougie (No. 9 English) twice a week, retaining the instrument in position for five minutes. Keep the bowels acting with Dunn's fruit saline: give up so-called tonics, as they are only likely at present to aggravate the troubles. Take plenty of out-door exercise; bathe the parts every day with cold water, and take measures to divert your attention from sexual matters.

T. H. R.—You can address to Dr. Barnardo's Home, Stepney, E.

J. TANAGER.—You had better take three or four of the Biphosphonids of Iron (Messrs. Oppenheimer and Co., 14, Worship-street, London, E.C., makers) every day, taking one at each meal. Rest upon your back for at least an hour every afternoon, and restrict indulgence to the five days following each periodical discharge.

## NERVOUS and WEAK MEN.—Vigorous

Vitality Ensured to men suffering from nervous exhaustion, low vitality, &c. Try HALE'S (the only genuine that does not blister or injure the skin) PATENT ELECTRIC BELT and Suspensor. Comfortably curative. Effective in electric qualities. No metallic contact with the body. This scientific appliance will infuse a mild continuous current through the diseased nerve centres. Descriptive circular, undoubted testimony, sent free, ARTHUR HALE and SON, Medical Galvanists, 30, Regent Street (Piccadilly Circus).

IRON MOULDER.—We think you are very unwise to use injections. Use plenty of cold water and soap locally, and avoid all beer, wine, and spirits. Keep the bowels freely open, and take the following medicine: 3i of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals. There is no harm in using the sulphate of zinc injection for the other individual.

C. E. THOMPSON.—1. Yes. 2. Yes. 3. There is no cannot if you will take our advice, but unfortunately the nature of your communication prevents us from entering into details. Why not send your address or stamped envelope, so that we may advise you privately?

LEADENHALL.—We think you had better try our usual method—viz., to tie a large cotton-reel in contact with the back and to prevent your legs from it. It is much safer and more reliable, not to speak of comfort, than tying one's arm to a bedpost. Take also two doses of the following a day—one at six o'clock and the other at bedtime: Bromide of potassium two drachms, syrup of oranges two drachms, chloroform water to six ounces. One-sixth part as directed.

MEDIUM.—How can we tell what occurred? If any got inside there is every possibility.

MULIUM IN PARVO.—You are suffering from prostatic hyperaesthesia, and require to have that condition relieved before you can expect to obtain relief from your troubles. You may try the results of using a gum elastic bougie twice a week (No. 9 English), retaining the instrument in position for five minutes at each application. At the same time, take a couple of bromide of potassium night and morning in water. If after four weeks you find no improvement, you will do wisely to consult a London specialist with a view to electrolytic treatment.

ALPHA BETA.—See reply to "Mulum in Parvo." There is no reason why you should not lose the tendency entirely, but until you do so you would be unwise to think of entering the matrimonial state. Let us know in a month how you are progressing, when, if necessary, we will give you the address of a physician to whom you can apply with confidence.

W. R.—You should take a cold or tepid bath every morning, and get plenty of active outdoor exercise during the day. Take the following medicine: Sulphate of magnesia three drachms, carbonate of soda one drachm, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part three times a day between meals. You must, of course, break yourself of the tendency to eat cakes and sweets at odd times, otherwise it is useless your going to the trouble and expense of buying medicine and taking it.

A CONSTANT READER.—We have received your letter, and are very glad to hear that the medicine prescribed has done you so much good. As you are getting so much better, we think the best plan would be to go on with it.

A. G. P. B.—Be very careful what you eat with your meals. Do not take too much bread or potato, nor sweets, pastry, puddings, and the like. Eat light, easily digestible things, like boiled fish and chicken, and take the following medicine: Dilute hydrochloric acid one drachm, infusion of gentian three drachms, bromide of potassium one drachm, infusion of gentian to six ounces. One sixth part three times a day immediately after meals.

VAL.—Once in three weeks is a physiological average, and will not cause you any harm. The question of diet is one settled almost purely by personal experience. Eat fish, boiled beef, Framed Food, and the Food for the Invalid Food, lean meat, with not too much bread, potatoes, and puddings, &c., and take the following medicine immediately after meals: Dilute hydrochloric acid one drachm, infusion of gentian to six ounces. One sixth part three times a day immediately after meals.

MABEL GRAY.—You had better wait and see. Most likely you are very young.

ENLARGED. The dietetic treatment of enlarged liver consists in abstaining from beer, wine, and spirit, fatty things, sugar, and sweet things, and in living on boiled fish or chicken, milk, &c. Drink St. Galmier or Apollinaris with your dinner, and get plenty of active exercise. Take the following pill every night: Pill hydrihydri two grains, sulphate of quinine one grain, powdered sugar one grain, to make one pill. Take the following medicine: Bicarbonate of potassium two drachms, infusion of gentian to six ounces. One-sixth part three times a day between meals.

WOODFORD.—Your letter is not sufficiently lucid. You say "a weakness in the bowels"—what you mean is you have a pain somewhere in the left side, but you have not said where the lower end of the bowels is, and when you say (which is very likely) or higher up over the stomach. How, then, you had better give up nourishing yourself on bone and gristle, and endeavour to eat ordinary food. Take the following medicine: Subnitrate of bismuth one drachm, chloroform one drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

HISSELF.—1. No, not absolutely necessary. 2. No particular directions with regard to food; eat anything you like. 3. This is what we are unable to tell you, because we are not in a position to know what the local effects have been. 4. If nothing has happened, nothing will happen, if you permanently relinquish the habit. 5. Take a cold bath every morning, and be careful to keep the bowels freely open. Get plenty of active outdoor exercise, and when you go to bed at night be very careful to avoid lying on your back. Take the following mixture: Sulphate of magnesia two drachms, carbonate of magnesia three drachms, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part three times a day. 6. None at all.

R. P. W.—1. Yes. 2. Not having been present, we are unable to say. 3. No. 4. Only the slightest. 5. In about five weeks. 6. No. 7. Not at all.

G. A. C.—The important thing is to keep the bowels acting freely every day, for when constipation is present, the pelvic veins become congested and the veins of the lower limb are necessarily distended. Let the patient take a teaspoonful of Epsom salts in water each morning before rising; bathe the limbs each morning with tepid water containing some of Tidman's sea salt. If after persevering with these measures for six or seven weeks there is no improvement, write us again and we will advise you further.

VENDEX.—We are simply speaking from practical experience. It is not a question of theory or books. We personally know of a case where pregnancy has followed congress.

SALUBR WIFE.—It is quite impossible for us to pronounce on the nature of the malady without further information as to its character, such as could only be recognised by a medical man. We think, therefore, that however painful it would be better for you to see a good medical man who can definitely decide. The difficulty we are placed in is this: That there are two or three entirely different conditions which superficially resemble each other, and which could only be recognised by an experienced man.



# PURE-BREWED Vinegar



**A FOOD.**  
AN EMBROCATION. AN ANTISEPTIC.

## R. & N. POTT.

GUARANTEE AS TO PURITY  
ATTACHED TO  
ALL CASKS, BOTTLES, AND INVOICES.  
*Established 1641, over 250 Years.*

68, SUMNER ST., SOUTHWARK,  
LONDON, S.E.

CLARKSON.—Your liver appears to be out of order. We should advise you to take the following mixture before each meal: Dilute hydrochloric acid fifteen minims; chloride of ammonium ten grains, sulphate of soda half a drachm, tincture of gentian half a drachm, water to half an ounce. Leave the onions and oysters alone for the present; they are not likely to be of any service in your case.

VIN.—Take a cold bath every morning regularly, or a tepid one if that suits you better. It has no relation to the medicine at all. We should advise you also to take the following pill every day with your dinner. Extract of watery aloes one grain, dried sulphate of iron one grain, extract of nux vomica quarter of a grain, extract of belladonna quarter of a grain. To make one pill to be taken as directed. Eat fruit if you like, and get as much active outdoor exercise as you can obtain. Eat light food, such as fish, &c., and not too much bread, cheese, potatoes, puddings, &c. Farinaceous food has a tendency to rheumatism, whiskey in moderation is not harmful, but beer and wine is. Take a little of the following if you get much pain: Salicylate of soda two drachms, syrup of oranges two drachms, chloroform water to six ounces. One-sixth part three times a day. 3. Yes, almond paste or ointment will do very well for this purpose. Wear warm woollen gloves in the cold weather if your circulation is bad.

GLOVES.—1. This amount of smoking ought not to affect you if you are otherwise in good health. The latter is, however, more than we can say without a personal interview. 2. If you have a tendency to rheumatism, whiskey in moderation is not harmful, but beer and wine is. Take a little of the following if you get much pain: Salicylate of soda two drachms, syrup of oranges two drachms, chloroform water to six ounces. One-sixth part three times a day. 3. Yes, almond paste or ointment will do very well for this purpose. Wear warm woollen gloves in the cold weather if your circulation is bad.

REPORT.—Under present circumstances marriage would be the worst thing for you, both morally and physically. If you were to empty your bladder the first thing in the morning, it would save you many a weary mile while pacing your bedroom floor. We think there is little doubt that you have some congested patches which ooze, though what passes at stool is prostatic fluid probably. We shall be happy to give name you desire on receipt of stamped addressed envelope.

T. A. R.—We should advise you to take a cold or tepid bath every morning, and as much active outdoor exercise as you can obtain. Get a No 9 English gum elastic catheter, and pass it gently along the urethra into the bladder once a week, taking the following medicine at the same time: Bicarbonate of potassium two drachms, bromide of potassium one and a half drachms, infusion of gentian to six ounces. One-sixth part three times a day. Be careful to keep the bowels freely open, by means of a morning dose of Dunn's Fruit Saline. This is the best advice for self treatment we can give you.

WATCH-MAKER.—You must avoid all beer and wine, though there is no objection to your taking a little whiskey. Keep the bowels freely open by taking some Dunn's Fruit Saline in the morning, and let your diet be very light, consisting of fish, Frame Food Jelly, Benger or Savory's Invalid Foods, beef tea, Bovril, &c. Take also the following medicine: Salicylate of soda two drachms, bromide of potassium two drachms, chloroform water to six ounces. One-sixth part three times a day. For the other matter we must recommend you to pursue the local treatment we have pointed out to "T. A. R."

DYSPEPTIC.—You had better take a cold bath every morning, and get plenty of active outdoor exercise of an invigorating character. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. If you find your digestion still bad then you should try artificial food—Invalid Food of Savory or Benger, Frame Food Jelly, Liovis Bread, &c., &c. Take also Pepsina with your meals, a happy combination of pepsin and salt. The following medicine will be beneficial: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals.

**DR. DUNBAR'S ALKARAM;**  
or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

### ALKARAM.

If inhaled on the first symptoms of Catarrh,  
Will at once arrest them, and in the severest  
cases will generally cure in a single day.

### ALKARAM

Contains no narcotic, the smell is  
agreeable and reviving, and relieves head aches;  
in fact, it should be on every toilet table.

### ALKARAM

Is sold by all Chemists at 2s. a bottle.  
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KEEP THE VOICE IN TONE.  
From Signor TOMMASO SALVINI, the Eminent  
Tragedian.

"Theatre Royal, Drury Lane, May 23, 1875.  
"SIR,—The other night, when my voice would have  
otherwise failed, I was able to accomplish my duty  
to the very last in "Othello," which I owe entirely to  
your Voice Lozenges."

### ASK YOUR CHEMIST FOR THEM.

Sold in boxes by all chemists, 1s., 2s. 6d., 5s., and  
11s., or will be sent direct, post free, for 1s. 2d., 2s. 9d.,  
5s. 4d., and 11s. 6d. Sample boxes 6d., post free 7d.  
FRANCIS NEWBERY AND SONS,  
1 and 3, King Edward Street, Newgate Street, London.  
Established A.D. 1746.

### NERVE AND "BRAIN" SALT.

FOR  
HEADACHE  
AND  
SEA SICKNESS.

F. NEWBERY AND SONS, 1 and 3, King  
Edward Street, Newgate Street, London, E.C.  
(established A.D. 1746), send "BRAIN SALT" postage  
paid, for 3s., to any part of the United Kingdom; and  
those who fail to procure it of chemists may thus  
readily obtain it from the Sole Proprietor.

ADELAIDE.—Your description is much too indefinite. Do  
you mean an ovarian cyst? If so, the only remedy is that  
by operation. The length of time needed for operation will  
depend on the size of the cyst, and also upon whether there  
are any adhesions to surrounding parts.

RAJAH.—Until the exact condition of the part is determined  
by personal examination, we cannot state what their condition  
may be, especially as you have given us no detailed  
statement of symptoms. If you will give us a full account of  
present conditions and difficulties, we shall be happy to  
advise you as far as possible. The dumb-bell exercise will  
certainly be of benefit to you, but in any case you must  
relinquish all bad habits finally.

JUDITH BALFOUR.—You have done well to change your  
residence; the former climatic conditions were certainly not  
suitable to your complaint. Eat your food slowly, avoiding  
indigestibles. Take the following mixture after each meal:  
Bicarbonate of soda fifteen grains, compound tincture of  
cardamoms half a drachm, tincture of gentian half a drachm,  
water to half an ounce.

S. E. HUGH.—The mixture named will help you as a general  
tonic, particularly if you add to each dose twenty grains of  
sulphate of magnesia. Take also a pill containing half a  
grain of sulphate of calcium three times a day for a fortnight.

A READER.—You have been careless about your food, and  
have probably been in the habit of eating it too quickly.  
Correct this and take the following mixture three or four  
times daily between meals: Bicarbonate of soda ten grains,  
sulphate of soda fifteen grains, spirit of chloroform five  
drops, sulphuric ether ten drops, tincture of ginger half a  
drachm, tincture of gentian fifteen minims, water to half an  
ounce.

VICEROY.—We have already advised you as to the best course  
to adopt. As that appears to be impossible for you at  
present, you may try the effect of passing a gum elastic  
bougie, No 9 English, twice a week, retaining the instrument  
in position for five minutes each time. The chemist will  
show you how to use it.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those  
who have been unable to get suitable glasses elsewhere), should  
consult Mr. Bluett, who has had thirty years' practical  
experience in making and adapting Spectacles for every form  
of Defective Eyesight, and for which he has received numerous  
unsolicited testimonials.

The Eyes Carefully Examined and Sight Tested FREE,  
Spectacles from 1s. 6d. per pair.

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### TO THE AFFLICTED.

FOR 28 stamps, a sufficient supply of Lady St. John's Samaritan  
Salve to cure any ordinary cases of Bad Legs, Bad Breasts,  
Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas, Burns, Fists, & Skin Diseases.—J. QUEMBY, 324, Weymouth-road, London. Trial Box, 9 stamps. All Chemists.

# FOR COUGHS



## POWELL'S BALSAM OF ANISEED

For ASTHMA, BRONCHITIS, NIGHT  
COUGH, INFLUENZA, HOARSENESS,  
AND ALL  
LUNG TROUBLES.

SAFE AND RELIABLE.

Established 70 Years.

See Trade Mark on Wrappers. Beware of Imitations.  
SOLD BY CHEMISTS EVERYWHERE.  
In Bottles, 1/1s, 2/3, 4/6, and 1/.

J. S. SWABBRICK.—The treatment you have undergone is  
certainly of the most heroic description: in fact, we should  
say unnecessarily so. But we see no reason why you should  
not be eventually cured if you can get into good hands. For  
the present take the following: Oil of sandalwood three  
drachms, mucilage of gum acacia four drachms, sweet spirit  
of nitre two drachms, tincture of hyoscyamus two drachms,  
infusion of buchu to six ounces. One-sixth part three times  
a day immediately after meals. There are, no doubt, some  
patches there, but injections will not cure them. Forward a  
stamped addressed envelope.

FRED TIMMS.—Avoid smoking pipes and drinking spirits,  
though you may indulge in a couple of cigars a day and a  
little ale or stout. Keep out of draughts as much as possible,  
and endeavour to inflate the eustachian tube by closing the  
mouth and nostrils and blowing air into the ears. Use a  
chamber of ammonium inhaler for a quarter of an hour three  
or four times a day. The "operation" would only consist of  
inflating the eustachian tube through the nostrils by means  
of a tube; it is not at all painful.

SPORES.—It will be best for you to see a medical man. We  
cannot tell whether you have or not. We should think it very  
likely that you are producing an itching eczematous con-  
dition by your treatment. Or else, you keep re-infecting  
yourself by means of your clothes, which should be  
disinfected.

ROBERTO.—The sound is simply conducted along the bed to  
your ear. Why should accuracy of hearing give you cause  
for alarm?

GOWANBA.—1. Probably you have a small nevus, which may  
be beneficially affected by the application named, it persisted  
in daily for several weeks. If not, write us again on the  
subject. 2. Learn to use the other hand, and go in for steady  
exercise of the affected muscles in a direction as different as  
possible from that indicated as the cause. By all means use  
light dumb-bells for a few minutes daily. 3. Yes, take one  
of the pills twice a day at meal times, and be sure to keep  
the bowels acting regularly.

## HUDSON'S EXTRACT OF SOAP AND HUDSON'S DRY SOAP.



For the preservation of lawns, laces, beautiful washing  
fabrics, underwear, fine linen, shirts, sheets, &c.,  
HUDSON'S EXTRACT OF SOAP and HUDSON'S  
DRY SOAP are recommended. Instead of the offensive  
soapy smell common in many Soaps, HUDSON'S  
leaves the linen actually sweeter and fresher than  
when new.

"The Family Doctor conveys to its readers much Useful Information."—The Graphic.



**CLAYMORE.**—We do not think there is much probability of an early cure while you continue to stand for twelve hours a day. If, however, you wish us to recommend you to a surgeon, who will advise you as to the best conditions under which you should place yourself, you had better forward us a stamped addressed envelope, restating your wish.

**SEEKER.**—1. There is no permanent method known to us of preventing the advent of grey hairs. The application named will act as a palliative, and do no harm. 2. Trouble circulates. Take: Carbonate of ammonia four grains, sulphuric ether ten minims, spirit of chloroform five minims, tincture of bark half a drachm, water to half an ounce. Three times daily between meals. 3. Nothing. Avoid them. 4. We regret being unable to advise you in these columns on such a delicate matter.

**LIONHEART.**—Indigestion, with fermentative decomposition is the cause of your trouble. Take the following mixture half an hour after each meal. Dilute sulphuric acid half a drachm, sulphate of magnesia forty grains, tincture of ginger twenty minims, tincture of gentian half a drachm, peppermint water to half an ounce. Take plenty of exercise, eat your food slowly, take no sweets, drink only after meals.

Write us again in a month, with a report of your condition. **F. J. C.**—We agree with the diagnosis made by your medical man, but as you have not given us any details as to possible causes—irregularity, &c., we cannot add much to what he has already told you. If he has prescribed, you would do well to persevere with the medicines ordered by him. If not, give the patient twenty grains of bromide of potassium, three grains of carbonate of ammonia, and half a drachm of tincture of bark in half an ounce of water three times daily, taking care that the bowels are kept in a regular state.

**J. M. G.**—1. The egg wash is made of the white of one egg: Half a drachm of boracic acid, rose-water to six ounces. 2. Coleman's Winearsis or Parrish's Food may also be of service, and is not likely to injure the teeth. 3. Tincture of myrrh with borax, with a sufficient quantity of water, makes an admirable mouth-wash. 4. The warm bath with cold effusion.

**TRES WATER.**—1. Eat your food slowly; drink only after meals. Take the following: Carbonate of ammonia three grains, sulphate of soda half a drachm, tincture of gentian half a drachm, water to half an ounce. Three times daily between meals. 2. Bathe with Tildman's sea water, and cold water every morning. Bandage the limbs together at night with flannel, so as to strengthen them as much as possible. Give him a teaspoonful of Carrick's cod-liver oil and malt extract twice a day.

**LOUISE IN TROUBLE.**—No, that has nothing to do with it. It is very common for even healthy individuals to suffer as you are suffering. Live as well as you can, eat plenty of good nourishing food. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Get plenty of active outdoor exercise in the fresh air, and do not fatigue yourself to excess in anything. Use injections of ordinary lime water, say about a pint, night and morning, and take a teaspoonful of Parrish's Food three times a day, immediately after meals.

**NON SUM QUAM ERAM.**—You are suffering from dyspepsia. The nocturnal trouble need not cause you any anxiety as that is perfectly normal and not too frequent. You must be careful to avoid sleeping on your back, that is all. With regard to your digestion, you must eat only those things which your experience will have taught you agree with you—that is to say, you will probably find it better to refrain from eating much sugar, fat things, pastry and puddings, &c., and that you can much more easily digest light food such as Frame Food Jelly, Savory or Benger's Invalid Food, &c., &c. The bowels must be kept freely open, you should take regular exercise, and the following medicine: Sulphate of magnesia three drachms, carbonate of ammonia three drachms, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part three times a day between meals.

**USED UP.**—The best way to regain your health and energies is to live a sober, godly, and righteous life from this day forward. You say you are in good health; well, all that you have to do is to maintain this condition. Take a cold bath every morning and get plenty of active outdoor exercise during the day of an invigorating character, such as gymnastic exercise and athletic sports. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a dose of Dunn's saline. Your diet must be taken regularly, and be of the most nutritious character. Take a teaspoonful of Parrish's Food three times a day, immediately after meals.

**FIGARO.**—A. You can easily do this by adding either sulphate of magnesia or glycerine, or both. B. This feeling in your knees is due to the stretching you have been taking; it always produces that feeling when taken for any length of time. C. Get exercise in the open air; it is of no use unless it is out-of-doors, and it must be locomotive. It is of no use sitting down and using the legs or arms. D. No, not if you are sufficiently careful, but be very gentle or you will cause inflammation. E. The pains are due to the disease, and will be relieved by the continued use of iodide of potassium.

**GAMMA.**—1. This bald patch may be due to injury or general weakness. If it is due to general weakness you had better look after your general health. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed in the morning by a dose of Dunn's Fruit Saline. Occasionally you may apply a little blistering fluid to the bald patch so as to stimulate it as much as possible, and eat freely and regularly of good nourishing food. Get out in the open air as much as possible, and take a teaspoonful of Parrish's Food three times a day immediately after meals.

**A LEARNER.**—You had better take a cold bath every morning, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Eat nutritious and assimilable food—such as boiled fish and chicken—taken regularly, and get plenty of active outdoor exercise during the day of an invigorating character. We cannot advise you as to the advisability of marrying without knowing more about you, but in any case, even if you marry, we do not doubt that any fancied indisposition may be rectified. Take a teaspoonful of Selsers' Eaten's syrup three times a day immediately after meals.

**JAU.**—We cannot recommend any cheap reliable cure. The only way to cure this condition is special treatment by an expert. But you may first try passing a No. 10 English gum elastic catheter twice a week, and take the following medicine: Bromide of potassium one drachm, syrup of oranges two drachms, infusion of gentian to six ounces. One-sixth part three times a day. Keep your mind from all sexual matters. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed in the morning by a mild dose of Dunn's Saline Aperient. Get plenty of active outdoor exercise. If no better enclose envelope for advice.

**DORCAS.**—Purchase the book "How to Become a Trained Nurse." Any medical bookseller will supply it, and the cost is very small.

**C. A.**—You have not tried the medicine long enough to know whether it is beneficial or not. If it is not beneficial you must be suffering from some thing more than indigestion, as you described to us. Do you take plenty of exercise, and are you very careful about your diet? There is no doubt that massage of the abdomen would be beneficial to you, but you cannot conveniently and satisfactorily practise this upon yourself. Keep on with the medicine a little longer, and if you are not relieved then you had better see somebody.

**T. PULSFORD.**—This kind of obstinate intercourse is generally accompanied by something of the sort. Before you think of undergoing treatment you had better wait until you are in a position to marry. Any shortcomings may then be easily overcome if you communicate with us.

**CONSTANT READER.**—What marks are they? Are they due to a sinking in of the flesh, and consequent deficiency of fat, or do you suffer to dark lines, which give a careworn appearance. In any case an ointment would be of no use whatever. Look after your general health and circulation. Keep your condition up to as high a standard of health as you possibly can. Eat well of digestible food, keep the bowels freely open, get plenty of active outdoor exercise, and take a teaspoonful of Parrish's Food three times a day after meals.

**A. B. C.**—You had better wear a warm flannel belt about six inches broad round the loins, so as to keep the parts at a uniform temperature. You cannot do better than keep on the belladonna plaster, which will both support you and act as a sedative to the rheumatic muscles. Lumbago is a very difficult thing to get rid of when it has made up its mind to stay. Keep the bowels freely open, and let the back and loins be freely shampooed and pressed so as to restore the circulation. We do not think medicine will do you any good, though we certainly think that cycling had something to do with it originally.

**MISS BEST.**—If we are to blame we are very sorry, but we do not remember anything about it.

130th Thousand Post free of Author, 2s. 6d.

## THE CURE OF CONSUMPTION

**CHRONIC BRONCHITIS, ASTHMA, & CATARRH.**  
By E. W. ALABONE, M.D. Phil., U.S.A., F.R.M.S.,  
Late M.R.C.S. Eng., late Consulting Surgeon to the  
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By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous. I had no less than 60 cases of cure last year."

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SIR,—After TEN YEARS suffering and irritation your "VELVETA" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS FOVANT.

"VELVETA," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury. Please mention this paper.

### THE ACID CURE.

A Safe, Simple, Inexpensive, Efficient Family Remedy.

**RHEUMATISM.**—Mr. Pascal writes: "The Acid has cured me of Rheumatism and Sciatica."

**NEURALGIA.**—Mr. Diffey writes: "The Acid is an excellent thing; by it I have cured two Travellers of Neuralgia."

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**CALDERON.**—1. You smoke too much. Cut the quantity down to one ounce per week. Reduce the dose in some instances exaggerate these tendencies. Take ten grains of lacto-pepsin after each meal. 2. Continue to shave the upper lip for twelve months or more, when you will probably find that the difficulty has disappeared. Yes: they will grow again in the same spots.

**INTERESTION.**—We are not in a position to give you any satisfactory advice regarding this case, as we are not in possession of the requisite information. The best thing you can do is to take her back to the doctor who originally saw her and obtain his advice on the subject. A young woman should not marry until she is well enough and strong enough to take on all the multifarious responsibilities of married life. This is not merely a question of age.

**HELVELYN.**—Uncleanliness is generally the cause of their coming and continuing. They are, of course, originally caught from someone else. You had better rub some white precipitate ointment into the affected parts night and morning, leaving it on for a quarter of an hour and then washing it off again with hot water. Do this until they finally disappear. Be careful also not to re-infect yourself from your own clothing, which should be re-ironed.

2. Intense cold applied to one part causes congestion of blood in another part, because it contracts the blood-vessels of the part to which it is applied.

**HAMLET.**—It would be better for you to go to someone who is accustomed to this sort of thing. If you like to send a stamped addressed envelope we can advise you. You would have to wait about ten days.

**IRON.**—No. They are not likely to discolour the teeth, at any rate perceptibly. The best plan is to place one of the capsules into a portion of bread already masticated, as if for a swallow. Press into the bolus and swallow in the ordinary way.

**A. H. R. L.**—From the symptoms described we take it that you are suffering from some of the effects resulting from the causes named, and that you probably have a tendency to varicose. Bathe the parts twice or three times a day with cold water, anoint the head and face with the following ointment: Croscote twenty drops, red oxide of mercury four grains, oxide of zinc one drachm, vaselin one ounce; and take this mixture night and morning: Sulphate of magnesia half a drachm, sulphate of soda half a drachm, cinnamon water half an ounce.

**ZARA.**—Take plenty of active outdoor exercise, avoid eating too many sweet things, fat things, or starchy things. Take the following medicine: Sulphate of magnesia three drachms, carbonate of ammonia two drachms, spirit of peppermint one drachm, chloroform water to six ounces. One-sixth part three times a day between meals. We think you will find this medicine will speedily remove all your trouble for you. Better use chalk and camphor powder for your teeth.

No. you are not suffering from ozena or anything like it.

**MOUSTACHE.**—Very little can be done by means of applications for restoring the length and thickness of the hair unless the hair follicles have been placed there by Nature. As a rule it is the constitution which is at fault. Local applications are of little or no use, even shaving; you must look after your general health. Keep the bowels freely open, take plenty of active outdoor exercise of an athletic character, such as jumping, football, gymnastics, &c., but not cycling. Your food must be nutritious and assimilable, and you had better take a teaspoonful of Parrish's Food three times a day, immediately after meals.

**WIDDER.**—We honestly consider that marriage will not prejudice her health in any way. In fact, it may be highly beneficial to her. With regard to a remedy, that is easier demanded than supplied. When the attacks come on she may take a dose of the following: Compound tincture of camphor, tincture of hyoscyamus and Hoffman's anodyne, of each, three drachms, camphor water to six ounces. One-sixth part every four hours when in a paroxysm. This may cut it short. But asthma is often due to stomach derangement or to nasal complaints, in which case these should be attended to.

**T. A. LEWELLYN.**—We are glad to hear you are so much better, but the report would have been better still had you persevered with the sulphate of soda in diminished doses under the circumstances. Please go on with that, and apply the mustard leaf only occasionally, say once or twice a week, according to necessity only. We shall be interested to have a further report from you in a few weeks. We think with you that the appliance had is now exploded finally.

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# SHERLOCK HOLMES AND THE MISSING BOX.

(With apologies to Dr. A. Conan Doyle.)

YES, it had gone! Where and how no one could fathom. Evidently the only thing to be done was to call in my friend Sherlock Homes whose marvellous detective feats and miraculous deductions in tracing the perpetrators of mysterious crimes had startled the entire civilised world and set them wonderingly twiddling their thumbs while discussing his extraordinary ingenuity.

The box itself was not of much intrinsic value but its contents were absolutely priceless. I had carelessly neglected to secure it in the safe and left it lying on my dressing table—I was confident of this. The servants were closely questioned—I did not care to search their boxes at this stage. They all indignantly protested absolute ignorance of its whereabouts; my wife repudiated all knowledge of it. In my dilemma I wired as follows:—

TO {	<i>Holmes, Baker Street W.</i>			
	<i>Come immediately in</i>	<i>great</i>	<i>distress</i>	
	<i>box</i>	<i>and</i>	<i>valuable contents</i>	<i>missing</i>
	<i>no</i>	<i>clue</i>		
FROM {	<i>Watson</i>			

Within a very short period I recognised his characteristic ring at the door.

“Ah! Watson,” he said as he rushed into the sitting room, “you were at a banquet last night and stayed till very late, failed to obtain a cab, and walked home in the rain along the Strand without an umbrella, smoking a posener clay, which you had the misfortune to break. How do I know? Nothing so simple; I saw your silk hat in the hall as I came in, bearing unmistakeable signs of a recent wetting, if you had taken a cab or had an umbrella it would have been in its usual glossy condition; your boots are covered with tar and cement—the Strand is being relaid—I recognised fragments of your pipe and favourite mixture, Latakia and navy cut, lying on the step, I know you had a dozen ‘poseners’ specially made for you of a peculiar shape, and I see on the table a menu card of last night’s masonic banquet: a man with half an eye can see you have a severe bilious attack in consequence of the rich food you partook of.—Now about the box.”

“Well,” said I laughingly, “you have unwittingly mentioned the very reason that makes me so anxious to find it. I only paid 1/1½ for it and contents—the latter are certainly worth a guinea; to me at the present moment they are simply invaluable and indispensable; the chemist is closed and if I don’t find this box of Beechan’s Pills to-night, I shall—with this beastly bilious attack on me—be quite incapacitated for work to-morrow, as I have been to-day.”

“There” said Holmes quietly, “have some of mine, I always carry them with me and to their head-clearing qualities I owe much of my success—in fact it is part of my SYSTEM to use them in my SYSTEM.”



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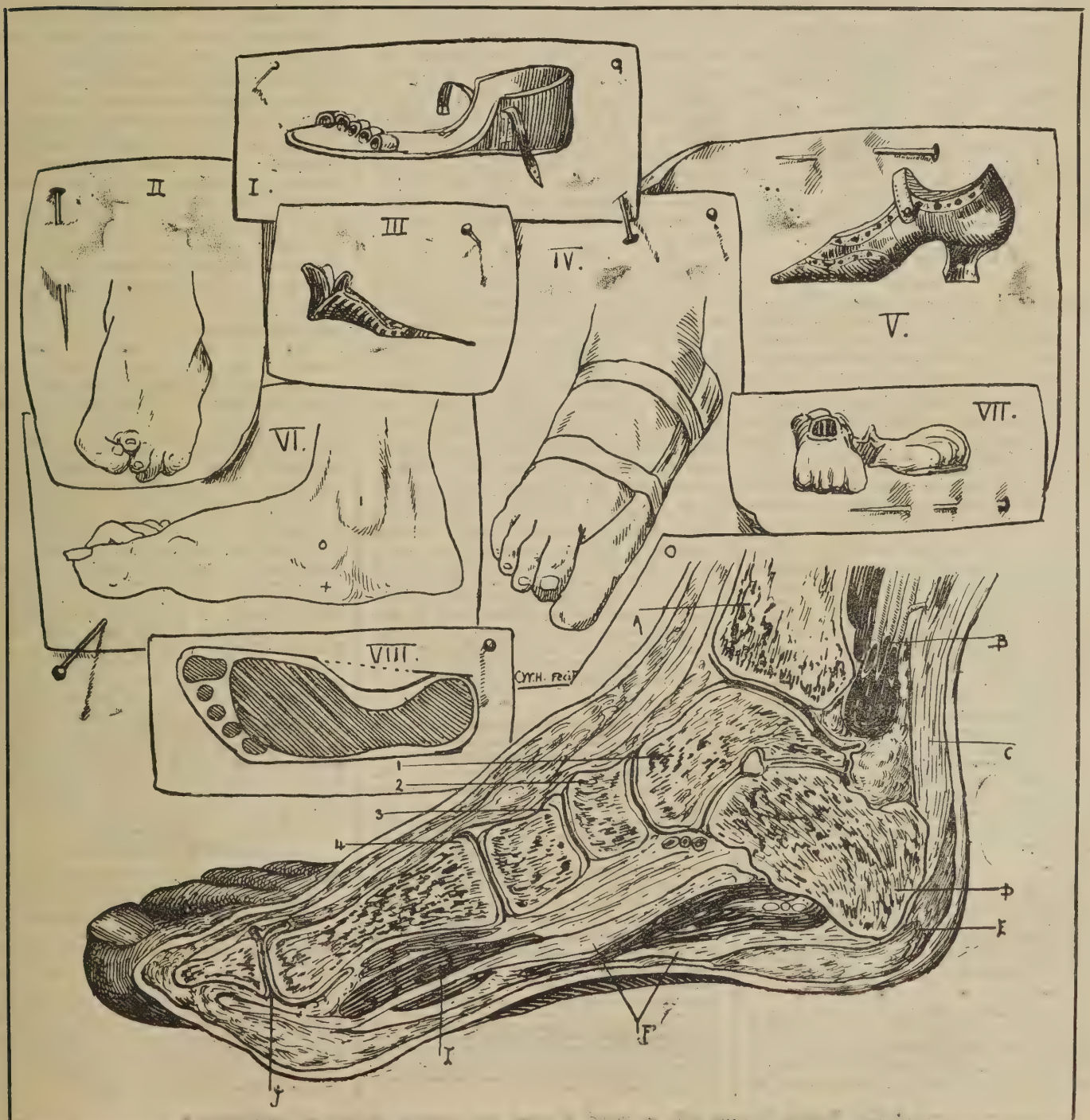
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No. 456.—VOL. XVIII. SATURDAY, NOVEMBER 25, 1893.

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**THE MISCHIEF OF MODERN BOOTS.**

By Dr. C. W. HOGARTH.



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## CONTENTS.

PAGE	PAGE
Mischief of Modern Boots (Illustrated) .. 193	How to Care for the Feet .. 200
Editorials .. 194	Bedrooms in Cold Weather .. 201
Recent Patents .. 194	Earache and Deafness .. 201
Mischief of Modern Boots .. 195	Now .. 201
On False Hair .. 195	Tales Worth Telling: — "Exorcising a Modern Ghost" .. 202
Witchcraft in Bengal .. 195	Compensation to Workmen in Injurious Trades .. 203
Lengthening Life .. 196	Agreeableness and Health .. 203
The Late Sir Andrew Clark .. 196	Beauty in Maturity .. 203
The Pilgrimage to Mecca .. 196	How to Take Iron .. 204
Dentistry in Paris .. 196	Our Open Column .. 204
School Hygiene .. 196	Notes & Queries .. 204
Recipes for the Table .. 197	Answers to Correspondents .. 204
Tight-Lacing .. 197	&c., &c., &c.
Bad for the Eyes .. 197	
The Mother's Page .. 198	
Hints to the Housewife .. 199	

## EDITORIALS.

**REMEDIAL USE OF APPLES.**—Chemically the apple is composed of vegetable fibre, albumin, sugar, gum chlorophyll, malic acid, gallic acid, lime, and much water. Furthermore, the German analysts say that the apple contains a larger percentage of phosphorus than any other fruit or vegetable. The phosphorus is admirably adapted for renewing the essential nervous matter—lecithin—of the brain and spinal cord. It is, perhaps, for the same reason, rudely understood, that old Scandinavian traditions represent the apple as the food of the gods, who, when they felt themselves to be growing feeble and infirm, resorted to this fruit, renewing their powers of mind and body. Also, the acids of the apple are of singular use for men of sedentary habits, whose livers are sluggish in action, those acids serving to eliminate from the body noxious matters, which, if retained, would make the brain heavy and dull, or bring about jaundice or skin eruptions, and other allied troubles. Some such experience must have led to the custom of taking apple sauce with roast pork, rich goose, and like dishes. The malic acid of ripe apples, either raw or cooked, will neutralise any excess of chalky matter engendered by eating too much meat. It is also the fact that such ripe fruits as the apple, the pear, and the plum, when taken ripe and without sugar, diminish acidity in the stomach, rather than provoke it. Their vegetable sauces and juices are converted into alkaline carbonates, which tend to counteract acidity.

**INSANITY.**—It is a fact beyond question that most insanities arise from the emotional in our nature. The emotional is at its minimum among the aborigines, at its maximum in the highest state of civilisation, but as a factor in producing insanity, is alike in both sexes.

**SMOKING.**—Men who have gone through a certain amount of mental strain are the better for smoking one, two, or three cigars daily; they have a soothing effect upon the over-wrought nervous system, and smoking brushes away the

cobwebs and makes a man a more sociable creature. Any excessive indulgence in smoking is sure to produce evil results, but the chewing of tobacco must be condemned at all times.

**DIET.**—In no class of remedies should proper attention to diet be given more frequently than when an alternative is used. Those foods should always be selected which are easiest of digestion, and capable of doing the most nutritive good with the least call upon the organs of digestion, which are only too often below the standard of health.

**THE COLOUR OF THE EYES.**—A famous optician has discovered that women have a larger proportion of brown eyes than men. If in parents the mother has brown eyes, and the father blue, the chances are eighty-eight to twelve that the girls of the family will be brown eyed, the percentage in favour of the boys having blue eyes being seventy-two to twenty-eight. If the parents have eyes of like colour the chances in favour of the children, both male and female, having eyes of the same colour is ninety-two to eight.

**THE NURSE.**—The nurse should be the very impersonation and perfection, of cleanliness, and not an animated lump of dirt and grease; she should be intelligent, quick, and full of resource in emergencies; cheerful and amiable of disposition, not inclined to depression and moping. She should not be in love, except with her work. She should have great tact in dealing with patients, be quick to detect and adapt herself to peculiarities of disposition even to those of the congenital shrew, combining with all great decision, coolness, nerve, kindness, and gentleness. The expert, trustworthy, and painstaking nurse is invaluable to the surgeon; she relieves him of many anxieties, and multiplies the chances of the patient's recovery.

**HOW TO TREAT A CUT.**—Adhesive plaster ought to be the best procurable, and instead of keeping it in a roll in the drawer, it ought to be cut into strips of different breadths. It is thus ready for immediate use, and there is no chance of it sticking together as it does if kept in bulk. When it is necessary to use this plaster to keep the edges of the wound together, we must be careful first and foremost to see that the wound is perfectly clean, and that no sand, glass, or grit is in it, which would cause festering and prevent it from healing. Never cover a wound wholly up with a piece of plaster; whatever be its size, use long narrow strips. Warm the plaster by holding the back of it against a can of boiling water for a few seconds, then apply it across the wound, leaving a small space between each strip to give exit to the lymph. Remember that sticking-plaster has no healing action in itself, the benefits derived from its use are of a purely mechanical nature. Clean cuts are better bound up with the blood, simply with a linen rag, for sticking-plaster is of no use until the bleeding stops. In case of scalp wounds, the hair must be shaved off before the plaster is applied.

"THE Romans banish Physicians," writes Dr. Moffet in the sixteenth century—so says the *Vegetarian*,—"under the pretence that Physic Druggs weakened the people's stomach: and cooks for corrupting and enforcing appetites with strange Sauces, and Seasonings, and Perfumers, Anointers, and Bath-masters, yet they retained Cato the chief Dietist of that time." The preface of Dr. Moffet's *magnum opus* ends with some general remarks on the dangers of food, which are as true to-day, I fear, as they were at the time that they were written. "Since Men will besiege and demolish their own Castles, with that very Ammunition which was appointed to maintain and strengthen them, and more of them fall by Repletion, Surfeit, and Satiety, than by the Assaults of Time itself; since greater numbers dig their

TOWLE'S PNEUMOTRAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 16 or 24 stamps by the Maker, E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]

Graves with their own Teeth, and die more by those fatal Instruments than the Weapons of their Enemies; since Nature is satisfied with moderation but suffocated by Superfluity, the Qualities of our Food cannot be too well known, nor Rules and Precautions in the Choice and Use of it too much recommended."

**EXERCISE FOR WEAK HEARTS.**—The popular impression is that if the heart be not strong it should not be given work which involves strength. In many cases the truth is exactly the reverse. If a child's sense of logic is deficient we have the child study mathematics and other subjects which require logical ability because we reason that the study of these subjects will tend to develop in the child those faculties which it lacks; the same thing obtains in physical education. A weak heart can be made strong only by those exercises which call for a strong heart. The work must be commenced gradually and done with intelligence; this work needs to be steady and regular—as short distance running, for instance. From this standpoint, gymnastics, in order to be useful for health, should demand the fundamental elements—namely, good digestion, good heart, good lungs, and good nervous systems.

**SERVANTS AND HEALTH.**—Women often have just cause for complaint because servants are so incompetent. We know of those who do their own work because of their dislike to the annoyance and worry they must have if they employ such as are to be had. The great trouble is, servants are not trained. They go into service annually without education for its duties, and get their knowledge in a roundabout imperfect way, which is very unsatisfactory to those who employ them. Who would think of consulting a doctor totally uneducated, or a preacher, or a lawyer, or a teacher, or even a dressmaker? Persons who follow these occupations try to fit themselves for them by training in schools for this purpose. We need schools for training servants in every department of servitude, where girls may learn these arts. We wonder some enterprising person does not start one. It should include such knowledge of hygiene as is necessary, as well as every department of housekeeping.

**MENTAL HEALTH.**—One of the signs of mental health is equanimity of temper, and the ability to bear with indifference or even pleasure the little trials of life, and especially those which come from scolding, petulant, cross, irritable persons. To this end the art of not hearing too much should be learned. There are so many things which it is painful to hear, very many of which, if heard, will disturb the temper, corrupt simplicity and modesty, detract from health and happiness. If one falls into a violent passion, and calls us all manner of names, and we can shut our ears and not hear it, or if we can laugh at the words instead of becoming ourselves excited, it is a sign of a healthy nervous system. If in the quiet voyage of life we find ourselves caught in one of those domestic whirlwinds of scolding, and we can shut our ears as a sailor would furl his sail, and, making all tight, scud before the gale, it is a sign of a healthy, well-trained nervous system. If a hot, restless one begins to inflame our feelings, and we can consider what mischief the fiery sparks may do in our magazine below, where our temper is kept, and instantly close the door, it is a sign of health. It may take will power and effort to train our brains to such a state as this, but it is worth the effort.

## RECENT PATENTS.

*This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37 Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.*

- 20,497. Improvements in injectors. P. BROWNLEY October 30th, 1893.
- 20,514. Improvements in crutches. G. SLADE, Coventry, October 31st, 1893.
- 20,874. A compound for the cure of asthma and other bronchial affections. F. G. FARNOTT and H. W. HANSON, Hampton Hill, November 3rd, 1893.
- 20,885. An improved vaporizer for medicinal purposes. H. MELVILLE, London, October 1st, 1893.
- SPECIALIFICATIONS PUBLISHED.
- 17,316. RYALL, Inhaler. 10d. 1893.

"The FAMILY DOCTOR will be found of great use in every Household."—*Sportman*



[SPECIAL ARTICLE.]

# THE MISCHIEF OF MODERN BOOTS.

By DR. C. W. HOGARTH.

(See Frontispiece.)

A GREAT deal of attention of late years has been drawn to our foot-gear, and, singularly enough, what improvement there has been in shape and comfort has been extremely small. The boot-maker generally contents himself with exhibiting in his windows two or three plaster casts of deformities caused by improper boots, and tries to sell you the very kind that have caused the deformity.

Chatting one day with the manager of one of the branches of the largest firm of retailers in England, I gleaned a good deal of information which may be interesting and useful to my readers. You will be perhaps surprised to hear that boots for working men are made as heavy as ten and a half pounds, so that the unfortunate wearer who steps eighteen inches at a stride, will lift over seven tons in weight in a mile journey, a waste of energy without a doubt.

The commoner kinds of boots—those selling from 3s. 6d. (adult men's) to 5s. a pair—are frequently stuffed underneath a false sole with compressed leather shavings. "All is not gold that glitters," but there is a worse offence common in this trade, namely, that of selling boots made of split hides—that is, the skin is divided into two layers so as to make twice the quantity of material. Heels to ladies boots are affixed as high as two and a half inches.

But let us leave the tricks of the trade, and consider what makes a bad boot and what a good one. A good boot ought to fulfil these conditions:—

(1). It ought to be stout enough to keep out the wet. This is self-evident.

(2). A line drawn along the inner side of the boot ought to be perfectly straight, there ought to be no bending near the ball of the great toe towards the middle line. If you wear boots that bend inwards, you invariably produce the state of affairs seen in Fig. 6.

(3). The boot ought to be long enough to avoid pinching the toes.

(4). The instep must be stout and well formed in order to support the arch of the foot. If you examine the large drawing, which is a longitudinal section of a foot that has been frozen in order to divide the different structures, *in situ*, you will mark the arch of bones, and how well it is shaped. If, then, the instep of the boot be not sufficiently strong to bear the weight thrown on it, or archless slippers be constantly worn, the result is that the ligaments (*f*) give way, and down comes the scaphoid bone (2), and the appearance of the foot then resembles what is shewn in Fig. 6—that is, the person becomes flat-footed, with which ailment I will deal presently.

(5). The heel ought to be broad and low. The higher the heel, the shorter distance does the wearer step, because as the advancing leg is swung forwards, the high heel reaches the ground sooner than a low heel. Nature never framed man to walk on "a heel" at all. One can see the wisdom of protecting the foot from cold and injury, but to raise the os calcis (*p*), and throw the whole centre of gravity of the body forwards is an artificial invention that cannot be defended on reasonable grounds. Of course, if we did away with them, our gait for some considerable time would look peculiar to others, and doubtless for a time we should feel

EVERY HOUSE may shortly be supplied with electric light by a simple piece of mechanism placed over the kitchen chimney, if a new plan of Edison's for generating electricity directly from heat is successful. Thus the poorest person could have the benefit of a useful invention which is now regarded as a luxury only for the comfort of the rich. Mr. Thomas Holloway, however, has given a greater blessing to humanity than has yet been afforded by the most wonderful discoveries of science. His Pills and Ointment have succeeded in cases where the greatest authorities on medical treatment have failed. Whatever the condition of a patient may be, these medicines will effect a cure if such a thing is humanly possible.

uncomfortable, but the tendency is all in this direction nowadays. The heel on the modern boot is a vanishing quantity. The sort of heel patronised by some ladies (Fig. 5) is productive of broken ankles, sprained ligaments, and a curious waddle as my lady struts along. The commonest accident in the streets of big cities is said to be a breakage of the fibula, or small bone of the leg, by slipping off the curbstones and suddenly twisting the ankle outwards. High heels are helpful in this direction, they aid side-slipping.

(6). The shape of the sole of the boot ought to be as depicted in Fig. 8. This represents the imprint in sand of the normal foot, with one exception, and that is, the second toe is generally quite as long, if not longer than the great toe. This fact is apparent in all Michael Angelo's statues. The boot need not be square-toed else it is cut to waste, as a scrutiny of Fig. 8 will prove.

(7). The leather ought to be pliant in substance; prepared without chemicals, for men; lined with leather, because the old-fashioned cloth lining tends to get in creases and cause sores, especially about the heel; and may, I add, my friend\* tells me, that no pair of men's walking boots ought to exceed in cost twenty-five shillings.

(8). A laced boot is preferable to a buttoned one, because it can be fitted to every varying condition of the foot, and the feet vary to an astonishing degree from heat and moisture.

Having now dealt with the requisites of a good boot it only remains to add that *per contra* the opposite is a bad boot. Many attempts have been made to ventilate boots. One ingenious firm placed on the market boots with indiarubber tubing in the soles that had vent inwardly and at the back of the heel, unfortunately they admitted water as well as air.

Noiseless boots are quite common. The principle, called Scarfe's Patent, of a double sole of perforated leather and indiarubber, which fills the perforations, seems the best. Cork is also placed in juxtaposition with leather to form a sole.

In Part II. I will deal with hammer toe, bunions, corns, hard and soft, abrasions, sweaty feet, and flat foot at length.

## ON FALSE HAIR.

DR. GELINEAU has interesting articles in the *Journal d'Hygiene* "On the Preparation of Hair, and the Diseases that the workmen employed are subject to in such Industries."

For the last twenty-five or thirty years the commercial value of human hair has considerably increased, being now scarcely, if anything, less than it was in the time of Louis XIV., with its majestic wigs of enormous dimensions.

Under Louis XV. the wig in its restricted quota, but it is probably from the dead rather than the living that this supply comes.

The name of "Douilleurs" (meaning "the soft ones" or "effeminate ones") is given to the workmen employed in unpacking, cleansing, and preparing the hair. Ten or twelve of them generally occupy a workshop, about thirty-five feet square, and live in this atmosphere charged with dust and fragments of epidermis and molecules of the flour used in the cleansing process—and, remember, this flour is far from being clean; it is bought wholesale from the bakers, and is just the sweepings from the ovens, the plates, and even the ground. As we have before said, buckwheat flour is only for cut hair.

The result of breathing these poisonous dusts is first perceived in the nose, where a certain moisture bars further progress for the time being; a kind of plaster is formed, and later on grey spots stick to the mucous membrane. In the early stage the workmen get rid of this trouble by violently blowing the nose, but very soon phlegm accumulates and chronic inflammation sets in, which attacks the posterior nasal organs. Then the glands, the vocal chords, and the bronchial tubes become affected, a frightful cough ensues, and the strongest

\* I am extremely obliged to Mr. King for much of the practical information he so readily gave me.—C. W. H.

men, after fifteen or twenty years of this industry succumb to consumption and, of course, are obliged to give up work.

The microscope shows us that these particles of epidermis take many forms, but principally the lancet form, hence the ease with which they are deposited in the mucous membrane of the eyes, the throat, the nose, and the bronchial tubes.

But these dust fragments can also convey deadly poisons; much of the hair, particularly that from China and India, is taken from syphilis, and it is well known the virulent forms this disease takes in those countries, one of the forms being acne on the scalp. Might not this be a probable and possible cause of blood-poisoning and mania?

It is quite certain that much of the hair is taken from corpses, and here is the reason. We know the value the Chinaman attaches to his "tail"; young or old, rich or poor, he wishes to carry it with him to other worlds beyond this; it is his passport to his heaven, so nothing on earth will induce him when alive willingly to part with it. It follows, then, that the graves must be robbed; and if these men have died of small-pox, scarlet fever, or typhus fever, how can contagion be avoided? Confirmation of this is seen when a workman has a wound, or any abrasion of the skin: a malignant abscess is sure to supervene.

Another danger to the workman in this industry lies in the little sharp teeth of the tool used in combing the hair; his fingers are apt to be pricked—the same kind of malignant wound follows, and many a maimed, deformed, swollen-jointed hand is the consequence.—*Sanitary Record*.

## WITCHCRAFT IN BENGAL.

WITCHCRAFT, as the records of the criminal courts occasionally reveal, is still as common a belief among the lower strata of the natives of India as it was in England in the Middle Ages, and even, as we saw the other day, says the *Times of India*, the educated Baboo is not wholly free from this ignorant survival of primitive animistic faiths. A case which is now before the appellate side of the High Court at Calcutta affords a characteristic instance of this superstition among the former class. The child of a Mahomedan, living in the Purnea district, died somewhat suddenly, and, as the parents and some of their Mahomedan fellow-villagers believed, very mysteriously. There was no evidence of foul play, no suggestion of either violence or poison; but there were four low caste Hindoo women in the village, and these, it was suggested, had "looked" upon the child. Two days after the little one had been buried the feeling that it had been the victim of witchcraft appears to have grown so strong in the village that all the Mahomedans in it, and a number of others whom they had invited, went out in a body, seized the four Hindoo women, and led them captive to the graveyard. They then exhumed the body of the dead child, and placed it in the lap of each of the women in turn, crying out incessantly to them throughout the whole of that night and for a portion of the next day to "Jillao"—that is to say, to give back its life to the corpse. When the women were found unable, or, as the excited crowd appear to have believed, unwilling to give the little one's life back again, it is alleged that they were assaulted and kept in confinement in the graveyard. Fifteen Mahomedans in all were brought up for trial before the deputy magistrate, and they there put forward the defence that the whole case had been trumped up by some Hindoos in connection with the anti-cow-killing agitation, but the magistrate held that the story of the prosecution was "too improbable to be untrue," and sentenced each of the accused to twelve months' imprisonment. On this judgment Mr. Monmohun Ghose moved for and obtained a rule calling upon the magistrate to show cause against a reduction of the sentences, or why they should not be set aside.

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## LENGTHENING LIFE.

**D**R. R. H. DALTON says that, although to suggest that methodical use of cold water as a beverage in the absence of thirst as a means of augmenting the chance of longevity may render a man liable to be dubbed a fool, if not a lunatic, the idea has a soundly physiological origin, and is well supported by experience. Solid and dry as the human body appears, water constitutes more than one-fourth of its bulk, and all the functions of life are really carried on in a water bath, and, although the sense of thirst may be trusted to call for a draught of water when required, the fluid can be imbibed most advantageously for many reasons besides merely satisfying thirst. In the latter stage of digestion, when comminution of the mass is incomplete, it is much facilitated by a moderate draught of water, which disintegrates and dissolves the contents of the stomach, fitting it for emulgence and preparing it for assimilation. Hence the habit of drinking water in moderate quantities between meals contributes to health, and indicates the fact that those who visit health resorts for the purpose of imbibing the waters of mineral springs, might profit by staying at home and drinking more water and less whisky. Water is the universal solvent of Nature, and the chief agent in all transformations of matter. When taken into an empty stomach it soon begins to pass out through the tissues by an osmotic process into the circulation to liquefy effete solids whose excretion from the system is thus facilitated. Very few people think of the necessity of washing the inside as well as the outside of the body, and he who would be perfectly healthy should be as careful about the cleanliness of his stomach as that of his skin.

## THE LATE SIR ANDREW CLARK, M.D.

**T**HE death of Sir Andrew Clark, writes "Latros," in the *Pall Mall Gazette*, has been the cause of some objectless speculation as to his proper position in the domain of medicine. All agree in calling him a fashionable physician, and in doing so give way to that kind of detraction which damns with by no means faint praise. Science, it is stated, has less to mourn in his loss than medicine. Well, this is as it should be. A physician, fashionable or otherwise, should be a physician first, and a scientist afterwards. Balzac has truly said "a great physician is a great artist." This implies something more than science in the making of the real medical man. Modern medicine, however, insists—and rightly enough, too—that each medical man shall have sufficient scientific knowledge for the understanding of the bases of his art. Still the practice of medicine is as distinct from the scientific material with which it works, as is the art of the painter from the laws of perspective and the chemistry and colour value of pigments. And we must reckon Sir Andrew Clark among physicians as a great artist. As with every great artist, his art was incommunicable, and, therefore, the loss of it is irreparable. The knowledge upon which it rested may or may not have been co-extensive with the whole range of medical science. Whatever it was, it was sufficient for the maintenance of large and varied practice, and for the support of a great reputation. A portion of that knowledge he leaves behind in a number of lectures and essays, which, though they may not advance the scientific base of medicine, have a value and a lesson for those who would learn something of the mental configuration of one who practised the art of medicine with conspicuous success.

His death suggests the question how far genuine success with patients depends upon knowledge of medicine. On all sides we hear that "tact" is the essential quality of the successful physician. And whence comes this tact of which the medical man cannot have enough? It is not the product of the medical schools, although its praises are sung in all keys

therein. Tact comes from knowledge of the world—from the study of man as well as his bodily ailments. The wise physician takes but small account of disease; patients are his study. One of the most thoughtful and philosophical of English medical men goes so far as to recommend his pupils to classify their cases not under the names of diseases, but under the names of patients, with whose dispositions, temperaments, and ailments the cases have most resemblance. Herein is the recognition and the assertion that the patient is everything, the disease an accident. And here, also, we can get a glimpse of that borderland which separates the art of medicine from the knowledge which forms its basis. Wide knowledge alone will not arrive at success. *Was man nicht nütze ist eine schwere Last*, says Goethe. A light equipment will serve for active brains; dull ones but stagger under much weight of learning. Painful and slow, if certain, is the progress of the medical man clad in the latest pattern of the heavy armour ("made in Germany") of modern medicine.

## THE PILGRIMAGE TO MECCA.

**A**PROPOS of a dispatch from Tunis which says that out of a body of nine thousand pilgrims who visited Mecca one-half died of cholera, and that of the seven hundred Turkish soldiers sent after the pilgrims to bury the dead and help the living five hundred perished. It is estimated that the pilgrims annually number from fifty to seventy thousand. They come from all parts of the Mohammedan world, for every Moslem is bound under certain conditions to pay at least one visit to the holy city. Mecca, as is well-known, lies in the heart of a mass of rough hills, intersected by narrow valleys. Its regular population is supposed to be about fifty thousand, but the city always contains many more persons, for before the pilgrims to one festival have left those to another begin to arrive. The streets are fairly spacious, but very poorly kept. There is a good supply of pure water, brought by an underground conduit, but this is furnished freely only to townspeople, the pilgrims having to pay for it. As a result the latter patronise the wells which are supposed to be the principal sources of cholera. One of these is the Well of Zemzem, which is the holiest place in the city after the Kaaba, or temple. According to Mohammedan tradition this well is the source from which Hager drew water for her son Ishmael. It is now enclosed in a massive vaulted building, paved with marble. The water is eagerly drank by the pilgrims, poured over the body to give miraculous refreshment, and carried away in jars. As though the water and the city's filth were not sufficient cause for cholera, the sacrificial slaughter of thousands of animals, whose carcasses are left for the sun to act upon, complete the work of germ propagation.

The caravans approaching and leaving Mecca are picturesque sights. The members are full of faith in Allah, and proud of having attended the great festival. In the midst of the procession a guard of honour escorts the pyramidal wooden structure which, under a gorgeous canopy and borne by a camel, contained on the outward journey the sacred carpet which is left in the Kaaba, Mecca's holiest of holies. On the return journey the great casket is empty, but even then it remains an object of veneration, and a military guard of honour accompanies it.

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## DENTISTRY IN PARIS.

**I**T is within living memory that the dentists best known to Parisians were what was called "arracheurs de dents," or tooth-drawers, who had chairs on the Champs Elysees, in which they extracted teeth in the presence of large crowds. It was the popular belief that, in order to support their proclamation that the operation was painless, as soon as the dentist got his pincers firmly fixed on the tooth, he whispered in the patient's ear: "Canaille. If you make the faintest squeak, I'll break your jaw." The arrival of the American dentists, forty years ago, gradually banished these worthies from the public view, and gave dentistry the rank of a profession, and made its processes more humane and scientific. But dentistry is still in France a great refuge for quacks and impostors, as there is no proper legal control of the art and no diploma required for the practice of it. A writer in the *Temps*, speaking of this, says that he went recently to a dentist in a small town to get relief from a toothache. The operator had been highly recommended to him as very skilful. When he saw him, however, he recognised him as a retired gendarme whom he had long known. "Where did you learn dentistry?" he inquired. Seizing his pincers, the ex-gendarme replied: "With this, monsieur, there is no need of study. It is a beautiful instrument. When it once takes hold the tooth has to come or the jaw gives way. Sit down, and I'll show you." The sufferer promptly fled.

## SCHOOL HYGIENE.

**H**OW long must children who have had contagious complaints be kept away from their comrades? Although it is absolutely necessary to prevent the spread of such complaints by rigorous isolation of the patients, it is an equally important matter not to prolong beyond measure the length of this seclusion. M. Gréard, vice-rector of the Académie de Paris, has drawn up definite conclusions governing the length of time during which children that have had an infectious disease are to be quarantined.

In measles, which is particularly contagious during the period of incubation, it would seem that sixteen days of isolation is sufficient, provided the patient has taken two soap baths. In measles we are sure of the contagious element during the eruptive period, but since we do not know how long it lasts, no definite opinion can be expressed. The period in chicken-pox should be the same as in measles—sixteen days.

In scarlatina the usual period of forty days, insufficient in certain cases in which the peeling lasts a long time, is enough, provided antiseptics have been used, at the same time frequent soap baths. This is also good in small-pox. In diphtheria a period of forty days is sufficient, if antiseptic gargles have been regularly used.

In whooping cough the child must be isolated for three weeks after the attacks have ceased. In mumps the complaint is particularly contagious at the beginning of the attack; the patient must be kept away for ten days after the local symptoms have disappeared.

The following hygienic measures should be taken before allowing a child to return to school. Lotions of the nose, mouth, and pharynx with antiseptic solutions, soap baths and general rubbing down of the entire skin, including the scalp, and rigorous disinfection by steam under pressure of the clothing worn by the child when first taken sick. In addition to this the room and furniture should be carefully washed with a 1 per cent. solution of sublimate, and the bedding sent to the steam under pressure apparatus. In case these facilities are not to be had as they are in Paris, then a thorough exposure to the air, sun, and wind may be made to answer the same end.

**SHE SUFFERS.**—Mrs. Tyke—Doctor, I suffer dreadfully from dyspepsia. Dr. Kallowell—Nonsense! You haven't got dyspepsia! Mrs. Tyke—No, but my husband has.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

### THE POTATO.

LIKE many another prosaic thing in this mixed world of ours, that most prosaic of tubers, the sturdy potato, which contributes more of brawn to mankind than any other vegetable, is not without a touch of sentiment. It may even be mentioned in the same breath with the stars—for there is a Teutonic belief that “one must be careful not to plant it during the ascendancy of Pisces, lest it be watery, but in that of Gemini, that it may be full.” The German farmer has no luck unless he plants it on Maundy Thursday; he also believes that if he sells potato seedlings before he has planted some himself, he must retain three of them, otherwise his own potatoes will produce no fruits. In Voigtland, a superstition of the common folks is that when the top shoots of the potato droop a visit is betokened; and in England a small potato is carried in the pocket to ward off rheumatism.

The potato is pre-eminently the vegetable of the people, and undoubtedly if a bird's-eye view of the midday meals of the civilised world could be taken, this esculent would be seen to enter more largely into their composition than any other vegetable; from the potato cake and stew of the Irish peasant, the potato broth of the Scotch, to the dainty tid-bit prepared by the French cook. In the folk-lore its language is “stout blood but bad luck”; which has reference to its often being the only article of diet among the unfortunately poor, who somehow seem to thrive upon it, and often show a physique and complexion to be envied by those whose appetites are only tempted by an elaborate menu.

Naturally the potato likes moist, dark, moderately warm winter quarters; too damp or too warm an atmosphere will induce an excessive growth of sprouts, which, of course, saps the vitality of the tuber and renders it soggy and innutritious when cooked. Cobbett quaintly advises regarding its preservation: “If you can ascertain the degree of warmth necessary to keep a baby from perishing, you know precisely the precaution required to preserve a potato.”

To enter upon the field the potato occupies in the kitchen and dining-room is entering a broad arena. Its first position is undeniably to be washed and boiled; if new, to be placed without paring in boiling water in which a pinch of salt has been thrown. Old potatoes should be peeled and thrown in a pan of cold water to prevent them from turning black, then drained from it and put to cook in boiling water and a trifle of salt. Always cook either new or old as quickly as possible, and when done, drain off the water immediately, removing the cover and placing on the back of the stove to dry off, that they may be light and mealy. New potatoes will cook in twenty-five minutes, old ones require nearly an hour—of course this refers to those of moderate size.

**MASHED POTATOES.**—If they are to be mashed, be prompt about it, and mash as smoothly as possible, adding a little salt and butter and sweet cream or milk by way of seasoning; then beat up lightly with a large fork, taking out and placing in a warm vegetable dish. Do not cover, and be sure and have the dish hot; it is the height of absurdity to heat food and put it in a cold dish. Do not pack the potato in the dish unless it is to be set in the oven and browned, which we commonly call “browned potato.”

**POTATO AU GRATIN.**—Place mashed potato on a greased baking plate, arranging it in pyramidal form, pressing closely; cut a few fanciful marks on it, wet it with a well-beaten egg, sprinkle with flour or bread crumbs and a slight dash of red pepper, place it in the oven to heat and brown—about a half hour is the time required; then garnish neatly and serve promptly.

**POTATO PATTIES.**—Cold mashed potato may be used variously. Compactly shaped in small, flat cakes, dipped first in the beaten whites of eggs and then in flour and placed in a buttered tin and browned in the oven; or in a buttered spider over the range it forms an appetising and attractive supper dish, especially if neatly decorated with sprigs of parsley.

**FISHBALLS.**—Pick up left over codfish until you have equal parts of cold mashed potato and fish; bind together with two beaten eggs and a tablespoonful of flour (this would apply to two quarts of the mixture), form in small balls and press very close, then dip in beaten white of an egg and roll in flour, setting them away to become quite cold. Cook in boiling lard about twenty minutes, or less, according to size of ball, take out with a skimmer and drain in a colander.

**POTATO COQUETTES.**—Put enough cream in the mashed potato to make easy to handle; also add a little butter, a beaten egg (to two cupfuls of potato), a tablespoonful of flour, and a sprinkle of salt; form into neat little rolls, or into cone-shaped forms, press closely and place on ice to cool. When firm, roll in beaten white of egg and flour or bread crumbs, cook in boiling lard, removing with a skimmer and draining on a clean towel. These croquettes, alternated with parsley sprigs around a stuffed and baked white fish, make a nice Lenten dish.

**POTATO CAKE** may be made by adding two tablespoonfuls of yeast to half a vegetable dishful (about a quart) of mashed potato, then mixing with as much meal or flour as will make the whole the consistency of dough; when light, bake in a moderate oven.

**POTATO ROLLS.**—An old-fashioned recipe which was popular with our grandmothers runs this way: Take one pound of potatoes, one pound and a half of flour, two ounces of sweet cream, three gills of milk, and a small quantity of yeast (three or four tablespoonful, according to strength). Boil and dry the potatoes; mix them with the cream and half a pint of milk, then rub them through a wire sieve into the flour. Mix the remainder of the warm milk with the yeast and add the mixture to the flour. Let the dough rise before the fire; then make into rolls of any convenient size, and bake in a quick oven.

**POTATO BREAD.**—Boil and peel a dozen mealy potatoes; rub them through a sieve; mix them thoroughly with twice the quantity of flour or meal; add sufficient water to make a dough of the ordinary consistence; ferment in the usual way with hop yeast and bake in a rather hot oven.

The whole flavour of the potato is better secured by baking than in any other method of cooking; insist they shall be thoroughly washed (for who wants potato eyes blinded with dirt!), place in a hot oven, and allow one hour or three-quarters, according to size, and select those which are uniform. Baked potatoes, piping hot, and smoothly made milk gravy, is one of the healthful, tempting dishes that awaits cold and hungry school children at the mother's well-laden supper table. Cold baked potatoes, which are often thrown away, may be utilised by peeling, chopping fine, and warming in hot milk or cream, with pepper, salt, and butter, making an economical and palatable breakfast dish.

## TIGHT-LACING.

WHAT you would think of a marble figure with such a wasp waist as some of your fine sister seem to take pride in! Wouldn't it be absurd and worse than absurd? Well then, if a shape is atrociously and sinfully ugly in marble, how can it possibly be beautiful and desirable in reality? We know very well that the wicked old witch we call fashion has blinded your eyes and hardened your heart in this matter. Both aesthetically and physiologically considered, the case is serious. The best remedy we know is this: Five minutes conscientiously spent every morning and evening in thoughtfully contemplating your marble Psyche or Hebe or Venus. By and by, perhaps, it will dawn upon you that tight-lacing makes you ugly, and then you will amend your ways.

If your self-analysis as regards form leads you to enfranchise your waist, these sentences will not have been written in vain. In another particular many women might improve their forms not a little. The curve is doubtless the line of beauty, but the curve of stooping shoulders is distinctly an exception to the rule. The occupations of modern life almost universally favour this defect and tend to destroy that noble queenly erectness which has such a curious subtle charm. How, then, are you to conquer this beauty-marring stoop? Easily enough. Carry a sixpence on your head, or a sovereign if silver seems to paltry. Not all the time, of course, but now and then, for an hour or two, when you have leisure to practice beautification. Play a little game of sixpence-carrying with your younger sisters, and help to bring about the time when “straight as a palm-tree” shall truly describe English as well as Oriental beauties. Mark here how favourable Providence is to woman's physical elegance. Head erect and waist unfettered are not only two of its most important items, but they are most conducive to that vigorous activity of the mysterious internal machinery without which no beauty can be long preserved.

## BAD FOR THE EYES.

AMONG the sources of the greatest trouble to the eyesight are the excessive use of wine, spirits, or beer; the indiscriminate administration of quinine; the use of cosmetics for heightening the lustre of the eye, and mixtures for dyeing the hair and eyebrows; and there is a case on record where a diminution of vision has been traced to the wearing of an artificial wreath of flowers. Another source of failing vision may be traced to impeded circulation. The wearing of tight neckwear, such as collars which are too small, or shirt-bands or neckties tightly drawn, should be avoided, as they prevent the downward column of blood returning to the heart, and dilatation and development of disease is likely to follow. The same rule holds good of constriction of other parts of the body. Another most serious source of eye-strain is constant reading in railway carriages, which is the practice of nearly all business men in going to and from their offices and shops, and the injury to the eye from this cause is incalculable. Nothing gives tired eyes greater relief than a green disc or square of sufficient size, suspended on a direct line of vision at or against a wall, on which the eyes can rest; but best of all to look upon is a green grass plot or green trees. The green cloth of the billiard table is not good for the eyes at all. It is suggested that it would be a public boon if our monthly magazines were printed on paper of neutral tint, and the drop-curtains in theatres should have scenes painted on them showing great perspective. It is a rest to the eyes, after the concentrated effort made in trying to watch the facial expression or eyes of an actor, to look upon such a picture.

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# THE MOTHER'S PAGE.

## HYGIENE AND ÆSTHETICS IN THE NURSERY.

By BERTHA MEYER.

THE child, if early accustomed to cleanliness and fresh air, will feel the need of them when it is older, and will choose to play in the garden, field, and woods, and will be likely to be fond of flowers and grasses, with trees and sand and stones; in short, will enjoy all natural activities and works. Its inclination to occupy itself can easily be directed to the watering and nursing of flowers and plants, and also to the feeding of and caring for animals in the manner Fröbel has so beautifully directed. Its teacher will also cultivate the sense of beauty in the child, not only by Fröbel's Occupations, but by decorating the walls and windows of the room with grasses and flowers, so that impressions of beauty once awakened will be continually renewed and deepened by self-activity, and this is character-building.

### NURSERY AND KINDERGARTEN.

If the educator has a love of beauty, it is easy for her to make the nursery or kindergarten attractive. The plainest weeds will make a pretty wreath or bouquet, or be used singly as a decoration on mirror or picture. Fir branches give a healthful odour and also decoration. All these seeming trifles are useful to the child, and are moral factors in its life which will always be an ever-present resource by offering endless means of enjoyment, which, without this early training, would remain entirely unnoticed.

Branches of trees and shrubs which put forth early in spring, placed in lukewarm water, in the house, give great delight to the children by unfolding their buds and leaves in advance of out-door growth. Common cress and linseed planted in a plate filled with earth will soon spring up in the warm room, and show a miniature field of green. Or a wine bottle wrapped in brown paper and kept wet, sprinkled with the same seeds, will in a few days, become a pyramid of green.

Growing plants in a room invigorate the lungs.

The resources of the nursery should be enlarged for the child by specimens from garden, field, and wood, and free scope here be allowed for play or experiment with flowers, herbs, stones, and everything from Nature's inexhaustible store-house.

The educator, who is fortunate enough to be a kindergartner also, knows how many inspirations the children will bring home with them from their outdoor rambles—questions and suggestions about natural objects that call for endless resources on her part.

### FROLICS.

No better tonic for the development of the chest organs can be had than frolicking out of doors.

The varied abilities of children are, in the nursery, spread before the observant and annotated eye; and it is here, if ever, that the seeds in the child's soul can be nursed or checked. The greatest art in education consists in cultivating the good to the displacement of the evil or undesirable growth.

### LIBERTY.

The largest liberty in the nursery, as in the unrestrained intercourse with Nature, develops the natural faculties of the mind and heart. This is seen in the natural relations of children in the kindergarten; an empire where children exhibit their individuality; their yielding or their dominating disposition; their generosity or selfishness; their sense of justice, their egotism, or their independence. Here their powers are tried and measured; it is a miniature state where, in a small degree commen-

surate with this undeveloped condition, the after-life is enacted.

Here, too, begins the harmonious development of the powers of the body and mind, for which the Greeks, in the education of their youth, serve as an admirable example of strengthening the mind through the body. As a result of this education, at an early age many of them became eminent statesmen, and kept their incomparable powers of mind to old age. Plato and Pythagoras continued to teach and write till past the eightieth year, and Isocrates was still an illustrious speaker in his ninety-fourth year.

Children learn, in a well-ordered nursery, to occupy themselves. Idleness, the mother of all mischief, finds no admittance here. We know that orderly activity here, as in the kindergarten, is the great character-building force. So in the nursery, as in its sister institution—the kindergarten—organised activity of body is necessary to the harmonious development of the whole being.

### THE LEFT HAND.

It is important for full development, that the left hand should be educated the same as the right. We all suffer from the awkwardness of the left hand, which arises from want of early training. Always encourage, rather than hinder the use of the left hand, for thus we acquire valuable and ever-increasing power, which reacts upon the brain force.

This ambidexterity is also of hygienic importance. By the activity of both sides of the body equal circulation of blood is promoted and the left as well as the right side of the brain and the lungs are invigorated and nourished; and this, in our age of nervous strain and poor blood, is surely an important factor. We cannot doubt but our capacities of both body and brain are much increased when both halves are equally developed.

Professor Finkelnburg directed children who had enlargement of the right shoulder, caused by writing, to use the left hand exclusively in writing, drawing, and needlework, and was rewarded by seeing the difficulty entirely removed. This shows the importance of beginning with children the training of the left hand equally with the right, thus avoiding this one-sided growth of the body.

A harmonious education must be based upon physical strength and physical training, and combine with it intelligence and a pure sympathetic heart, which includes not only human beings, but animals and plants.

### JUSTICE.

If the sense of justice is to be taught to the child, then first do justice to it by trying to find out its peculiarities, and do not ask of it blind obedience when we are not sure that our demands are not opposed to the child's nature. For instance, do not compel it to receive attention from every stranger. We may not allow incivility to anyone—friend or stranger; but a child objects to undue familiarity from a stranger as an adult would, and has not learned to express its objections politely. If the child needs correction, send it to its room, but without anger. Its obedience should be the outcome of loving respect. Physical health seldom admits of ill-humour, and will help towards obedience.

Demand blind obedience only in things which the child cannot understand, or which will expose it to danger; and, above all, be consistent in all demands and discipline. In this way you will gain obedience as the most beautiful fruit of love; and the habit of respect will become an ornament inseparable from it for life.

Answer lovingly the questions of children, referring with sympathetic kindness such things as are beyond their understanding to an age when they can be understood.

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### SIMPLICITY.

Simplicity is the soul of wisdom in dealing with children. Simple food which must not, however, lack nutrition and variety; simple toys and dress are best. Teach them to make the most of simple things and they will not be dependent upon affluence in after life for their happiness, but will care more for intellectual ability and moral worth.

No toy is valuable to a child, as educating it, unless it is something which it can relate to its life, or live with in some way. Self-activity alone gives value to possession, and at the same time educates the child.

The kindergarten methods of organised activity should prevail in the family. The senses should be carefully cultivated by lively games; and this cultivation will serve through life by making us confident, even in the dark, because we trust the combined evidence of our senses. We are all more or less victims of fear and anxiety, which disappear when all the senses intelligently unite to protect and inform the body.

### TRAINING THE SENSES.

This confidence, which the proper training of all the senses gives, acts favourably on the health by calming the nerves and giving more restful sleep and better digestion.

The unrest that comes from untrained senses has a paralysing effect on the mind and makes it timid and unable to work naturally or to overcome obstacles.

Rousseau, in his "Emile," gives excellent advice about exercising the senses of the child and how to execute lively games with great enthusiasm of the children in darkened rooms. Such exercises must strengthen and fortify both body and mind.

For educational and decorative effects, mottoes and proverbs which adapt and impress themselves upon the child's understanding may be hung upon the walls of the room, examples of which are here given:

"When tasks are over for the day,  
Then is the time for sport and play."

"He tastes the sweetest cup of bliss,  
Who kind and good to others is."

"Gold sunbeams bright  
All hearts delight."

"Thou shalt, like sunbeams clear and bright,  
Be good, sweet, merry, kind, and bright."

"By no means to your neighbour do  
What you would not have done to you."

### UNSELFISHNESS.

There is hardly a more important point in the education of children, or more frequently overlooked, than that of teaching unselfishness and these mottoes, attractive and silent, suggest loving thoughts for others, which is so natural in children that it needs but little encouragement.

A child will cheerfully attend to the various little wants of the father or mother which it can understand. For instance, put the daily paper for the father at his place at the table; have his slippers ready when he comes home; lay a cushion down for mother's chair or feet. These attentions afford delight to the child, and may be extended indefinitely and increasingly with the years and understanding of the child. Pictures which are sacred to the parents may be decorated—little gifts made by the busy fingers. A nice note bidding good night to the mother when she is out; laying a bunch of flowers at her place at table before she comes in.

The educator's interest in these little secrets and offices will have great influence for good, and she can get and keep these little confidences by a sympathetic heart. A kind word, a timely gift, will secure the good will of the little ones more than any amount of care and service bestowed upon them in a less loving way. This attitude will help to deepen the effect of a slight reproof when such is necessary. Anything which makes her a partner in their interests such as uniting with them in a gift to a friend or some needy person; or the secret of

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some forgiven wrong, binds the child still closer to her and increases her influence over it.

Anything which is a lesson to the child, to think of and care for others, and not place itself as the centre of the family interest—the principal receiver instead of one of the givers—helps to counteract the tendency to selfishness which parental care and tendency foster in the child who is not made a partner in these rights and services.

The physical and mental welfare of our children must be our first care, and it requires wise and loving foresight to so order our solicitude that they will not feel that they are the centre around which the family interests revolve.

Parents and educators must realise that these little lives, so bound up with ours, are valuable to themselves and to the world only so far as they are truly good and noble. And this nobility of character must be the result of right training, just as truly as a healthy body and well-balanced mind are the result of cultivation.

Activity, then, in all the amenities and kindly offices to parents and members of the family and to playmates is the surest way to lead children to a habit of right-feeling and right-acting. Parents and educators who cannot lead children sympathetically to this loving activity will leave their work but half-finished, and the lives of the children given into their hands will be liable to fail in being a blessing to them or to the world.

#### PERSONAL APPEARANCE.

We have spoken of the wholesome effect of artistic surroundings in the nursery; and it is as important that the personal appearance of the educator makes a pleasing impression upon the children under her care. Simplicity and harmony of colour and style of dress cultivate artistic perceptions in the child, and strengthen the effects of educational methods. Valuable and needed impressions are often lost upon the child by untidy dress or some arrangement of it which offends the natural, though unconscious, sense of beauty or fitness. Such things are obstacles to respect. Even adults are impressed by appearances; and how much more will children be affected, who have not yet learned that they may be misleading. We cannot call such things trifles when they can and do interfere with the best interests of education.

## HINTS TO THE HOUSEWIFE.

### THE WASHING OF FLANNELS.

ONE of the most important topics connected with the household laundry is the washing of flannels. In this climate especially, and increasingly, as people come to understand the sanitary and economic value of wearing them, there are several months of each year when the flannel department forms an important quantity in the work of the family laundress. To many women it is a perplexing one. They do not like to wash woollen goods—they do not have “good luck”—they blame everything that is not responsible, including the quality of goods manufactured in this degenerate age. Nine times out of ten this blame is entirely misplaced. For one thing, it is not amiss to say that there never has been a time in the history of the world when so many really fine and desirable goods in flannel were to be had, as at the present; and their cost is so small, in comparison, that everyone, with even an approach to adequate means for the supply of clothing, can afford to enjoy articles of genuine merit.

But, unquestionably, the laundry tub is one of the lions by the way to many a housekeeper who sees and covets really fine goods of this description, but fears their premature ruin in the washroom, and that consequently, they may prove an item of expense which must be foregone. In the first place, through this very fear, it is pretty certain that a good many flannels are not washed half as often as they should be. They are worn or used until so begrimed that they must of necessity be sent to the wash. The most heroic measures are then required to bring them to a state of

comparative cleanliness; the result being that the goods are much worse injured by the single washing than they would be by two or three less heroic experiences, while they can by no possibility be made to look soft and attractive. Their appearance and their continued existence is, therefore, speedily destroyed, to say nothing of the sanitary peril.

While this latter phase of the question is not properly one to come into consideration in connection with the laundry, its importance may justify the saying of a word. The winter season is especially the time when attention should be given to the care of the body; the bathroom should be visited at least as often as in the summer, and woollen underclothing, owing to its absorbent qualities, should be frequently changed and purified. Quite the reverse is altogether too true. The bath is taken all too seldom; while the underclothes are frequently worn a most unseemly time. Before the winter is over, these garments have become harsh and shrunken, discoloured, and perhaps worn out in places. Could they have gone to the wash at least twice as often, the probability is that they would have been in twice as good condition, and have lasted twice as long.

Probably in no department of her household duty is a housewife's preference—not to say her prejudice—stronger than in relation to the delicate question of flannel washing. The methods of procedure are by no means uniform, though to the casual observer the results may seem to be equally satisfactory with means which some would regard as surely ruinous. One most thorough housekeeper will declare that her flannels must be treated by hot water alone, and very hot at that; while a second, with valuable experience to give strength to her assertions, will insist with equal positiveness that no hot water shall be employed, as it would certainly ruin the clothes. Tepid water fills the measure of her ambition, and gives results of which she is just a little proud. But it is safe to say at this point that it is not so much the exact degree of heat of the water that makes the difference, as the methods of treatment employed. These are now to be considered in careful detail.

In the first place, then, flannels are always to be treated by themselves. They are not to be washed in the manner laid down for the cleansing of cottons, as such a course would simply spoil them. It is also very desirable that a dry, bright day be used, so that as soon as washed the woollen articles may be hung out in the clear air and quickly dried. For these reasons, especially in cold weather, it is not desirable to get the washing on the line too soon. The warm hours of noontime are the best for putting out the flannels. This matter will be more fully canvassed when we come to the subject of drying, but must be anticipated to this extent in order that a proper day and time of the day may be selected.

To start with, the laundress should take plenty of time for carefully treating the flannels. Haste may be excused in other directions, but not here. There are also a few “nots” in the case which may now be enunciated. Flannels are *not* to be boiled; they are *not* to be soaked before washing; they are *not* to be needlessly left in the water during any part of the process; they are *not* to be washed in suds which has been used for other goods, or dirty water of any kind; they are *not* to be subjected to the action of soda or any other strong chemical.

This much of prohibition having been enacted, we come to the water, to what is to be put into it, and how it is to be used. Clean, soft water is indispensable; if the family supply should, unfortunately, happen to be hard water, it should be softened before washing is attempted. For this purpose, as has already been said, nothing is better than lye made from wood ashes; but wood ashes are not to be had in every home. In their absence ammonia makes a very good substitute, and should be added in sufficient quantities to soften the water. No harm is done if more be added than is actually needed, especially for white flannels, as it is helpful in the cleansing of the goods. Borax is also satisfactory for softening the water, and either that or ammonia may be added to the suds to aid the work of the soap. A tablespoonful of borax or of liquid ammonia to two

gallons of water will be about the right proportion.

The water which is to be used for the suds and that for rinsing should be of as nearly the same temperature as possible, and not hotter than will allow the hands to be borne in it. A greater temperature will have the tendency to fix any dirt stains which may exist, while too low a degree of warmth will hardly give the thorough treatment desired. The suds should be prepared by dissolving a good quality of soap and stirring it thoroughly into the water, and soap should never be rubbed directly upon the flannel in any stage of the washing. If it is to be applied in any manner in greater strength than comes from the suds, it should be rubbed upon the palms of the hands and then upon the goods. The washboard is not to be used; and the wringer should be run with light pressure, though that method of extracting water from the cloth is less harmful than twisting the clothes. A single article should be immersed in the suds, rubbed gently between the hands, soused and drawn through the water, till it is cleared of dirt and stain; then lightly wrung and passed at once to the rinsing water, which is of the same temperature. As soon as all traces of the suds have been removed, it is to be wrung out as gently as possible, shaken vigorously, and immediately hung up to dry. There should be no cooling between the two waters, and the entire process for each piece, from the beginning of the wash to the finish, ought to be as brief as possible. If this method is followed, the flannels will be pleasing in appearance, texture, and colour. Where it is practicable, the use of a second suds, before the final rinsing water, is recommended.

There are two difficulties connected with the treatment of these goods which may be still further referred to—those of shrinkage and injury to the colour, though each of these has been considered above in laying out the mode of operation to be pursued. All woollen goods, at least all flannels, must eventually shrink somewhat, while most colours finally lose their brilliancy. Where new flannels are to be made up, it is frequently worth while to shrink them “in the cloth,” so as to avoid something of the inevitable result after the garments are made. This process of shrinking is simply a wash in clear, soft water, about the same temperature as is recommended for general washing of flannels. In this water the cloth is thoroughly wetted, run out through a wringer, shaken well, and hung up by one side to dry. When it is nearly dry it is changed and hung by the other side. The shrinkage of woollen goods is a purely mechanical process, and is neither helped nor hindered by the addition of any drug or ingredient of a chemical nature to the washing water. If we recollect that woollen cloths are filled by being slightly wetted and pressed between rollers, we have in a nutshell the whole principle of shrinkage.

It should also be borne in mind that the finer the quality of the flannel, the greater the liability to shrink. Fine all-wool goods are the most difficult to manage; the more cotton is admixed, the more staple and durable the articles; but there are some fastidious people who object to having their flannels composed of the cotton plant. These persons are obliged to insist on such measures of care and painstaking as have been herein described, and when these are followed, there will be little cause of complaint.

A word in regard to the fading of colours, by way of a parting injunction. It should be said in regard to the use of ammonia in the washing water of flannels, that while its effect is very excellent upon white goods, there is a danger that it may touch some of the brighter colours and cause dullness. Where there are bright colours which would be seriously injured by fading, the following method has been tried with admirable success: Stir two tablespoonfuls of flour into one quart of cold water. Let it boil ten minutes, add warm suds, and wash the flannel in this, using the hands instead of the washboard. Rinse in three waters, all warm, and of the same temperature. Even bright scarlet flannel will never lose its colour when thus treated.

LET not even one penny be little in thine eyes, and let not a thousand friends be many in thy sight.



[SPECIAL ARTICLE.]

## HOW TO CARE FOR THE FEET.

By A STUDENT.

THE desire for an apparently small foot, which has its most conspicuous illustration in China, is not absent in our own country, and numerous devices are adopted to feed this whim, caprice, or decree—whatever it may most properly be called. The most notable of these is the abnormally high-heeled shoe. This heel, in addition to being high, is brought forward so that a considerable portion of the weight of the body comes behind it in walking. The effect is two-fold. The apparent height of the wearer is increased a couple of inches or so while the length of the foot is in like proportion decreased, both by the raising of the heel from the floor, upon which the toes rest, and the bringing forward of the heel of the shoe to a point practically under the arch of the foot. When viewed from the front the result is very satisfactory, though it must be conceded that the profile view reveals a picture of distortion and awkward deformity. The effect of the treatment, as will be seen, is to shorten the foot materially; but it would also naturally show a broad, podgy little member, and it becomes necessary in the same direction of reforming Nature to compress the width as much as possible; hence the popularity of narrow widths in this class of shoes.

Keeping these facts in mind, let us take for a moment the picture given by a writer of the treatment of the feet by fashionable Chinese—a treatment, by the way, which as a people we have never failed to decry as “brutal and barbarous.” The feet of Chinese women, from the age of five years, are so firmly bandaged that, in their own expressive phrase, they become dead. The portion of the foot below the instep is forced into a line with the leg, two of the toes are bent under the sole, and the whole kept in this unnatural and painful position by leathern thongs. “The Chinese women,” says a noted traveller, “are all, rich and poor, lame; in the place of feet they have only shapeless stumps, always enveloped in bandages, and from which all the life has been squeezed out.” We instinctively shudder at this picture, as that of a cruel mutilation; yet is it not true that multitudes of our young ladies torture and cripple themselves in the same direction, the question being one of extent rather than of principle?

The young lady—and the lady less young, too, for that matter—with her foot pitching forward at an angle of 45 deg., more or less; with only her toes resting upon the floor; with a high, pointed something under the arch of the foot, where it has very little of the effect of the firm, reliable heel, placed in its proper position under the rear of the foot to receive the main portion of the weight of the body; with the arch of the shoe abnormally high, and consequently pressing the foot still further out of shape, while the tightness of the shoe renders the natural play of the muscles impossible—thus fettered, our young lady clumps and toddles and minces as she walks, simply because she cannot help it. She tortures herself, in many cases, to achieve what she mistakenly sets up as her ideal; and in doing that she sacrifices that queenly carriage, that ease, grace, and dignity of movement, that elastic vigour in her walk, which would be a thousand times more charming than that at which she aims.

Here, then, is one reason “why”? It is a potent one, and explains the conundrum in a multitude of cases; but it also would seem that progress in the sensible direction was being made. Fashionable invalidism is certainly becoming unpopular among our ladies; and fashionable torture of the feet ought to go, and doubtless is going, with it. The tendency to outdoor sports and those athletic exercises which require freedom of the muscles of the whole system, must help the poor, aching feet to regain a portion of their vigour and elasticity. How many a suffering victim of this hobby of delicate feet, after a day or an evening of misery, has exclaimed in a moment of con-

fidence, “I am so glad to get where I can take off those horrid shoes, and give my poor feet a chance to breathe!” Yet nine times in ten her sufferings have been in vain. Those of her own sex who have noticed her at all have divined the pains she was self-inflicting; while no sensible gentleman has admired her one iota more than he would have done had her shoes, if necessary for comfort, been a size or more larger.

There are many considerations which the thoughtful woman must entertain with regard to this matter of small feet. One of these is that it is not the foot itself which is “pretty,” but the shoe; and in evidence of this fact we may well quote the words of a recent learned writer, who presents this matter quite forcibly: “Many exquisites of both sexes claim admiration for their pedal extremities, but it is the boots and shoes which cover them which we are called on to admire. Their feet, if bared, would present a very great divergence from the classical idea of beauty. The firmly-planted foot, neither too large nor too small, but justly proportioned to the height and weight it sustains, the smooth surface and regularly curved lines, the distinctness of the divisions and the perfect formation of each toe, with its well-marked separateness, and its gradation of size and regularity of detail to the very tip of the nail, are now to be seen only in art. In Greek nature they were to be found, for the ancient sandal, which left the foot unfettered, gave freedom to the development of its natural grace and proportions. The modern boot or shoe, with the prevalent notion that everything must be sacrificed to smallness, has squeezed the foot into a lump as knotty and irregular as a bit of pudding-stone, where the distorted toes are so imbedded in the mass and mutilated by the pressure that it is impossible to pick them out in the individuality and completeness of their original forms. . . . The comfort of the foot is only to be secured by a properly-made shoe, and its beauty preserved by a freedom from unnatural constraint. Where is the modern beauty who would venture to uncover her feet before a royal admirer, as we are told Madame de Pompadour did not hesitate to do? ‘That which especially astonished the king,’ says her biographer, ‘was a pair of pretty bare feet, worthy of marble and the sculptor, in a pair of the most rustic-looking wooden shoes. By a coquetry that was almost artless, the pretty milkmaid (the marchioness was thus disguised) placed one of her feet upon the outside of the wooden shoe. The king recognised the marchioness, and confessed to her that, for the first time in his life, he felt the desire to kiss a pretty foot!’”

Medical testimony is not wanting to the great hurtfulness of tight shoes, as well as to any other unnatural compression of the system. One physician, after describing the difficulty of finding any woman who would acknowledge that her shoes were too tight, as she would rather assert that they were much too large, and hurt by their looseness, describes the perfect foot for a woman, as follows: “It should have great breadth and fullness of instep, a well-marked great toe, a long second toe, and a small little toe.” Many modern invalids owe their condition to false notions and practices regarding the feet and shoes, and might find themselves quite well or very much improved if this single habit were corrected. This is especially true of women, since men, as a rule, follow more sensible rules regarding the selection of foot wear. If they are not ready-made, an effort is made to at least fit the shoe to the foot, instead of fitting the foot to the shoe; while high-heels, forcing the wearer to toddle around upon the balls of the feet, are unknown among business men.

The testimony of another physician may be given in this direction before the subject is dismissed. After deploring the ignorance of some women regarding their feet, which had been brought to his mind by noticing the purchase of a pair of shoes, he went on:—“This woman, I know, is a great sufferer from headache, and should I inform her that this trouble is almost directly attributable to tight shoes, and advise her to wear a loose pair, I am satisfied my advice would not be heeded. The pinching of corns and bunions, which tight shoes have produced, has been known to develop

dyspepsia and aggravating attacks of headache. This is plain talking, but it is true. The woman who insists upon squeezing her feet is always more or less of an invalid. If I could only make the women understand that a well-fitting comfortable shoe looks better than a too small shoe, I should feel that I had not lived in vain. For those who prefer illness to large feet, I can truthfully say that a foot out of proportion to the body is no longer considered beautiful. A little foot with an arched instep on a woman who weighs, say, ten or fourteen stone is not a mark of distinction. The fashion has now come out for a foot that does not show the enlarged joints and unsightly bunches which are displayed by a tight-fitting pair of shoes after a little wear. Cramped feet are going out, with cramped waists, and Heaven be praised!”

Certainly the English foot, as a rule, is sufficiently small to be regarded as among the models of modern times, and there is no necessity for constriction or distortion if a type of sensible proportion is to be accepted as the true one.

It should be borne in mind that the first development from the sandal to the more modern foot-covering was nothing more nor less than a cover to the foot, attached to the sandal, and the first region in which fashion raged was about the toe of this new article of human wear. There were no heels, but the toes presented ample opportunity for eccentricity and variety, and it was in the toes of the men's shoes that the most outlandish and grotesque fancies took form. It is but just to make this admission, since we have already charged the women of the present day with being more fashion-bound than the other sex in the matter of uncomfortable shoes; so that if they go so far as to agree with us in “the soft impeachment” they may draw consolation from the declaration that “it was not always thus.”

A writer of the time of Richard II., near the close of the fourteenth century, thus describes the extravagances of his day:—“Their shoes and pattens are snouted and piked, more than a finger long, crooking upwards, which they call crakowes, resembling devil's claws, and fastened to the knees with chains of gold and silver.” But this was in the early stages of development of the crakowe, and we find that a little later it had been forked, and had grown to equal in length the shoe proper; as a pious writer of that day says, “so long-snouted that we can hardly kneel in God's house.” Sometimes these protrusions were stuffed with tow, moss, or other substance, to give them such a degree of stiffness that the wearer could walk without the danger of being thrown down, but usually they were attached to the knee by a light chain or cord.

Laws in those days reached all phases of human affairs, and, though the long toe flourished for about a century, it was during much of the time restrained by royal edict to men who were rich or noble, as the latter word was then understood. Toward the close of the fifteenth century the fashion underwent a change quite as violent as some of those of modern days, though it is to be noted that the fluctuations were not then so rapid and frequent as in our more favoured times. The new departure at that time was in the direction of excessive breadth; and here again the absurdity became so marked that it was decreed by the laws of the land that only those favoured by fortune with wealth or noble birth should indulge in the extreme of the fashion.

With the sixteenth century came high heels in earnest. How they originated history does not tell us, but it appears that soon after heels were made known at all they attained their most wonderful altitude. What was known as the chopin was an extravagant form of the new craze. It consisted of a framework worn under the shoe, variously constructed, but in the case of fashionable ladies reaching such a height as to give the wearer the appearance of being on stilts. These came to England from Venice, as is reported, and as indicators of high rank must have been very successful, since a person wearing them in the more aggravated forms to which they attained was quite unable to walk without assistance. The chopin did not last long, and naturally it never became popular



with the masses of the people, since the person wearing it was obliged to give his whole attention to its management; but the high heels which accompanied it remained popular in England, till the relations between England and France became hostile in the eighteenth century, when everything of a French origin was placed under the ban, and high-heeled shoes went with the rest. But the reformation did not last long, and from that time to the present, conflict between the two extremes has been incessant, and has fluctuated the more rapidly as closer communication between distant lands has developed, and fashion has become more active and has shifted her decrees more often from one extreme to another.

## BEDROOMS IN COLD WEATHER.

IN hot season we keep our houses well ventilated to make them cooler, and now as the cold season approaches there is danger that we will shut up doors and windows to save the loss of heat and keep ourselves warm. While we must keep warm to be comfortable we must not forget that above all, it is filthy to live in a foul atmosphere. We do not bathe again and again in the same water, or enjoy eating or drinking from unwashed dishes. Why be fastidious about such matters during the day and careless at night about our bedrooms? The seeds of disease are floating in impure air, and find ready access to our bodies. When in sleep the organs are less able to resist the noxious influences. When in earlier times the more careless manner of building houses let the air freely into the rooms around the loosely fitting window-frames, and the wide open fireplaces readily drew out the fouled air, the inmates of the dwellings were more uncomfortable, but they were cleaner.

### BLINDS AND FURNITURE.

Linen blinds to exclude or mitigate the light at the windows are all that is allowable in a bedroom. Bedsteads are usually made of wood. Metal is no doubt preferable, and not much more costly. A wrought-iron or brass bedstead properly constructed, that is, of light weight, mounted on castors so as to be easily moved and readily cleaned, meets every demand. Especially should we seek one readily moved if we would have it and its surroundings properly cared for by servants. No articles of whatever kind should be kept under the bed. To prevent this, dispense with "valances" and tuck in the bedclothes. Curtains about the bed are simply filters, sure to catch and retain the impurities as the air from the lungs passes through them.

### THE MATTRESS.

The mattress should be made of elastic material, not giving way too freely to the weight of the body. Horsehair furnishes the best material. A well-made hair mattress, resting on a woven wire-spring mattress, leaves nothing to be desired hygienically. Hair pillows are preferable to feather pillows where we desire to prevent heating the head. Linen is the better material for sheets and pillow-cases, especially for the young. Woollen sheets may be more desirable for the old and those very thin blooded, having less power of absorption than cotton. Blankets should be all wool and of the best quality attainable, as in this way we obtain a maximum of warmth and a minimum of weight. For the same reasons cotton counterpanes are not desirable. In very cold weather a downy cover is light and warm and a desirable for the old.

### AIRING THE BED AND ROOM DURING THE DAY.

Beds should be aired daily and carefully. Remove every covering and double over the mattress so that the air can have free access for one hour at least, otherwise the effluvia thrown off by the body during the night cannot properly be removed. Of course, at such times the fresh air should have free access to the rooms. In this connection it may be well to remember that it is always unwise for anyone to sleep in the same room with a person suffering from disease, especially from disease of the

throat, lungs, or mouth. Physicians who have made special study of these diseases consider them directly contagious by what is thrown off from the affected surfaces. For sanitary reasons it would also seem better to adopt the European custom of separate beds and separate rooms for each individual. Care should be exercised that the walls of the bedrooms be so fashioned that they can be easily cleaned. Hard-finished walls and ceiling plain or simply painted in oil best meet this requirement.

Finally, leave the windows wide open in bedrooms during the day, and wide enough open at night to give plenty of pure air, guarded from unnecessary drafts.

## EARACHE AND DEAFNESS.

AMONG the few ear troubles that may be fittingly spoken of in this journal comes, first and foremost, that greatest of all ear troubles—deafness. A deafness arises from a number of causes, only one or two of which can be indicated in this paper. A leading aural surgeon states that numbers of people travel hundred and thousands of miles to consult him about deafness which is entirely due to a collection of wax in the ears, which is easily and safely removable with a syringe and warm water. This experience is fully borne out in that of other practitioners, and patients who come to us in great concern about their deafness are sent away perfectly satisfied and comforted by the application of some softening material to the wax, and the removal of the softened mass by careful syringing. There is a good deal of art in syringing, too; and only the surgeon can syringe with perfect safety, and with a certainty of good results. The ear does not consist of the outside piece of elastic cartilage only; its anatomy is complex, and this complexity of structure necessitates considerable knowledge in the use of any process, even though that process appear as simple as that of syringing. The drum of the ear is easily perforated by too great force, too rough usage; and unless the syringe be used with extreme care the drum is broken; and that once done there is no more hearing. So you see, we require, in syringing the ears, (1) force equal to the removal of the wax, and (2) delicacy to ensure the safety of the drum.

Now, if the wax be softened first, it is a much easier matter to remove it. And this softening may be managed by making a mixture of equal parts of pure glycerine and oil, or glycerine and water, and dropping two or three drops into the ear affected once or twice a day. After doing this for a few days the wax is usually sufficiently softened to be easily washed out; but it frequently happens that we must have recourse to applications of a more potent nature. If the glycerine and water, or a few drops of warmed olive oil, don't effect your purpose, you must seek your doctor for something which the case may specially require. But we will suppose that the wax is nicely softened, and ready for expulsion. You must now procure a syringe that is easily worked; one that can be drawn out and pushed back smoothly and without jerking.

The water should be nicely warm, not too warm, but as near the heat of the body as can be estimated—rather over than under. Now tuck a towel into the collar, to prevent the water trickling unpleasantly down your neck, and commence operations. A basin must be held by an assistant to catch the water as it runs out of the ear. By steadily syringing a few times with the right hand, and pulling the ear gently back with the left, the wax will be seen to be dislodged and come away in a lump or piecemeal. It is but natural that the continuous secretion of the auditory passages should collect, since in our ordinary washing we never adequately clean them, finding it—fortunately—impossible to reach the immediate neighbourhood of the drum. It is surprising how long we submit to deafness from such causes without taking simple means to cure them. A medical gentleman was persuaded to have his ears syringed, and was relieved of a piece of cotton wool which he vowed he remembered putting there eight years before!

All this time it had been embedded in the passage, and wax had collected round it, thus making him hard of hearing. You can almost tell from a person's appearance that he is deaf, just as you can generally smell rheumatic fever on entering the patient's bedroom. A deaf person involuntarily opens his mouth, for he can hear better with the mouth open; not only are waves of sound collected by the shell-like "ear," and transmitted through the marvellous apparatus of hearing to the brain, but sound is transmitted through the bones of the skull, as well as through two little tubes—the Eustachian tubes—which lead from the back of the throat to the middle ear. This leads us to another cause of deafness—a sore and congested throat, and enlarged tonsils, quinsy, &c. The deafness that not unfrequently accompanies a cold is in many cases traceable to the blocking of these little tubes, which convey air and sound to the ear. Hence a gargle of alum and water, port wine and water, or alum water with a little cayenne pepper, may relieve this form of deafness by improving the condition of the throat; or a wet bandage round the throat, covered in turn by gutta-percha tissue or flannel; or a linseed poultice may cure the same condition; and in cases of chronically relaxed throats, with accompanying deafness, the old douche to the throat is invaluable, if systematically used; and a chlorate of potash, or carbolic acid lozenge, eaten occasionally will also be beneficial. Sometimes enlarged tonsils have to be sliced off when their permanent enlargement interferes with hearing and swallowing. To paint the throat every day or every few days with the tincture of iron often braces it up and cures a relaxed condition. Earache is a most troublesome complaint, and not always easily managed; it usually is the result of cold at a time and in a person where the ear is more than usually sensitive. A good purgative should be taken, and anything that is wrong with the system generally should be looked to and remedied if possible. But in earache, pure and simple, hot fomentations prepared with poppy-heads and chamomile flowers, &c., should be freely used, the patient kept in a warm place, and if the pain continue, warm equal parts of laudanum and olive oil, and drop into the ear from time to time a few drops at once until the pain is relieved. There are many other troubles, too many, in fact, to mention here, much less describe. There are various discharges which require exceedingly careful treatment, and must not be handled by amateurs—abscesses and gatherings, inflammations and what not; all these must be left for the time. It will be enough for this number to have indicated a few of the commoner troubles which you can safely attend to yourself.

## NOW.

THE present, the present is all thou hast  
For thy sure possessing;  
Like the patriarch's angel hold it fast  
Till it gives its blessing.

Like warp and woof all destinies  
Are woven fast,  
Linked in sympathy, like the keys  
Of an organ vast.

Pluck one thread, and the web ye mar;  
Break but one  
Of a thousand keys, and the paining jar  
Through all will run.

O, restless spirit! wherefore strain  
Beyond thy sphere?  
Heaven and hell, with their joy and pain,  
Are now and here.

Back to thyself is measured well  
All thou hast given;  
Thy neighbour's wrong is thy present hell,  
His bliss, thy heaven.

Then of what is to be, and of what is done,  
Why quierest thou?  
The past and the time to be are one,  
And both are NOW!

—John Greenleaf Whittier.



## TALES WORTH TELLING.

[COMPLETE STORY.]

## EXERCISING A MODERN GHOST.

By ALFRED ENGLISH.

FRANK and Emma were the most popular young people of Queen's-square and its immediate neighbourhood, and this is saying a great deal.

Of course Frank and Emma fell in love. Everybody agreed that they could not have helped it if they had wished to ever so much, and nearly everybody agreed that they *ought* not have helped it if they had been able. Emma must tell mamma all about it first.

"Even before you ask her, Frank; it will be so sweet to confide in her."

And mamma—horrors! She actually said, "No," and said it in such a very decided manner that there was no questioning her meaning.

And Emma cried her blue eyes dim, of course; and when she met Frank that evening cried again, and said, between sobs, "And to think, Frank, she refused to give any reason at all, but only said you must not come to see me any more. And so now you cannot take me to any more dances."

Frank hid his chagrin, and promised to find some way out of the difficulty, and after making an engagement to meet her the next day at four o'clock at Miss Lewis', he went home to study the situation. He finally decided to go straight to Emma's mamma.

Next day, however, when he called upon Mrs. Cornell he obtained very little satisfaction from her. She appeared embarrassed, and said as little as possible. She said she must decline to receive him; that she felt compelled to refuse her consent; that she dare not consent to the marriage; she spoke of "duty" several times; and once she made use of the word "warning."

At last they both became somewhat irritated, and she curtly informed Frank that she knew of no reason why she should be called upon to explain her preferences or antipathies; and that the mere fact that she did not wish to extend to him a welcome into the family ought to be sufficient, whether her reasons, therefore, were good ones or not. And so Mr. Frank Harris found himself walking out of Mrs. Cornell's residence biting his lips in vexation.

He was puzzled. What could be the grounds of her objection to him? She had always seemed to cordially welcome him to the house, and, while he was not specially egotistical, he was aware that he was considered a pretty good fellow, had no bad habits, and was able to support a wife, his uncle having recently put him into a lucrative practice.

"And," he added to himself, as he swallowed a lump in his throat, "I know I would make my sweet Emma as loving a husband as a wife ever had."

The more he studied over the matter the more perplexed he was. What did she mean by the word "warning"? He knew her almost childish weakness for all kinds of superstitions—from the particular way a pin should be picked up, to her horror of Friday and the number of 13. Was it possible that he was in some way to be sacrificed upon the altar of her superstitions? He had seen her postpone important visits because of some childish superstition, and he knew with what religious awe she obeyed the feelings received through the old Scotch nurse which came with her from her childhood's home. Was this the basis of her inexplicable treatment of him? Was the reason that she dare not welcome him to be found in some superstitious fancy?

Four o'clock found him at Mrs. Lewis', where Emma met him in the hall.

"Dearest," he whispered, as he took both her hands in his, and held them tightly, "I am able to support a wife in comfort, have excellent prospects for a doctor, and love you to distraction. Are you willing to be mine even if your mamma persists in her opposition?"

She tried to pull her hands away, but could not, and looked up at him through her tears as

she said, "Dear Frank, please do not ask me to answer till we have at least tried every means to gain her consent. She is not herself now—she is nervous—and," she added, flushing slightly, "she had a terrible fright the other night, she had a bad dream, and came to my room, oh! in such a state, and she would not tell me what her 'vision' was, as she called it, but she has not been herself since at all, and"—again flushing slightly—"mamma allows dreams to weigh upon her mind, you know, and—"

"I knew it! I knew it!" interrupted Frank. "Now, Emma, I have a plan in which I will not ask you to help me, but I do ask you to remain perfectly quiet if any spiritual manifestations occur at your house. And, if you can, please arrange it so that the cook and the maids may be away as much as possible during the coming week. On my part I promise you that no harm shall come to your mamma."

Leaving Emma dumb with amazement, he hunted up his particular friend Tom, held a long consultation with him, and then hurried off to his laboratory.

\* \* \* \*

It was the Saturday night a week before Lent, and a week's pleasure had been decided upon by the young people of Queen's-square. The young ladies had all met at Miss Cornell's to complete the arrangements for the informal parties to be held each night. Miss Anna Lewis took the initiative, and every word she uttered was regarded as oracular, because of a supposed knowledge she possessed of Emma's pathetic romance, and hints from her brother Tom regarding some mysterious design of Frank's.

"Emma," she said, as soon as they were seated, "we have decided that you are not to give a dance during the coming week. The programme is for me to receive on Monday evening, Susie will welcome us Tuesday, while Wednesday we will call upon Jennie, and the rest of the week will be decided upon."

Strange enough each reception was in one of the homes immediately adjoining or next to Mrs. Cornell's.

\* \* \* \*

The constable on the beat of Queen's-square on Saturday found a mysterious man with a coil of wire working just in the rear of Mrs. Cornell's house. Catching the crouching figure, he exclaimed as he saw his face:

"Is it you, Mither Harris? And what do yer mean by this?"

A hurried whispered explanation, ending with the clink of coin, was evidently satisfactory to the guardian of the peace, for he laughed quietly and walked around to the front of the house.

Next night the same work was continued, and at daylight Monday morning a weary electrician might be seen trudging homeward with a smile of satisfaction upon his features.

Monday ushered in the week's gaieties, and the reception at Anna Lewis' was delightful.

At the stroke of midnight everyone was startled by a scream, and Frank bounded out of the door, and rushed along the verandah which joined the two houses to Mrs. Cornell's, catching her as she was about to swoon. With the help of Emma, who had hurried over, he revived her, and inquired anxiously as to the cause of her fright. He listened with close attention to her story of "a tall lady in white, with a fearfully pallid face," who looked into the window at her, and heard in respectful silence her description of the clank of chains and the "ticking of the terrible death watch."

Then he reasoned with her, and persuaded her to go over the entire house with him from attic to cellar. When they returned he gave a learned dissertation on the freaks of the imagination, and closed with some scientific information as to the beetles and other insects which are sometimes called the "death watch." Having quieted her, and assisted her to regain her normal composure, Frank quietly bade her "Good-night" and retired.

Next evening they all gathered at Mrs. Blackwell's.

"Did you hear of the ghost at Mrs. Cornell's?" asked each one of every other, and some laughed, while others looked serious.

"Some of Frank Harris' mischief," exclaimed one. But another said:

"Oh, no; how could it be, when he was with us at the time she screamed?"

And a third added: "Yes; I saw him run to Mrs. Cornell's after she screamed."

At the stroke of midnight Frank was standing at the head of the stairs in the doorway to Bob Blackwell's room when they all heard Mrs. Cornell scream as before. He bounded out and across to her house, and repeated the performance of the preceding night. This time she insisted upon his remaining awhile, and was so gracious and cordial that a swift exchange of lovers' glances passed between Emma and Frank as he turned to leave.

"You and Frank acted like strangers to-night," said she to Emma before retiring. "Have you offended him in any way?"

"He asked me to dance with him and I declined," said Emma, as she turned aside, and failed to mention that she had suggested a *tête-a-tête* instead.

"Now, Emma," began Mrs. Cornell, but turning, she saw that Emma had gone to her room. She sighed, as she sat gazing into the burning coals for many minutes, and at last said to herself: "Well, I must undo my work, and re-unite them. It will prove embarrassing, but it is my duty, and I shall do it."

The festivities before Lent continued, and next night, as midnight approached, Mrs. Cornell felt that although she knew she had been frightened by freaks of the imagination, and had during the day permitted the servants to go away, and had refused to allow Emma to stay at home, yet now she was growing uneasy. Stepping to the door, she stood for a moment, and then said softly to herself: "Frank."

How it was that he answered so promptly when she spoke scarcely above a whisper, and how it was that he came up the steps so quickly she could never understand when she thought of it afterwards, but without realising this at the time, she conducted him into the cozy room before the fire.

"You have been very kind, Frank, considering my treatment of you," she said.

"I assure you—" began Frank.

"Let me finish," she interrupted. "As I was going to say, I appreciate your kindness, and value especially your plain, sensible talks, which are curing me of my superstitious fears. I am forced to admit to you what no one likes to admit—that I have been wrong. My apparent dislike for you originated in a dream, which was repeated with such startling distinctness that it over-powered and controlled me in spite of myself. The pallid face of a tall lady in white, which has peered into my window twice, has seemed very real, and the clattering which has occurred somewhere about the house, followed by the horrible 'tick, tick, tick,' has strained my nerves so that I have felt compelled to cry out, but coolly thinking it all over after your talks with me I am convinced it has been due simply to my imagination. I have searched the house thoroughly twice. I have consequently convinced even myself that if sights and sounds in waking hours can be so deceptive, dreams and visions should not be allowed to interfere with the happiness of those we love. And so, I thought—well, the fact is, Frank, if you wish to speak to Emma again, I shall not interpose any objection."

Was it accidental that, just as the widow finished, Emma walked into the room, and was at once clasped in his arms?

Was it a coincidence that, just at this moment the deep-toned bells rang out upon the clear, cold night air, ushering in a new season of solemnity with its tender heavenly messages?

\* \* \* \*

Several years later, when the Doctor and his wife, in looking through an old trunk in the attic, came across a coil of wire with some small electric appliances, and a ghastly white mask "with pallid face," their eyes met in laughter and their lips in kisses.

THE freest government cannot long endure where the tendency of the law is to create a rapid accumulation of property in the hands of the few, and to render the masses of the people poor and dependent.—Daniel Webster.



## COMPENSATION TO WORKMEN IN INJURIOUS TRADES.

BY an excellent and far-reaching decision come to on Monday night, November 10th, in the House of Commons, sailors and firemen were brought under the operation of the Employers' Liability Bill, and the principle of employers' liability was extended to workers engaged in injurious trades. A second resolution of the House was an entirely new departure, and one the momentous consequence of which it is quite impossible to overrate. The House has decided without a division that the worker whose health or life is affected by injurious conditions of work shall have the same title to compensation in the event of the employers' neglect to take reasonable precautions as the victim of more sudden and violent forms of neglect. The clause will be found in full in the Parliamentary report, and those who care to follow the making of industrial history from day to day will do well to acquaint themselves with it. The plea urged that the common law sufficiently meets the case will not bear examination. Judges cannot constitute themselves into factory inspectors and public health experts. They are not qualified to say what standard of hygienic safety ought to be maintained, and what deflections from such standard may constitute neglect. Mr. Asquith will himself have to set the experts and the factory inspectors to work to enforce the necessary regulations, and he will doubtless find, now that the clause has passed its second reading, that employers will co-operate with him most heartily in making the necessary changes. So long as life costs nothing employers could afford to disregard every hygienic safeguard, to vitiate the atmosphere of their workshops with every species of pollution, to load the lungs of their workers with deadly particles which should have been drawn off by fans, to poison their systems with lead and arsenic and mercury, to rot their teeth with acid gases, and to burn their bodies with lime. These and a thousand other injuries could be and are inflicted in scores of trades without redress. It is a matter of rejoicing that this great measure of humanity has been adopted by the common voice of both parties.—*British Medical Journal*.

## AGREEABLENESS AND HEALTH.

ONE of the virtues with which all women would gladly be endowed is the faculty of being agreeable and pleasant to all about them in order to carry with them everywhere an atmosphere of kindness and charm. Women can do so much to make life delightful that this faculty is of more importance to them even than to men. We can endure a little brusqueness in a man if his heart is right and he is strong and capable, but not in a woman. It lowers her in the estimation of all who once see or experience it.

Sir Edwin Arnold who has lived much in Japan says: "Where else in the world does there exist such a conspiracy to be agreeable; such a widespread compact to render the difficult affairs of life as smooth and graceful as circumstances admit; such fair decrees of fine behaviour fixed and accomplished for all; such universal restraint of the coarser impulses of speech and act; such pretty picturesqueness of daily existence; such lively love of nature as the embellisher of that existence; such sincere delight in beautiful artistic things; such frank enjoyment of the enjoyable; such tenderness to little children; such reverence for parents and old persons; such widespread refinement of taste and habits; such courtesy to strangers; and such willingness to please and to be pleased."

How are we to account for it that these people surpass Western nations in these virtues. No doubt it is partly due to their better health and to the fact that they do not use alcoholic beverages. It is also partly due to the fact that theirs is an older nation than ours and they have had a longer time to cultivate these graces. Dr. Earnest Hart, editor of the *British*

*Medical Journal*, travelling in Japan, has also noticed greater good nature of the Japanese as compared with English people and he explains it on the ground that their nervous systems are not irritated by a flesh diet as those of Englishmen are. If this be true, then it is one of the strongest arguments for a rational reform in our dietetic habits. I say a rational reform, for there are reforms which are not rational, and this may be true in regard to dietetics. One of the first of these reforms I think should be a reform in our bread—not over ten per cent. of the bread eaten to-day is real good, wholesome, perfect bread. Another reform for those will not abstain from flesh altogether is to use it in smaller quantities only once a day, or three or four times a week. We may substitute for flesh those articles of food which are highly nitrogenous and will fill the place of meat, as the best brown bread, beans, and peas prepared in a most digestible way, eggs and nuts in all their variety, which will be more digestible when we do not overload ourselves with other indigestible articles. These reforms may be made easily and at any time.

In addition to all this, we must practice those virtues which are so much admired in the Japanese. As no one can be a good musician without practice, so no one will be an adept in any virtue merely by abstaining from vices. It is practice—practice in all the virtues which makes us perfect in them.

## AN EXHIBITION THAT WILL BECOME POPULAR.

SATURDAY, the 11th inst., saw the close of the First Annual Confectioners, Pastry Cooks, Bakers, &c., Exhibition at the Agricultural Hall, Islington, and, judging from what we saw there, we believe it is likely to become an annual show of considerable interest and importance.

It is outside our province to go into a detailed description of the various trade exhibits, or to deal with the numerous competitions in bread and biscuit baking, &c., but we append a few notes upon one or two of the exhibits which appealed more directly to the general public.

The Rizine Food Company exhibited in addition to rizine itself in its multifarious forms, (all of which are probably too well-known to our readers to need recapitulation), some excellent table fruit jellies, so really delicious, and at such low prices that their continued popularity seems assured.

"Kops Ale" is always in evidence in the exhibition world. By the way, unless we are much mistaken, the excellent beverage now sold under this name is a very different and superior article to that which bore the same title some few years ago.

Those of us who suffer from indigestion (only too numerous a class) and pine for the fragrant cup of coffee which medical advice denies them, will hail with satisfaction the new patent Malted Coffee, invented and prepared by Mr. Blackmore, of Bristol. The inventor claims that by the malting process in question, the coffee is rendered absolutely innocuous, while its taste and refreshing qualities remain unimpaired. The preparation boasts the recommendation of very many members of the medical profession in Bristol, and is sold at 1s. 6d. per lb.

Langdale's Flavouring Essences and Delcroid's Perfumes shared one of the most attractive well-designed exhibits, and well repaid the attention bestowed upon them by the large number of visitors present.

The disappointing feature of the exhibition was the absence of the majority of the great biscuit manufacturers, all of whom we hope to see adequately represented in succeeding years.

BOARDER (vainly struggling to carve a chicken): This bird appears to have been inoculated by Professor Koch.

MRS. HASHLEIGH: Pray what do you mean.

BOARDER: It seems to be tolerably secure against consumption.

"OLD BUSHMILLS," the guaranteed pure malt whisky, has gained the highest award at the Chicago Exhibition.

## BEAUTY IN MATURITY.

THAT the beauty of women, like that of men, should be determined from the standpoint of advancing maturity cannot be disputed. It is absurd to claim that the ripe, rich beauty of forty is less attractive than the budding immaturity of sweet sixteen. Where women live in harmony with Nature's laws each stage of life has its own charm. The physical beauty of women should last, growing more and more mellow until the end. The fulness of beauty does not reach its zenith under the age of thirty-five or forty. Helen of Troy comes upon the stage at the age of forty. Aspasia was thirty-six when married to Pericles, and she was a brilliant figure thirty years thereafter. Cleopatra was past thirty years when she met Antony. Diane de Poitiers was thirty-six when she won the heart of Henry II. The king was half her age, but his devotion never changed. Anne of Austria was thirty-eight when described as the most beautiful woman in Europe. Mme. de Maintenon was forty-three when united to Louis, and Catharine of Russia thirty-three when she seized the throne she occupied for thirty-five years.

Mlle. Mar was most beautiful at forty-five, and Mme. Recamier between the ages of thirty-five and forty-five. The most lasting and intense passion is not inspired by two decade beauties. The old saw about sweet sixteen is exploded by the truer knowledge that the highest beauty does not dwell in immaturity. For beauty does not mean alone the fashion of form and colouring as found in the waxen doll. The dew of youth and a complexion of roses are admirable for that period, but a woman's best and richest years are from twenty-six to forty. It is arrant error for any woman to regard herself as *passé* at any age, if she grows old gracefully.

## SPECIALITIES.

### ROSBACH NATURAL MINERAL WATERS.

SAMPLES of these waters have been submitted to us by the Rosbach Water Company, of 4, Sussex-place, Leadenhall-street, E.C. We can with every confidence confirm the statements of the company that the waters are brilliant, sparkling, pleasant, refreshing, and especially pure. They contain a large proportion of dissolved and condensed natural carbonic acid; the constituents are antacid, and, while Rosbach Water may safely be used as a daily drink, its special features are its uses in cases of gout and acid dyspepsia.

### ROWNTREE'S "ELECT" EXTRACT OF COCOA.

FOR many years we have been in the habit of taking and prescribing cocoas as an essential portion of invalid dietary. We have tested most of those sold, personally and practically. Many have added to their nutritive properties certain qualities of bitterness and other disagreeable features which are entirely absent in the cocoa extract under notice. It is, in addition, cheap, wholesome, and free from adulteration with starch or other impurities.

COLOURED MARBLES FROM CHALK.—The example furnished by Nature in the production of marble from chalk by water—the latter percolating gradually and steadily through the chalky deposits, dissolving the chalk, particle by particle, and crystallising it, mountain pressure effecting its characteristic solidity—it is now found may be the basis of accomplishing similar results by a resort to chemical processes. Slices of chalk are for this purpose dipped into a colour bath, staining them with tints that will imitate any kind of marble known, the same mineral stains answering this end as are employed in Nature. For instance, to produce the appearance of the well-known and popular verde antique, an oxide of copper application is resorted to, and, in a similar manner, green, pink, black, and other colourings are obtained. The slices after this are placed in another bath, where they are hardened and crystallised, coming out, to all intents and purposes, real marble.



## HOW TO TAKE IRON.

Do not imagine that if you take iron in any form it is sure to prove beneficial; a greater mistake was never made. In the first place, to do good, it must be in a form which the system can take up; and if this be not so, you may be certain it is going to do harm. It is a matter of regret that wherever a pale face and bloodless lips betoken the anæmic girl, iron pills, Bland's pills, or some equally absurd form of administering iron is at once recommended by sympathising friends. Not that iron is the incorrect substance to give; on the contrary it is extremely beneficial. We find that its use is attended with most excellent results, that the blood returns to the cheek and lips, the vivacity to the eye, the exhilaration to the spirits when (and this is the important point) it is given in the proper way! Don't forget this—the proper way. That's the point. And do not deceive yourself—this is not, Bland's pills, iron pills, or steel drops. Why? Well, simply because in these forms the iron is oxidised and useless. No! one or two Bivalatinoids of Carbonate of Iron three times daily after meals is what is required—nothing else. But you may possibly say, "Why the Bivalatinoids?" We anticipate the question anyway, and therefore answer it; it is because in this way the salts, which together act one upon the other and become useless, are in the Bivalatinoid kept apart until required for use. Consequently the Carbonate of Iron is formed in the stomach. Do you see? If you feel very low, very weak, and debilitated, enhance this treatment by taking a tablespoonful of Oppenheimer's Cream of Malt with Cod-liver Oil and Hypophosphites. This will soon pull you together; or, if constipated, take one or two laxative Palatinoids at bedtime. These will not gripe, but restore regularity, and prepare the system for the iron treatment.

## OUR OPEN COLUMN.

## CORRESPONDENTS' OPINIONS.

TIGHT-LACING EXTRAORDINARY.  
TO THE EDITOR OF THE FAMILY DOCTOR.

SIR.—Having read some letters in your paper by "Corset" and "Alice," and having some experience in the subject, it may interest your readers to know that the cases spoken of are by no means rare. I am maid to a lady who has an only child, a boy of 14, and she is very particular about his appearance. He always wears stays, and they are very long and beautifully shaped, and as stiff as whalebone can make them. In the morning I have to lace him up quite tightly, and strap back his shoulders, and at eleven o'clock I lace his stays close and put him on a pair of long tight kid gloves, which he wears all day to keep his hands soft and white. His waist is now nineteen inches, which he finds fairly comfortable, although the corsetting is so effective that he cannot possibly stoop, and, of course, romping about is quite out of the question.

On Sundays, and for parties, he wears his best pair of stays, which are extra long and have a stiff steel busk. When they are close he has a slim round waist of seventeen and a half inches and as good a figure as a tight-laced girl. His shoulders are then well strapped back, so that he is obliged to keep quite upright. For parties his hands are gloved in white kid of the tightest possible fit, and with his feet in tight, high-heeled shoes he looks very pretty and graceful, and dances beautifully. This training does not affect his health in the least and he is quite reconciled to the restraint and perfectly happy in submitting to it.

I think if all boys were made to wear stays they would be very much improved in manners and appearance. They would become accustomed to the restraint, as girls do, and would then submit (as all girls have to who wish to look nice) to the slight inconveniences of tight lacing. At my mistress's wish, I always lace as tight as possible myself, and am quite proud to call myself

A SLIM-WAISTED MAID.

## RUPTURE.

ATKINSON'S PATENT TRUSS  
For the RADICAL CURE OF RUPTURE

IS A

## Certain Remedy.

REPORTS OF LANCET, BRITISH MEDICAL JOURNAL, HOSPITAL GAZETTE, MEDICAL PRESS, PRACTITIONER, CHEMIST AND DRUGGIST, HOMOEOPATHIC REVIEW, ILLUSTRATED MEDICAL NEWS, &c., post free on application.

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DUNN'S  
FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver, Purifies the blood and is delightfully refreshing. Through Chemists and Stores.  
SPECIAL OFFER.—To prove its efficacy, 1s. 6d. bottle will be sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON

## Notes &amp; Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

PEPPER-MINT.—How can I make bulls'-eyes as sold at four a penny, and striped with brown or pink?—"A. S. E."

## ANSWERS.

NOTICE.—A letting at an annual rate of £36 a year <sup>1</sup>/<sub>4</sub> prima facie a letting from year to year, though the rent be received weekly. Unless you can displace the presumption that your tenant is a yearly tenant, he is entitled to half a year's notice, terminating with some year of the tenancy, computed from the commencement of the tenancy.—Z. Y.

ANSWERS  
-TO-  
CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:



A POSITIVE CURE FOR ANEMIA, BLOODLESSNESS, SALLOWNESS, &c. PRICE 2s. 6d. A BOX POST FREE Circular, containing testimonials and full particulars, sent post free. Address JOLLY & SON, 194, REGENT STREET, LONDON, W.

## NERVOUS and WEAK MEN.—Vigorous

Vitality Ensured to men suffering from nervous exhaustion, low vitality, &c. Try HALL'S (the only genuine that does not blister or injure the skin) PATENT ELECTRIC BELT and Suspensor. Comfortably curative. Effective in electric qualities. No metallic contact with the body. This scientific appliance will infuse a mild continuous current through the diseased nerve centres. Descriptive circular, undoubted testimony, sent free. ARTUR HALL and SON, Medical Galvanists, 30, Regent Street (Piccadilly Circus.)

King's College Hospital.  
University College Hospital.  
London Temperance Hospital.  
West London Hospital.  
City of London Hospital for Diseases of the Chest.  
Evelina Hospital for Sick Children.  
Hospital for Sick Children.  
St. Peter's Hospital.

Nazareth House, Ham-mersmith.  
British Home for Incurables, Clapham-rise.  
Ophthalmic Hospital, King William-street, W.C.  
Poor Box—Five Police Courts.  
St. Thomas's Hospital.  
City Orthopedic Hospital.  
London Hospital.  
Charing Cross Hospital.

SESLINI ELLEN.—What on earth can the sex have to do with it? You had better get a doctor to examine your daughter; she is evidently suffering from melancholia, and we fear the result will be serious.

PRINCE OF WALES.—As you have been to a good medical man who has examined you and prescribed for you, you should take his medicine. We cannot suggest anything without knowing what you have already tried. 2. Take the following medicine to ease this pain: Bromide of potassium one drachm, salicylate of soda one and a half drachms, chloroform water to six ounces. One-sixth part three times a day. Be very careful to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. The wasting of the body is probably due to the chronic b. oenitis, &c., from which you suffer.

A. B.—Be very careful about your diet. Take a cold or tepid bath every morning and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Your meals should be taken regularly, and should be composed of light assimilable materials, such as boiled fish, chicken, &c. Avoid anything that is hot, like hot tea, coffee, or cocoa. Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one and a half drachms, infusion of gentian to six ounces. One sixth part three times a day immediately after meals. With regard to your friend, he may take Carnick's preparations of cod-liver oil and maltine, and keep himself warmly wrapped up. We cannot suggest any medicine because we do not know the character of the attack.

SEASICK.—We can suggest something, but cannot enter into the matter in detail in these columns. You had better send a stamped addressed envelope. There is no specially adaptable food for this sort of thing.

G. J. I.—No doubt the appearance of these pimples is due to your liver being out of order and to some errors in diet. We should advise you to take a cold or tepid bath every morning, and to get plenty of active-out-door exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts, say Dunn's saline. Your diet should be fairly free on bread, potatoes, pastry and puddings, cheese, sauces, &c., and should consist of lean meat, boiled fish or fowl, and as much green vegetable as you can take. Take the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, pepper-mint water to six ounces. One-sixth part to be taken twice a day between meals.

S. G. T.—1. This is of no consequence. 2. Everything depends—that is to say, your merrymaking does—on what harm you may have done yourself in this respect. But, not knowing, we cannot say. 3. This is a natural secretion, and must be regularly removed.

WISHING TO DO RIGHT.—No doubt you have rendered the parts exceedingly sensitive and irritable, and will require to be properly treated for this sort of thing before you enter upon your matrimonial life. In the meanwhile we should advise you to keep the bowels freely open, take occasional cold baths, and get plenty of active outdoor exercise. Your food must be as simple as possible, and taken regularly. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

J. W. C.—1. Probably deposition. 2. The treatment for the two would be similar, so would the dietary. 3. No, not necessarily. 4. No, &c. Do not bother yourself about it, but live an ordinary healthy life, not imposing any particular exercise on the heart and lungs. Keep the bowels freely open, and refrain from late hours or other forms of indulgence.

JACKSON.—We do not understand where you fall; you have the necessary means and power it appears. How is it you cannot manage, you ought to know?

## FAILING EYESIGHT.

Thirty years' practical experience has proved Mr. Bluett's system of sight testing by examination of each eye separately to be the only perfect method of accurately determining the lenses required to restore the vision, and make reading or working a pleasure.

Consultations Free. Spectacles at Store prices.  
F. J. BLUETT,  
Specialist in Spectacles, and author of "Detective Vision, its Cause and Cure."

8A, GT. PORTLAND STREET, LONDON, W.  
(FOUR DOORS FROM OXFORD STREET.)

## EASTON'S SYRUP.

WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon Road, London, E.C., who will forward either sized Bottle free by post for three extra stamps. Or any Chemist will procure it. Sold in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d. 16-oz. bottles, 4s. 6d.

"The FAMILY DOCTOR may be recommended as safe and useful in all Households."—The People.



# WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

THE REPUTATION WHICH THIS  
ARTICLE HAS ATTAINED HAS  
BROUGHT FORTH A HOST OF IMITA-  
TIONS. CONSUMERS ARE THERE-  
FORE EARNESTLY REQUESTED TO  
NOTE THAT

**BOTTLES BEAR WHEATLEY'S  
LABEL,**

AS INFERIOR AND LOWER-PRICED  
ARTICLES ARE BEING OFFERED.

**GOOD ON DRAUGHT.**

TO BE HAD OF WINE MERCHANTS,  
BOTTLEERS, & GROCERS EVERYWHERE

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**WHEATLEY & BATES**

(LIMITED),

**SHEFFIELD.**

**DR. DUNBAR'S ALKARAM;**  
or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

**ALKARAM.**

If inhaled on the first symptoms of Catarrh,  
Will at once arrest them, and in the severest  
cases will generally cure in a single day.

**ALKARAM**

Contains no narcotic, the smell is  
agreeable and reviving, and relieves head aches;  
in fact, it should be on every toilet table.

**ALKARAM**

Is sold by all Chemists at 2s. a bottle.  
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Sons, 1, King Edward Street, London, E.C.

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**KEEP THE VOICE IN TONE.**

From Signor TOMMASO SALVINI, the Eminent  
Tragedian.

"Theatre Royal, Drury Lane, May 23, 1875.  
"SIR,—The other night, when my voice would have  
otherwise failed, I was able to accomplish my duty  
to the very last in "Othello," which I owe entirely to  
your Voice Lozenges."

**ASK YOUR CHEMIST FOR THEM.**

Sold in boxes by all chemists, 1s., 2s. 6d., 5s., and  
11s., or will be sent direct, post free, for 1s. 2d., 2s. 9d.,  
5s. 4d., and 11s. 6d. Sample boxes 6d., post free 7d.

FRANCIS NEWBERY AND SONS,  
1 and 3, King Edward Street, Newgate Street, London.  
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**NERVE AND  
"BRAIN" SALT.**

FOR

**HEADACHE**

AND

**SEA SICKNESS.**

F. NEWBERY and SONS, 1 and 3, King  
Edward Street, Newgate Street, London, E.C.  
(established A.D. 1746), send "BRAIN SALT" postage  
paid, for 3s., to any part of the United Kingdom; and  
those who fail to procure it of chemists may thus  
readily obtain it from the Sole Proprietor.

ANDREW WILLIAMS.—You should take a cold bath every  
morning and keep the bowels freely open by means of a  
teaspoonful of compound liquorice powder taken every night  
at bedtime and followed the next morning by a mild dose of  
aperient fruit salts. Have plenty of regular active exercise  
of an invigorating character. Take a teaspoonful of Parrish's  
Food three times a day immediately after meals.

SENEX.—You do not say what is the nature of the medicine  
you are taking, and we should not recommend you to take  
cod-liver oil, or anything like it, if you are suffering from the  
liver. This letter is quite enough to cause any symptoms.  
You had better go on with the medicine you are taking if  
you are well affected by it.

OMNE.—Doubtless something can be done, but we question  
whether it is worth your while undergoing an operation for  
an unobtainable result. Try riding on horseback regularly  
every day, if that is in your way. If it is not, we should  
advise you to leave it alone.

GLEN.—Rub in blue ointment for a quarter of an hour, and  
wash off with hot water. See that your clothes are thoroughly  
disinfected, or you will re-infect yourself. If this does not  
produce the desired result, then you must go to the extent of  
complete shaving.

BEN.—There are perfectly natural, and need cause you no  
worry whatever. It is quite physiological, declaring the  
functional activity of the organs in question. So long as you  
live a healthy, regular life, and have completely given up bad  
practices, you need have no fear. See that you get plenty of  
active outdoor exercise, and that the bowels are kept freely  
open by means of a teaspoonful of compound liquorice  
powder taken every night at bedtime and followed in the  
morning by a mild dose of aperient fruit salts.

KITTY.—Yes, plenty. Go to an india rubber or waterproof  
shop. There are plenty in London.

MELASCHOLE.—You do not say whether you have permanently  
relinquished the habit or not. If you have, you will  
probably soon get better, as you are quite young and have  
plenty of time to get better. Take a cold bath every morning,  
and get as much outdoor exercise as you can. It is a pity  
that you are obliged to keep such late hours, as we are sure  
that much of feeling of illness is attributable to that. Take  
a teaspoonful of Parrish's Food three times a day immedi-  
ately after meals.

FOR

# COUGHS



# POWELL'S BALSAM OF ANISEED

**For ASTHMA, BRONCHITIS, NIGHT  
COUGH, INFLUENZA, HOARSENESS,  
AND ALL  
LUNG TROUBLES.**

**SAFE AND RELIABLE.**

Established 70 Years.

See Trade Mark on Wrappers. Beware of Imitations.  
**SOLD BY CHEMISTS EVERYWHERE.**  
In Bottles, 1/4, 2/3, 4/0, and 1/1.

O. E. R.—It is certainly not the best thing to do, to take a  
house in the immediate proximity of a cemetery, but if the  
site is, as you say, a few hundred yards away, we do not  
see that much, if any, harm can arise. The direction of  
the prevailing winds should be considered, and the relative  
position selected accordingly.

BELOW PAR.—1 and 2. See replies to "Specs" and "W.  
Land" in this column. 3. You will do well to avoid this and  
other advertised specifics. 4. You are not at present in a  
condition to marry. The advice given you to do so was not  
only foolish, but wrong. It would be the most unwise step  
possible until you have got rid of the nervous irritability  
which is clearly the source of all your troubles. You had  
better see a London specialist in these matters, in order that  
you may have definite instructions how to proceed, and in  
all probability you will very soon find relief. If you do not  
know the name of a physician, we shall be happy to recom-  
mend one on receiving a stamped addressed envelope, with a  
short reminder of the circumstances.

W. A. DENABY.—We do not think it would be wise to  
entertain any matrimonial ideas just now. It is foolish of  
you to sacrifice life's happiness because you are not face a  
doctor. If you like to send a stamped addressed envelope  
we will send you the name of a doctor who does nothing  
else than see such cases which are only too common.  
General treatment is of comparatively little importance.  
The treatment must be directed to the weak part itself.

CROSSFIELD.—The habit to which you have resorted is one  
that causes a great deal of weakness and exhaustion. We  
cannot recommend it. Most likely all your trouble is due  
to this, so it will be necessary for you to discover some other  
means of keeping a check on the tendency to multiplication.  
Give yourself a rest. We do not think internal treatment is  
much good, though you may try a little Sellers' Eucalypti  
Syrup. Local treatment is by far the best, though you will  
have to consult an expert for that, and it may be  
somewhat expensive.

NERVOUS.—You must live it down. Hypnotism will not  
help you.

CARRIAGE PAID.—Try a domette bandage next the dressing,  
and without any wadding. Let us know how you get on  
with it.

FOR INFANTS AND INVALIDS.

# Swinborne's Isinglass

Is the Best.

A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.

IT IS MOST NUTRITIOUS.

"The Family Doctor: The contents are varied and useful, with an entire absence of Quackery."—Observer.



**RED ROSE.**—We are afraid you have asked us a question which is very difficult to answer satisfactorily. The only suggestion we can make is that massage may be of service. It is that we cannot guarantee, leave well alone and be content.

**W. MILLARD.**—Bathe with Tidman's sea salt and cold water twice a day. Dry carefully, and apply a flannel bandage two inches wide, in a spiral with inter-spaces of an inch between the rounds. Keep your bowels acting with a teaspoonful of Epsom salts in water each morning before rising.

**HARD-WORKED.**—Take a cold bath every morning, and get as much active out-door exercise as you can obtain. Be careful to keep the bowels regularly open, and the best way to do this is to take a teaspoonful of compound liquorice powder every night at bed time, and followed the next morning by a dose of Dunn's fruit saline. Avoid eggs, potatoes, rice, puddings, or pastry, and bread to any large extent. Eat lean meat, boiled fish or fowl, and green vegetables. Take the following medicine: sulphate of magnesia three drachms, carbonate of magnesia three drachms, spirit of chloroform one drachm, peppermint water to six ounces. One tablespoonful to be taken in an equal quantity of water twice a day between meals.

**WATERLOO.**—You had better go to St. Peter's Hospital, Henrietta-street, Covent Garden, and try and see one of the surgeons there. It would be useless for us to attempt to treat your case without a personal examination.

**A. F. F. MAY.**—Take a teaspoonful of liquorice powder every night at bedtime, and the following mixture three times a day: Dilute nuxvomica ten minims, tincture of ammonia ten minims, tincture of nuxvomica five minims, water to half an ounce. Take as much open air exercise as possible, and eat your food slowly.

**JAS. KIRKMAN.**—We are very glad to hear that after five years' suffering our prescription has been of so much service to you. Your plan now will be to take one of the pills ordered, once a day, with intervals of a week every month, for at least a year. We do not think you will then have much reason to fear recurrence of any of the troubles mentioned. Do not marry until twelve months have elapsed after the disappearance of the last evidence of the disease.

**SPECTACLES.**—Indigestion, with consequent constipation, will account for your troubles. You must eat your food very slowly, drink when the meal is finished, take as much open air exercise as possible. The following medicine will be of service to you taken a few minutes before each meal: Dilute muriatic acid twelve minims, sulphate of magnesia forty grains, muriate of ammonia ten grains, tincture of gentian half a drachm, water to half an ounce.

**M. C. HANKIN.**—You have described many of the symptoms incidental to "change of life," as well as some dependent upon chronic indigestion. You want rest from both physical and mental work for a time, and would find yourself better were you able to stay, for two or three hours every afternoon, in bed. In addition, keep your bowels acting regularly with some simple aperient such as liquorice powder, and take the following medicine night and morning: Bromide of potassium twenty grains, carbonate of ammonia three grains, glycerine twenty minims, tincture of bark half a drachm, water to half an ounce. Take a fair quantity of fresh fish, and eat your food very slowly.

**II. NIELSON.**—Give up the former mixture now, and take the following: Tincture of perchloride of iron twenty drops, sulphate of magnesia forty grains, glycerine one drachm, water to half an ounce. To be taken after each meal in a wineglassful of water. You must be an abstainer from stimulants and coffee until the trouble has quite disappeared.

**TYDIL.**—You were silly to take the pills named. They are all equally useless, and most of them are harmful. Instead of your pint of beer at night, take a basinful of broth or beef tea, as hot as you can drink it; in the morning, on rising, a tumblerful of cold water, and with your breakfast eat a couple of baked apples. Bathe the affected parts twice a day with cold tea, and be careful to avoid coffee, sugar, and tobacco.

**BLUEBOTTLE.**—What is the condition now? If it is merely a painless, hard, small lump, you had better leave it alone. If it is at all inflamed and tending to suppuration, you had better see a medical man and have it opened. We are unable to give better advice without knowing the exact conditions.

**PETER GRANGE.**—The only thing to be done for this is to have the eustachian tube inflated by blowing air into it. You can sometimes do this yourself by closing the mouth and nostrils and blowing into the ears. Medicine is of no service here.

**OLEUM RICINI.**—We do not know of any permanent depilatory other than the removal of the hairs by electrolysis. That does not affect the most tender skin.

**M. F. E. W.**—The best thing she can do is to try some of the following: Antipyrin, ten grains every two hours for two doses; citrate of caffeine, a teaspoonful every hour for three doses; or some granulated effervescent bromide of potassium, half a drachm every two hours for three doses. But the cause of the malady should be inquired into, and you have given us no clue as to this. It may be caused by a great many constitutional conditions.

**EMELINE.**—1. Yes, at a sixth part, or two tablespoonsful, is the correct dose. 2. Take a little fruit saline in the morning before breakfast—say Dunn's or Eno's Fruit Salts. 3. Use the short bone nozzle; one end is placed in water and the bladder is squeezed and relaxed successively, thus transmitting and injecting the water. 4. No. 5. Yes, certainly.

**SKIN.**—No, this disease should not prevent your marrying. It is not a contagious disease, and you have no children, though, should you have any. You ought, therefore, to take measures to remove it as much as possible before marrying. Surely you can get a prescription from the doctor who formerly attended you, and can therefore treat yourself.

**DAISY.**—We think you had better see a dentist, as evidently your teeth are greatly at fault.

**CADDER IDRIS.**—No, there is no harm in taking a cold bath before going to bed if you cannot get a bath at any other time. 2. Once a week, that is four times a month.

**DEVONPORT.**—Avoid drinking any beer or wines, though a little weak whisky and water will not be harmful. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts, such as Dunn's fruit saline, for instance. Eat light, digestible food like fish or fowl, boiled, but not too much meat. Try the following medicine: Salicylate of sodium two drachms, bromide of potassium one drachm, chloroform water to six ounces. One-sixth part three times a day between meals.

**ELLIOTTITE.**—If you find no debilitating results from this, then you need have no anxiety about the matter. Once a week or ten days is not too frequent. Be careful to keep the bowels freely open, and refrain from drinking much stimulant at night.

**W. H. H.**—The only cure for the varicocele is to have it removed or tied. Suspensory bandages and other such measures are merely palliative. With regard to the other matter, that has no connection with the varicocele, but depends upon yourself. It is not necessary for you to pass water so frequently, therefore the best thing you can do is to check the desire. No harm can accrue by your exercising your will in this way, whereas, if you give way to the habit, the bladder and the bladder will take place it will become contracted, the walls thickened, and you will become really ill. Unless you are drinking a great deal you should go at least five or six hours, even in the cold weather, without micturating.

**STARLIGHT.**—You should avoid all fat things and articles containing sugar in any quantity, such as puddings, pastry, &c. Hot drinks, also, are not good for you. We should advise you to apply a little of the following application: Zinc oxide one drachm, mucilage one drachm, glycerine of tannin one drachm, rose water to an ounce. Paint over the nose at night, and allow it to dry on. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia three drachms, spirit of chloroform one drachm, peppermint water to six ounces. One tablespoonful twice daily between meals.

**ETD.**—1. Inhalation of steam from boiling water, containing a few drops of Friar's balsam several times a day. 2. Spirits of ammonia two drops, ipecacuanha wine ten drops, oxmel of squills five drops, compound tincture of camphor five drops, water to two teaspoonful, would be a dose for the elder child, half the quantity for the younger. 3. Scott's emulsion of cod liver oil and hypophosphites in very small doses, half a teaspoonful. Not for the very young child.

**AN ANXIOUS ENQUIRER, H. T.**—Take a cold bath every morning, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. When you go to bed at night be careful to refrain from sleeping on your back, as that is the chief cause of your ailment. Take a teaspoonful of Parrish's Food three times a day immediately after meals.

**DEJECTED.**—We do not see that this mental condition is connected in any way with your past habits, but should think it has more to do with your present environment and general way of life. You must pull yourself together and endeavour to become more energetic. As the years increase, our boyish enthusiasm diminishes. We do not think you require any medicine.

**A. M. G.—1.** We know nothing of the preparation, and prefer not to express an opinion on its qualities as a tonic or otherwise. 2. It suits many people to take a tumblerful in the early morning, but we are not aware that it has any special virtue in the way of curing indigestion. 3. Yes, certainly. 4. A little whiskey with much water, taken after meals, is very useful, and certainly preferable where indigestion is due to any of the other stimulants mentioned.

**ANXIOUS.**—Take no supper. Drink nothing after 7 p.m., do not sleep on your back, get out of bed to pass water on first waking in the morning, and do not take a final "nap" before rising. Keep the bowels acting with a daily dose of Epsom salts (one teaspoonful in water), and each night at bedtime take a scruple of bromide of potassium dissolved in an ounce of water.

**SECONDUS.**—We do not think you need be under any apprehension. The fluid that escapes at stool is probably due to constipation. Take compound liquorice powder every night at bedtime, followed the next morning by a mild dose of Dunn's fruit saline. Your meals must be very light, consisting of fish, fowl, lean meat; and beware of an excess of farinae, and of anything which tends to cause constipation. Take a teaspoonful of Sella's Easton's syrup three times a day immediately after meals.

**REPENTANCE.**—We have never known the treatment affect the desire without affecting the physical condition of the organs, and this occurs very rarely indeed, only when the treatment has been unnecessarily prolonged. You do not say whether you are under treatment now, nor what you are taking. If the hair is coming out, you are either not cured or being over-treated. We do not know enough of the conditions to give you a definite answer.

**MOLE 23.**—There is only one satisfactory way of removing these moles, and that is by electrolysis. If you irritate them by repeated cauterization and other methods, you will excite some irritation, and perhaps even cancerous growth.

**O. G. G.**—These can both be removed by electrolysis permanently. See rep' to "Mole 23."

**SANTA CLAUS.**—What you require is iron, and on this you ought to live almost. The best preparation in which to take it is as Bland's pill, and the best way to take it is in the form of bi-platinoids, to be obtained from Oppenheimer and Co., 14, Worship Street, E.C.

**G. M. B.—1.** No. 2. No. 3. It would be cheaper if you could, but you could not, and could not be taught to. 4. A guinea a time most likely, or a number of sittings for less.

**E. H. FOSTER.**—We cannot possibly say what is the cause of your trouble without a personal examination. The best thing you can do is to keep under the treatment of the medical man you have consulted.

**J. C.**—This is a very common ailment with all people who live in large towns, where the air is saturated with particles of carbon, which become respired. You do not say whether you smoke or not. If you do, you had better give it up. You need not be afraid on account of the colour of this matter; that is of no importance. You have got a slight cold probably; do not sleep with your mouth open.

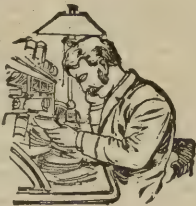
**E. BRIGGS.**—We are afraid we cannot suggest anything for this, except scrupulous cleanliness and more frequent changing of linen.

**FRED.**—You should take a cold or tepid bath every morning, and get plenty of active out-door exercise when you can. Avoid eating too much meat, but take fish, fowl, and green vegetables, and avoid puddings, pastry, much bread, and potatoes, sugar, or fat things, like stews, &c. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of peppermint one drachm, chloroform water to six ounces. One sixth part three times a day between meals.

**TOM.**—You must take a cold or tepid bath every morning. Be out in the open air more, and indulge in athletic exercises and gymnastic sports. Be careful to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed-time, and followed the next morning by a mild dose of aperient fruit salts. You have omitted to state when you take your last meal, also what you are in the habit of eating at that time. Try a dose of the following: Bromide of potassium one and a half drachms, infusion of gentian to six ounces. One-sixth part twice a day, one dose at six p.m., and the other just before going to bed.

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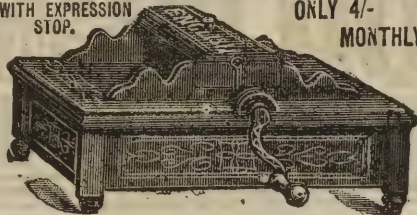
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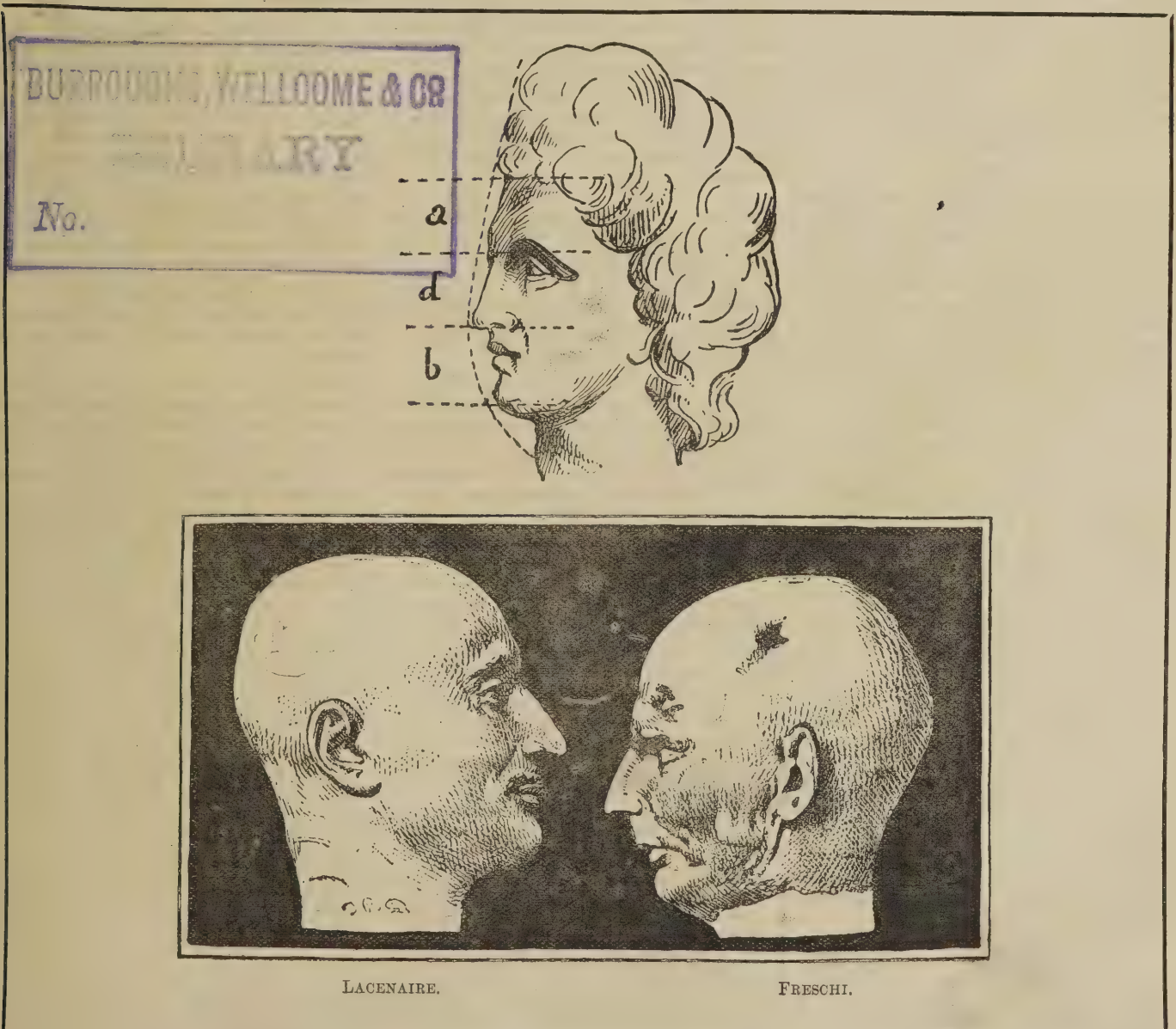
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## CONTENTS.

PAGE.	PAGE.
Physiological Dis- cussions (Illustrated) .. 209	Working After Eat- ing .. 216
Editorials .. 210	The Tongue in Health and Disease .. 216
Physiological Dis- cussions .. 211	The Man of the Future 216
Metropolitan Mor- taries and Coroners' .. 211	The Poison from Lungs and Skin .. 217
Inquests .. 211	"Come and Stay to Tea" .. 217
A New Vehicle .. 212	Grace Before Meat .. 217
The Fear of Death .. 212	Oriental Cremation .. 218
Take Care of the Eyes 213	Specialities .. 218
Odd Funeral Customs 213	Gleanings from Fam- ous Authors .. 218
Thought .. 213	Household Drinks .. 219
Lung Trouble .. 213	Recent Patents .. 219
Recipes for the Table 214	Our Open Column .. 219
Household Hints .. 214	Notes & Queries .. 220
Cold .. 214	Answers to Corre- spondents .. 220
The Mother's Page .. 215	
Faults of the Vaccina- tion Laws .. 216	

## EDITORIALS.

**A GOOD EXAMPLE.**—"How old do you think I am?" questioned a handsome, well-preserved woman of another, apparently like herself, in middle life. "O, I don't know," was the answer, "perhaps you are forty-five." "I'm seventy-five," was the reply, "and the reason you did not suspect that fact is because I learned many years ago to keep old age out of my thoughts. I haven't been sick in many years either. I don't believe anybody need to be sick. I was ashamed the other day when a little burn on my finger blistered. I believe that we ought to know and that we shall know sometime how to control all these bodily conditions, and keep them in perfect harmony. We are taking our primary lessons now, and one of them is that if we do not want to grow old and put on the unsightliness of age, we must shut the door of our consciousness upon all such thoughts. Somebody has wisely said that the gift of God is immortal youth, but old age is voluntary choice."

**THE CHAMPION WRESTLER.**—"While they dwarf their trees and shrubbery," says a writer, "the Japanese have made a race of giant men—a race of wrestlers. These wrestlers often weigh 200, 300, and 400 pounds. At the Imperial Hotel, in Tokio, they brought a champion wrestler to my room. He was ponderous in size and as fat and fair as a baby. He was a Hercules in strength, but looked like an overgrown cherub of Correggio. "What do you eat?" I asked. "Rice—nothing but rice." "Why not eat meat?" "Meat is weakening. Beef is 70 per cent. water. Rice is 80 per cent. food. I ate beefsteak once and my strength left me. The other man ate rice and threw me down." "My courier said:—'This wrestler is the Sandow of Japan. No one can throw him down.'"

**LOVE.**—We sometimes meet with men who seem to think that any indulgence in an affectionate feeling is weakness. They will return from a journey and greet their families with a distant dignity, and move among their children

with the cold and lofty splendour of an iceberg surrounded by its broken fragments. A father had better extinguish his boy's eyes than take away his heart. Indulge in the warm gushing emotions of filial, parental, and fraternal love. Think it not a weakness. God is love. Love God, love everybody and everything that is lovely. Teach your children to love—to love the rose, the robin; to love their parents; to love their God. Let it be the studied object of their domestic culture to give them warm hearts and ardent affections. Bind your whole family together by these strong cords. You cannot make them too strong. Religion is love—love to God, love to man.

EACH adult inhales a gallon of air a minute, and consumes thirty ounces of oxygen a day.

**PROTECT THE FEET.**—Mundé says that to the imprudent act of getting out of bed without protecting the feet—one so commonly committed by women without thought of consequences—may be traced many an attack of cellulitis, brought on by the sudden though momentary exposure of the feet to cold. It has caused more diseases to women previously healthy than could result from any other single act of imprudence.

**FALLACIES AND TRADITIONS.**—These are hard to live down. It is a popular idea that it is better for children to have the so-called children's diseases, and be over with them; it is also claimed that when adults have diseases which usually occur during childhood the attacks are much more severe than if these had come to them as children. These statements have always been accepted as facts, and passed down from parent to child; but they are not borne out by modern ideas of preventive medicine. In all cases try to avoid disease of every form; keep children from all children's diseases. These ailments not only go hard with many, but the after-effects in some cases never disappear.

**TO REMOVE FOREIGN BODIES FROM THE THROAT.**—Dr. Beveridge says that for the removal of foreign bodies in the throat, such as pieces of meat, &c., a simple mode of relief is to blow forcibly into the ear. This excites powerful reflex action, during which the foreign body is expelled from the trachea. The plan is not a new one, but it is easy of execution and should be remembered.

**AVERAGE HEIGHT OF MEN.**—According to Topinard the average height of Laplanders is 60.7 inches; of Bushmen, 62; of Chinese, 64; of Frenchmen, 65; of Russians, 65.4; of Germans, 66.2; of Danes, 66.2; of Irishmen, 67; of Englishmen, Scotchmen, and Swedes, 67.4; of American Indians, 68.2; of Patagonians, 70.3.

**THE CONTAGION OF HEALTH.**—We speak of the contagion of certain diseases, but why not also speak of the contagion of health, for it is really contagious. Wherever a healthy man, woman, or child goes they carry along with them a health-giving influence that does those who are not healthy a world of good. Many a sick person has been saved by the contagion of a healthy mind, and many have lost their lives for want of a healthy friend to lift them over some dangerous crisis in their disease. For this reason nurses and physicians should be healthy persons. They can do as much (often more) for their patients by their own good health, hope, and courage, as by the medicines.

**DR. NEBO** says that an excessive palpitation of the heart can always be arrested by bending double with the head downward and the hands pendent so as to produce a temporary congestion of the upper part of the body. In almost all cases of nervous or anæmic palpitation, the heart immediately resumes its natural function. If the respiratory movements be suspended during this action the effect is only the more rapid.

The hand with spatulated and knotty fingers belongs to the practical and mechanical scientist. Vauban, Arago, Herschel, and Stephenson had such hands.

**A QUEER TEST OF STRENGTH.**—The recent French experiment upon fifty persons of both sexes, in which a machine for compression as a test of strength was used, demonstrated that the strongest man was able to produce with his right hand a pressure equivalent to eighty-five kilograms, the weakest forty, the average being fifty-six. One curious conclusion arrived at as a result of the experiment was this: The short men were all very nearly as strong as the tall ones, the average difference between groups of the two sizes being only three kilograms. The force of the strongest woman of the fifty amounted to only forty-four kilograms and that of the weakest to only sixteen kilograms, while the average was only thirty-three kilograms.

**A FRENCH physician**, having tested his theory, advocates sleeping with the head lower than the feet. He slept this way for four years, and finds that his neck is nearly two inches larger owing to the swelling of the thyroid gland. He says in this way the brain receives a more plentiful blood supply, and is consequently better nourished, while there is no danger of so much blood passing to the cerebral structure as to cause congestion. The danger is obviated by the enlargement of the thyroid gland, which holds back a certain portion of the blood in its dilated vessels, and which also acts as a regulator of the cerebral circulation by exerting pressure upon the carotids and thus diminishing their calibre.

No smoker realises how much nicotine he has taken into his mouth in the consumption of a cigar until he has tried this experiment: Fill the mouth with smoke, when the cigar is burning freely, and breathe it out slowly through a handkerchief, compressing the lips until only a small aperture remains, as in whistling. After the smoke has been exhaled a distinct brown stain will besee on the linen, and it emits a strong odour, like that of an old pipe. This is nicotine, the poisonous principle of tobacco, and more or less of it is absorbed through the mucous membrane every time that a cigar, cigarette, or pipe is smoked or tobacco is chewed. How far it is injurious and how far it is beneficial depends entirely on the individual, for that tobacco can be beneficial as well as harmful nearly all doctors are now agreed.

**THE SENSE OF SMELL.**—In short, smell is rather the complement of other excitations than an artistic excitation like a melody or a picture. Its functions is, nevertheless, very important. By virtue of its volatility it is a valuable prophylactic; by the great intensity of its effects it can bring about salutary modifications of physiological functions, particularly of the amplitude of respiration; and it possesses in the highest degree the luxurious character of every artistic enjoyment. Flavour has an essential part in nutrition; so has touch. Hearing and sight are indispensable to relations with other persons; but smell, necessary to the animal for finding its prey and avoiding danger, has become, under normal conditions, an almost useless sense to man, since the refinements of civilisation tend to prevent the production of miasms, and the pestilential odour from which he has to protect himself. It is, therefore, becoming more and more a sense of luxury for civilised man; and that, perhaps, is the reason why poets, from the author of the Song of Songs down, have associated all kinds of beauty and joy with perfumes.

**SENTENCED TO DEATH.** These are the most terribly significant three words we have in the English language. Thousands of wretched creatures, whose lives have become forfeited to the outraged laws of their country, have heard them pronounced with feelings of sickening terror. The man who has neglected the most simple laws of health feels that all is indeed lost, when the dread sentence is pronounced by the doctor, who has used all his medical skill upon him in vain. In the latter case, however, the door of hope has been opened, through the medium of Holloway's Pills and Ointment. They have effected a cure at the last moment, as thousands of testimonials, being constantly received, will prove.



[SPECIAL ARTICLE.]

## PHYSIOLOGICAL DISCLOSURES

## THE NOSE.

(See Frontispiece.)

## LONG NOSES AND SHORT ONES.

IN order that there may be harmony between the features, it is necessary that the space A, measured from the top of the forehead to the eyebrows, and B, taken from the base of the nose to the point of the chin, should be equal to one another, and equal also to the space between the eyebrows and the base of the nose. Equilibrium depends upon the perfect equality of these three sections measured with a flexible rule along the line of the profile. Genius or stupidity equally show disproportion between these relative measurements. For every tendency to a symmetry in the organism is a certain index of abnormal development; and everything which naturally keeps its proper proportion exhibits the calm monotony of uniformity and repose.

If the nose exceed this proportion, it is long; if it does not reach this proportion, it is short. From the physiognomical point of view, length dependent upon the curvature of lines alone gives the index of self-control which the individual possesses.

The nose, which is the index of all the features ("synthesis of the faces"), and the thumb, opposed to the four fingers ("synthesis of the hand"), represent the moral sense which controls our desires, the barrier which opposes the attractions of the external senses. Will, judgment, and decision are placed in opposition to instinct, the empire of self, the highest moral principle, which contributes so powerfully to the individuality and the perfectibility of Being.

According as the nose and thumbs are long or short, the individual displays more or less his emotions and ideas; his body and mind act with more or less force, and more or less manifesting his free will, exhibits a more or less sharply-defined individuality. Long nose and thumbs, controllers of desire, excite, moderate, direct, repress; they govern, in themselves and outside of themselves, by means of Reason which corrects the Emotions, and with the authority of that sense of Duty from which its rights are borrowed. Short nose and fingers, insufficiently armed, yield to the surrounding impulses which assail them on all sides, and are pushed about at the will and pleasure of contending forces, as a dismantled vessel is the sport of the waves, without rudder and without compass; they follow every inspiration of the sentiment which impresses them.

Long noses and big thumbs are related then to power; they are ambitious, concentrated, tenacious, and persevering; patience and resignation are their predominating virtues; they love perfection, and their native energy bears to difficult tasks and prolonged labour; endowed with the spirit of observation, which collects facts, with judgment which controls and co-ordinates them, and with a genius of creative power which takes them in hand, they are eminently investigators, leaders, organisers, educationalists, and inventors. All the men who have been illustrious in science or philosophy—Plato, Descartes, Bacon, Galileo, Locke, Kant, Humboldt, Cuvier, Arago, Voltaire, Montaigne, had long noses. Observe the profile of those men who by their persevering tenacity, or their inexhaustible activity, have turned the world upside down, those indefatigable warriors, those dogmatic reformers—John Huss, Savonarola, Ignatius Loyola, Calvin, Washington; those royal leaders—Charles the Fifth, Charlemagne, Nero, Louis XIV., Catherine II of Russia, Napoleon; those great politicians—Richelieu, Mazarin, John de Witt, Garibaldi; those artists—Michel Angelo, Rubens, Leonardo de Vinci, Carova, Dante, Shakespeare; not one

of these faces bears a short nose. All those who by their character, their energy, their power of assimilation signalised themselves in politics, theology, science, arts, industry, law, even in crime itself (if we look at the profiles of celebrated criminals, of which Lacenaire, Freschi, and Cartouche supply types) all possess a long nose, a remarkable characteristic of which history furnishes us with undeniable proof, in handing down to us silhouettes of remarkable men.

Music, the faithful interpreter of the soul, whose universal language unites all peoples, demonstrates a more precious example.

Thanks to their labours,—Bach the creator of the sonata, Handel the creator of oratorio, Beethoven the great symphony writer, Meyerbeer who promoted the fusion of the Italian and German Schools, Haydn, Rameau, Liszt, Mozart, Mehul, Mendelssohn, Weber, Berlioz, Benoit, and Wagner. We may assert with confidence that long noses represent that side of the musical art which is called *harmony*.

Long noses and big thumbs with their serious and meditative character are, in fact, more inclined to the clever methodical combinations which make the difference between harmony and melody. Their passionate effusions are impressed with very great dramatic power, permitting them to reach the sublime and magnificent. If they for a moment relax into the sweet or pleasing, they always preserve in the simplicity which characterises their works, something grand and majestic.

Their silent reserve and apparent coldness are taken everywhere in bad part; if they keep too much to themselves, it is said of such a one, "Look at him, he is making a long nose!" There are certain people who are skilful in composing their manners, and who, under the appearance of a kind of self-control, shut up in their breasts secret passions which no longer exhibit energy. This is a false self-control which can only be from vanity or lying. Charlatans excel in this art, the better to deceive and to satisfy their inclinations; but it is always the length of nose and thumb which supplies the mental energy necessary to the art of dissimulation.

Long noses and big thumbs are otherwise very far from being perfect. The cold-bloodedness which protects them against emotional waves, the disdainful pride, the impassibility which neutralises, the obstinacy which resists, may easily lead to indifference and want of sympathy. Excessive austerity, by closing the doors of the heart to compassion, renders the man hard, imperious, dries up the juices, and shows as an unsociable, dreary, virtuous image.

Long noses have this much good that they unite to the industry and prudence of the bearer, the perspicacity and scent of the hound. That is why one says of a speculator who attains his ends after clever planning, "He has a long nose."

The carnivore has a long nose and cruel teeth, and, like all animals with a long chine, the marten, wolf, weasel, fox, and greyhound, he loves bleeding flesh. Being nearly all muscle and sinew, he remains thin rarely attaining to obesity.

On the contrary, a short nose or thumb, is more or less deprived of "scent," and the saying "To want a nose," is indicative of this condition. Sensitive in the extreme and impressionable, he is guided by sentiment; noisy, distracted, familiar, jovial, sometimes vulgar, without concentration or perseverance, he has much trouble in carrying out a successful enterprise. If he sometimes exhibits a superiority over the long nose and big thumbs, it is where intuition governs reason and where the success of a work depends upon momentary impulse. Little nose and small thumb are, they say, hostile to virtue in women. It is so. But these easy capitulations due to a sentiment which imagination enhances, are soon followed by chill indifference, and a forgetfulness of the fleeting rapture. It is defeat, not victory; caprice, not love.

To say that among great historical notorieties no short noses exist would be untrue, but they are rare and difficult to find. The faithless Cleopatra, the beautiful Madame de Pompadour, Roquelaure the jovial artist, the mystic Robespierre, the humorous Rabelais had short noses. The master composers who have so charmed us

by their broad sentiment, elegance, tender and melancholy originality, the true representatives of *melody*, Auber, Schubert, Halévy, Bazin, Donizette, David, and Massé, have all relatively short noses, compared with their colleagues the masters in *harmony*.

The short nose is herbivorous, it prefers farinacea, vegetables, and fruit to meat, and has a weakness for sweets such as sugared dishes, confectionery, and creams.

In conclusion, excess is an evil. The thumb and nose should be neither too short nor too long, and before leaving this interesting study, let us add to the singular analogies that we have established between the nose and thumb—that it is by the *nose* that woman leads us, and by the thumb that the police checkmate and conduct us.

## METROPOLITAN MORTUARIES AND CORONERS' INQUESTS.

AT an inquest held on the 1st ult. by Mr. Wyatt on the body of an elderly woman who died suddenly from heart disease, Mr. Stephen Tees, who made the post-mortem examination at the Ewer-street mortuary, complained bitterly of the inconvenience to which he had been put. There was no attendant at the mortuary, consequently he had to pay someone to assist him to remove the body. The mortuary was a most cold and wretched place, there was not a drop of hot water or soap to wash with, and he had to clean up the place himself. The coroner confirmed Mr. Tees' remarks, and told the jury that they might aid in calling the attention of the parish authorities to the state of the mortuary with the hope of ensuring a better state of things. It is only fair to add that Dr. Herron, the medical officer of health for the district in which the mortuary is situated, gave contradictions to all the statements made by Mr. Tees. The attendant had stated that he was present and ready to render any help that might be required. After some discussion the St. Saviour's Board of Works referred the matter to the Sanitary Committee, with power to instruct a solicitor. The matter is, after all, a question of facts, and there ought to be no difficulty in ascertaining the truth. At another inquest, held before Mr. Hodgkinson on the body of a child who had died from diphtheria, Mr. Mark R. Rich, the surgeon who had made the post-mortem examination of the body, deposed that owing to the want of ventilation in the mortuary the jury would incur a risk of infection of the same disease; the coroner, therefore, decided to dispense with the usual formality of having the body viewed. It appeared that the child had been treated by a herbalist, and Mr. Rich expressed his opinion that if the child had been properly treated at first it would have been alive then. He also complained that he had no assistance at the mortuary, that he had to take the body out of the coffin himself, and that there was no hot water, or anything to wipe his hands on. Mr. Logan, the vestry clerk, who was present, denied that the mortuary was not properly ventilated; but Mr. Rich repeated that not only was the ventilation bad, but that the place was reeking with moisture. In answer to Mr. Logan's remark that he was paid to make a post-mortem examination, Mr. Rich said that he was not paid to drag bodies about. He had to wipe his fingers on a piece of old clothing, and the place was a disgrace. It is clear that the mortuaries require "ventilating" in more senses than one; the real truth is known only to very few. Medical practitioners are proverbially long-suffering, and the public do not wish to know anything about so gruesome a subject as a mortuary. In the interests of decency and humanity, we must express our hope that coroners' juries will take advantage of their opportunities to ventilate this grievance and to rouse the authorities who are responsible for the care of the mortuaries from the state of apathy into which they appear to have fallen. —*Lancet*.

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## A NEW VEHICLE.

By THE DOCTOR'S WIFE.

"TELL me again," I said, seating myself in the doctor's chair, "what goes to make up a prescription, the parts; I think you said there were four parts, didn't you?"

The doctor pushed in a drawer, brushed an atom of powder from his desk, and looked up with a quizzical smile. "Do you want to give your patients something scientific?" he asked.

"Not exactly," I replied, with some stiffness. He likes to laugh at what he calls my "home practice"; and I confess it annoys me. But I was after information and pocketed the slur. Go on, please. I really want to know."

"Well, there are the Basis, the principal ingredient; the Adjuvans, to promote the action of the Basis; the Corrigenes, to correct any unpleasant effect; and the Constituents, to give the other substances consistence or form."

My face which had, I fancy, worn a puzzled expression during the enumeration of the first three parts, cleared at mention of the fourth. "Thank you, that last is what I am after," I said. "But I am quite sure that you called it the 'vehicle' to me once. I like that better. I shall call it the 'vehicle.'"

"What are you driving at?" inquired the doctor.

"Never mind," I returned mysteriously. "I have a new 'vehicle,' that is all."

I went back to the kitchen where the mutton tallow, which I had been clarifying with pieces of raw potato, had cooled and hardened during my absence. Placing it once more on the stove with a quantity of clear, cold water, I waited for it to "come to a boil." Then I removed it, and as soon as it was sufficiently firm enough to skim off the surface of the water, I put it into a bowl and beat it as I would beat the whites of eggs for frosting.

"It looks good enough to eat," said Mary watching me. And it did. Into part of it I poured eucalyptus, the tincture, drop by drop, until I had at least a drachm to half a pint of the ointment. Into the remainder I beat tincture of benzoin in about same proportion.

Some jars, carefully cleaned, were filled with the mixture. Where the corks were missing I used covers cut from cardboard, with a loop of ribbon put through for a handle.

By this time the doctor, led by curiosity, had followed me to the kitchen, and I proposed to give him a jar. For response, he threw back his head and laughed in the most irritating manner.

"You'll see," I said, in some chagrin, "how great the demand for them will be." But he only laughed again and went out making calls.

Before noon Mrs. Lane's little girl came running in, saying her mother had scalded her hand and the doctor must "come quick." Seizing a jar prepared with eucalyptus, I went to the rescue, and as if I knew just what to do, covered the burnt hand thickly with the ointment. In a few minutes the patient was relieved—and so was I, at the complete success of my experiment.

When the doctor came home to dinner, I told him about it, and offered to part with a jar for a shilling, but he did not embrace the opportunity to buy. In the middle of the afternoon my young sister returned from a skate on the river, her face, which had been like a white rose, turned nearly the hue of a Jack.

She implored my assistance, lamenting that the concoctions of Madam This and Lady That were out of reach.

"I have something just as good," I told her, and produced another jar of the "vehicle," prepared with benzoin.

"It smells nice," she said, lifting the lid by its loop of ribbon.

"It is nice," I said boldly. "Don't be afraid of it; it won't hurt you."

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"Oh, doesn't that feel lovely!" murmured the girl, laying on the ointment, daintily. "I'm so much obliged."

At the supper table she appeared as fair as ever, and declared that I was her best friend. She was going to a reception that evening.

When the doctor and I were alone, he said carelessly:—"By the way, I dropped into Mrs. Lane's and found her doing very well. She said you brought in something—she supposed you took it from my office—and it helped her. What was it, that stuff?"

"That stuff!" I repeated indignantly. "It is better than anything you have."

"Well, if you want to put a jar of it on the shelf with my cerates, you can," said the doctor, tolerantly.

"You are very kind," I returned with majesty. "But those jars have gone up in price, like Sibyl's books, since they became fewer in number. They're two shillings now."

Then we both laughed and I gave him my largest jar. But I do not think he appreciated the magnitude of my deserving until one night when I cured a sore throat for him by rubbing it with some of the "vehicle" prepared with eucalyptus.

## THE FEAR OF DEATH.

SOME time back a correspondence appeared in one of the journals concerning the question whether or not sick people feared death: a question which was answered differently by various correspondents, writes Surgeon-General Sir William Moore in the *Sanitary Record*. As every instant shadows are hastening to another world under the grim convoy of Charon, it appears, *a priori*, passing strange that such a question should be answered differently, especially by medical men, who, above all others, it would seem, should be able to affirm decidedly whether or not there is fear of the "necessary end." But the fact is, the answer to the question is not quite so ready as it seems. A great deal depends upon what kind of death a person may be called upon to meet; and even more depends upon the various mechanisms of death. A very little experience teaches that all do not die in a similar manner. In some, life suddenly ceases.

"Death, invisible, comes winged with fire; They hear a dreadful noise and straight expire."

In others, life ceases slowly and tediously, causing sick persons to ask, almost in the words of Plato, "Who shall deliver me from the body of this death?" Seneca inquired "How many kinds of death hurry off and destroy mankind?" And another old writer answered by saying, "Death hath a thousand doors to let out life." But they were not physiologists in those days. We now know that life cannot be maintained without the circulation of blood which has been cleansed and oxygenated in the lungs. When death occurs, it does so either because no arterial blood circulates in the arteries, or because venous blood circulates through them. But this may be brought about by a variety of agencies. Bichat long since divided death into that form beginning at the brain, that form beginning at the heart, and that form beginning at the lungs. Since then, refinements have been made. Authors have written about "somatic death," "molecular death," &c. But, practically, Bichat's division holds good with some slight modification, and we now usually classify death under the headings—paralysis of the vital nerve-centres; failure of respiration; and failure of circulation. Death beginning at the brain, or from paralysis of the vital nerve-centres, or coma, occurs when certain morbid conditions or injuries of the brain or nerve-centres produces stupor and insensibility. This may be so serious as to operate as a shock, killing at once. More frequently there is insensibility, terminating fatally without any recovery of the faculties.

Now, fear implies the possession of the mental faculties, for fear is an emotion.

TO TOBACCONISTS (commencing).—*Illust. Guide*, 259 pages, "Post Free." How to Commence. £20 to £100. Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager, H.V. Myers. Est. 1868. Smoke "Pick-Me-Up Cigarettes."—Adv.

Therefore, when death takes place by coma or insensibility, from the first to the last there cannot be fear. When death occurs from failure of the circulation, which often commences at the heart, it may be immediate from syncope or fainting. This may be caused by sudden or profuse bleeding—a death common enough on the battle-field, although often prevented by the "non-combatant" surgeon, who stays the bleeding, even under the fire of the enemy. Here, again, the possibility of fear depends upon the extent of the loss of blood, for consciousness (which is necessary for fear to be felt) will not be retained if the bleeding is profuse. It is, however, different when death occurs from gradual failure of the circulation. This, now termed death by asthenia, is the usual mode of death after wasting and exhausting diseases, or after exposure to intense cold, starvation, or consequent on old age; the vital powers fade gradually, and consciousness may be retained till the last moments; therefore both pain and fear may be felt. Death from failure of respiration, or death beginning at the lungs, or asphyxia, may occur from many causes which obstruct the breathing. They may be internal—as occlusion of the air passages from disease—or they may be external, as suffocation, smothering, hanging, drowning; foreign bodies passing into the gullet or windpipe—"going the wrong way," as it is commonly termed. Death may be sudden from asphyxia, or it may be a gradual process. What physician has not heard his patient complain of want of breath, or even solicit, "Canst thou not cleanse the stuff'd bosom of that perilous stuff which bears upon the heart?" When death by asphyxia is gradual, the mental faculties may be long retained, and emotions of any kind may be experienced. It must not, however, be supposed that there is always a sharp line of demarcation between these different mechanisms of death. Although typical instances of either form constantly present, they are often mixed. For one form of death may result from death commencing in another form. It must ever be recollected that there is an interdependence of all vital functions. But the classification as above is both practical and convenient, and the phenomena are frequently so distinct and characteristic as to fully warrant the division.

Putting aside fear of actual pain, everything depends on what we can conceive and on what we can believe. If we have sufficient faith in the teachings of religion, whether Christian, Mahometan, Buddhism, or Hindu, and if we have sufficient vanity to believe ourselves better than our neighbours, with or without cause, there will be no fear of death. If we have arrived at that stage which implies, not only doubt, but the certainty of there being no afterwards, fear, except of pain, will not exist. But if, on the other hand, there is the conviction of a place of endless torment, the memory of an ill-spent life, the recollection that the evil men do lives after them, leading to faint hope of pardon, then fear asserts its sway, even in the minds of professed religionists—provided death is not sudden enough to at once abolish the mental faculties. It is then that the fear of going to a place not often mentioned except from the pulpit in the hearing of decent people becomes identified with new monsters, and the last hours of existence are horror.

In those who have not that exceedingly difficult thing to capture, faith, who feel more doubt about hell than heaven, but who are by no means certain of either, the principal characteristics of the situation are uncertainty and doubt. Such persons have neither the faith of the Christian, nor the fanaticism of the Mahometan, nor the ignorance of the savage. Such persons, if they retain their faculties, are certain to fear death. They cannot take the advice of Cicero, who said death should be accepted quietly by the wise. Such persons say they are not ready to die; their work is not done; they cannot die. But, as a matter of

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fact, they fear to face the problem of the future. Although they may not have the love of life—the last that lingers in the human breast—they have the fear of death, and would rather bear the ills they have than pass to those of which they are so supremely ignorant.

It therefore appears to me that fear of death depends, *first*, on the mechanism of dying, and, *secondly*, on the religious convictions held.

Decay and death are inevitable: they result from a law of Nature which we cannot explain. They are shown in all living organisms at some period of their existence. They are the necessary complement and sequence of birth. Most people, however, desire to defer the evil day, and the oftentimes attendant fear, as long as possible. That "days may be long in the land" is a frequently-uttered prayer. But how is this to be attained? The answer is, principally by living under good sanitary conditions, both as regards general surroundings and personal hygiene. It may, however, be observed that among personal hygienic precautions, avoidance of *chill* is perhaps the most important; while, as regards general sanitation, plenty of fresh air covers a multitude of sanitary defects.—*Sanitary Record*.

## TAKE CARE OF THE EYES.

"I WOULDN'T read lying down if I were you," said Dr. Brown to pretty brown-eyed Grace Vernor, who was lying on a couch absorbed in the latest magazine.

"Why not?" was the inquiry, as innocently as a baby might have asked, Why can't I put my hand on the fire? One might have thought that nothing had ever been said or written on the subject before, and for the moment the doctor was overcome with bewilderment and pity, but he answered:

"There are a number of reasons why no one ought to read lying down, and a good one to begin with is that people usually lie down in order to rest, but with a book in hand there is no opportunity for rest to eyes or brain. When we make a business of resting, and do absolutely nothing else, we find that we can read and work to better advantage afterwards than if we try to read and rest at the same time. Everybody is tempted by the countless number of attractive books and magazines to read too much. We shall be better informed, and have clearer brains when we read less and think more about what we do read. There are people who just devour newspapers, books, and periodicals, but they are by no means the best talkers or the best thinkers. For my part I believe Thoreau gives a needed warning on this matter when he says, 'Do not suffer your life to be taken by newspapers.'"

Dr. Brown paused a minute, then noticing that he had a willing listener continued:

"It is maltreatment of the most valuable and useful friends that we have, to subject the eyes to any unnecessary strain, such as reading in a dark corner of a dimly-lighted room like this. Then, moreover, the one little pillow under your head hardly raises it above the level of your body, and if you read the eyes must be continually turned or screwed upward at a most unnatural angle. If your couch were so placed that you could get a good light, if you were in a half-sitting position with plenty of pillows at your back, then there would be less objection, but any position is to be guarded against which does not give the almost favourable conditions. These are easily learned and remembered, for it is just as easy to get in the habit of doing anything the right way when one is willing to learn, as it is to do it in the wrong way, and the results are all the world of difference between happiness and misery, success and failure. Any one whose sympathy has been aroused by the attempts of men and women in middle age to do something and be something, yet are always hindered because of their defective eyesight, will regard it as a sacred possession to be jealously guarded and preserved. If you will take intelligent care of your eyes now while you are young, they will

take care of you at a time when most people are crippled and dependent.

"The first thing to remember is: To have the light fall over your left shoulder, and to place your chair so that the light does not strike the corner of the eye. Then all the light is thrown on your book or work, and not in the eyes. Don't read or sew in the twilight. Let it be against your principles to read fine print. The best things are in clear, bold type. Never face a strong light reading or working. Don't put on glasses for the reason that some specialist tells you to because you have headaches. Wait and talk the matter over with those who are competent to give you disinterested advice before submitting to that unnatural bondage. Hundreds of young men and women, even the little children—and what could be a more pitiful sight—have been condemned to wear spectacles, when there is no more need of it than there is of putting spectacles on the horses and dogs and cats. Be wise now and you will have no use for the oculist for many a year to come, and I hope never."

As Dr. Brown rose to leave the room, Grace said:—"Many thanks for the lecture, doctor. As I very specially need the use of my eyes in making my own way in the world, I shall begin to be more thoughtful about them than I have ever been before, and to tell you the truth, I really think you have spoiled all my pleasure in reading lying down."

## ODD FUNERAL CUSTOMS.

IN country districts in Wales a custom still exists of setting up a chest in the middle of the chancel at the time of a funeral, and before leaving the church the mourners all file round and put their offerings in. This is really intended for the clergyman's fee, says the *Westminster Review*, but if the people are poor he often returns part of it (to a widow, for instance).

There is at least one instance that it was customary for the parish to provide an umbrella for the use of the clergyman on public occasions, more especially at funerals. The parish accounts of St. John's, Chester, contain the following entries:—

1729	Paid Mr. George Marsh for an	
	Umbrell for the parish use...	00 10 6
1786	Paid for an Umbrell for Mr.	
	Richardson to read the Burial	
	service under.....	1 6 0

It was a general belief that if a corpse was carried over the fields on the way to burial it established a public right of way for ever; hence it became customary when for convenience, or in some cases out of necessity, a corpse was taken across fields or over any private grounds, for the undertaker to stick a number of pins in each gate as the procession went through. The pins were accepted by the owner of the land as a payment for the privilege of the corpse being carried through, and acted as an acknowledgment that the right of way was granted only for the particular occasion.

**A LIVING EMETIC.**—A servant who did not find her way very promptly to the kitchen one morning was visited by her mistress, who found her in bed, suffering from pain and violent sickness. She explained that she had a cold, and had taken some medicine which had been recommended for the children. "How much did you take?" asked her mistress. "Well, mum, I went by the directions on the bottle. It said: 'Ten drops for an infant, thirty drops for an adult, and a tablespoonful for an emetic.' I knew I wasn't an infant or an adult, so I thought I must be an emetic, and the pesky stuff has pretty nigh turned me inside out."

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln. [ADVT.]

## THOUGHT.

THOUGHT is deeper than all speech,  
Feeling deeper than all thought;  
Souls to souls can never teach  
What unto themselves was taught.

We are spirits clad in veils;  
Man by man was never seen;  
All our deep communing fails  
To remove the shadowy screen.

Heart to heart was never known;  
Mind to mind did never meet;  
We are columns left alone  
Of a temple once complete.

Like the stars that gem the sky  
Far apart, though seeming near,  
In our light we scattered lie;  
All is thus but starlight here.

What is social company  
But a babbling summer stream?  
What our wise philosophy  
But the glancing of a dream?

Only when the sun of love  
Melts the scattered stars of thought;  
Only when we live above  
What the dim-eyed world hath taught.

Only when our souls are fed  
By the fount which gave them birth;  
And, by inspiration led,  
Which they never drew from earth—

We, like parted drops of rain,  
Swelling till they meet and run,  
Shall be all absorbed again,  
Melting, flowing into one.

—C. P. Crance.

## LUNG TROUBLE.

IT behoves the weak and sickly, especially those prone to affections of the lungs, to take particular care of themselves at this time of the year. Neglect of a cold often results in most serious consequences. Wrap up well, keeping the chest and back warm. Avoid sudden change of temperature or exposure to cold. How often do we hear the exclamation, "Oh! it's only a cold," and in many cases little notice is taken of it until more serious complications set in. Now, whenever you feel stuffy in the chest, or experience difficulty in breathing, or at all feverish be guided by me; go home, take a good dose of barley water or linseed tea, go to bed, and induce perspiration with a teaspoon dose of sweet spirits of nitre at bedtime. Take particular care not to take a chill the next day. Stay indoors. Rebuild and strengthen the system if you are at all subject to these attacks, by taking regularly a tablespoonful of Oppenheimers' Cream of Malt with Cod-Liver Oil and Hypophosphites directly after meals. This is how we treat consumption in the early stages. By forming flesh and fat you, by this means, enable the system to withstand the strain. This treatment also applies to bronchitis and inflammation of the lungs. With regard to consumption, no doubt now exists with regard to its heredity, and although we cannot in our present state of knowledge suggest a cure, yet certain it is that some remedies possess a decidedly beneficial action. Years of clinical experience have demonstrated the value of cod-liver oil in this, as in other lung troubles. It probably ranks the highest among the remedial agents, although the hypophosphites have many advocates. The only drawback to cod-liver oil would seem to be its administration. This is perfectly overcome in the preparation mentioned above, while it has the additional advantage of combining the hypophosphites and strengthening malt. Thus modern pharmacy comes to our rescue, and enables us to give cod-liver oil to our delicate children in a pleasant and agreeable manner.

WHEN the baby is put to sleep, his cot should be so arranged that he will not have the light shining directly in his eyes when he awakens.

SUCCESSFUL BECAUSE OF SUPERIOR MERIT.—Mrs. S. A. Allen's World's Hair Restorer has immense sales everywhere. It never fails to restore grey hair to its natural colour and beauty.—ADVT.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**BROILED HALIBUT.**—At dinner-time the halibut was wiped dry, then seasoned with salt and pepper, and laid in the broiler. One tablespoonful of soft butter was spread over both sides, and it was next dredged lightly with flour. The slice was about an inch thick and there was a pound and a half in the piece. It was placed over a clear fire and cooked for ten minutes, the broiler being turned very frequently. It was then slipped upon a hot platter and spread with sauce made by mixing together a heaping tablespoonful of butter, a teaspoonful of lemon juice, half a teaspoonful of salt and a little pepper.

**ASPARAGUS ON TOAST.**—The asparagus generally is tied in one large bunch. The hard ends are cut off and then the string that holds the vegetable is cut. The loose pieces are put in a colander and cold water poured over them until there is no trace of sand; sometimes there is very little sand on the vegetables and again it seems to require almost as much care in cleaning as does spinach. When the asparagus is cleaned, it is bunched and tied again, and placed in a pan of cold water until the time to cook it. It is then put in a saucepan with a level tablespoonful of salt and enough boiling water to cover it. The saucepan is covered and placed on the fire, and the contents cooked gently for half an hour. At the end of that time three small slices of bread are toasted and the edges dipped in the water in which the asparagus was boiled. They are then placed on a warm dish and the asparagus arranged on them. A tablespoonful of butter spread over the green part of the vegetable, and serve very hot.

**SOME QUEER FOOD.**—The hedgehog figures frequently in sylvan repasts, though he is hardly big enough to be sent to table as a *piece de resistance*. The primitive manner of cooking it supersedes the most costly refinements of elaborate *batteries de cuisine*. The elephant's foot, or rather the slice below the pastern, which is a famous dainty in Eastern hunting camps, is treated on precisely similar principles, which shows that the simplest cookery of all nations has much in common, like their folklore. Shakespeare's British hedgehog, like its cousin, the porcupine, is shrouded in a plastic tenement of clay. Then he is laid to temporary rest in a bed of smouldering cinders. When supposed to be done to a turn, the dwarf pig is dug up, and then the prickly skin is detached with the splitting of the case of clay. All the generous juices, with their bouquet, have been confined and transfused.

**A WHIPPED SILLABUB.**—Beat a pint of cream, five spoonfuls of sack, the whites of two eggs, and three ounces of treble refined sugar, together with a whisk, till a good strong froth arise, then skim it and put it into your glasses for use.

**SWEET PICKLED BEANS.**—Take seven pounds fruit, put them in a jar with three and one-half pounds sugar, one quart best vinegar, two ounces stick cinnamon, two ounces cloves; the whole boiled together, and thrown over the fruit three days.

**PINEAPPLE ICE.**—The juice of two lemons and one orange, one pint and a half of cold water, one pint of sugar, one pint of grated pineapple, and the whites of two eggs well beaten. In either of these recipes the grated fruit may be substituted for the fresh if more convenient.

**HOW TO SERVE PEACHES AND CREAM.**—To begin with, take two or three large freestone peaches, yellow ones, fair and smooth, for each guest whom you expect to serve. Place them in a vessel and pour very hot water upon them until they are entirely covered. Let them

remain in the scalding water for half or three-quarters of a minute, and then pour a covering of cold water upon them and add a lump of ice as large as a cocoanut. After they have stood in the cooling bath ten or fifteen minutes, lift them out one by one and remove the skin, which can be done with surprising ease, by starting it with a knife and pulling it gently with the fingers, as one does in peeling tomatoes after similar treatment. The only difference is that the skin comes off peaches more easily than it does off tomatoes. When the skins are removed, put the peaches into a large earthen dish, being careful to pile them on top of one another as little as possible and place the vessel in the refrigerator. Ten minutes before it is time to serve them, lift them carefully, one at a time, into a large, cut-glass dish—a salad bowl will answer capitally—and cover them over with finely chopped ice. At the table the hostess is to serve them in flat plates—not in small, deep dishes—and for each person there must be a fork and a small fruit knife, with which the pits can be removed easily and without any "mussiness." Served in this way and with fine sugar, and a cut-glass pitcher filled with rich golden cream, a dish of peaches becomes a beautiful, luscious, melting dream. Over such a dainty one may reverently thank Nature for palates and heaven for peaches.

## HINTS FOR THE HOUSEHOLD.

**TRY** washing grained woodwork with cold tea.

**TRY** keeping a basket of cones to toss on an open fire.

**TRY** washing rusty gilt frames with spirits of wine.

**TRY** holding a lighted candle upside down over a candlestick, then setting another candle in the hot grease and holding it there a moment, to make it stand firmly.

**TRY** prepared chalk for cleaning jewellery.

**TRY** polishing eyeglasses with newspaper.

**TRY** ox gall for spots on the carpet.

**FOR DRESSING FURNITURE.**—Equal parts of linseed oil and turpentine well shaken, rubbed on with a cloth. Soft cotton stocking legs are best, polishing thoroughly with chamois leather after. Hard wood floors also may be treated in this way. For occasional cleaning rub with a cloth dampened sparingly with kerosine oil, and use chamois after.

**HOW TO EAT A PEACH.**—By far the daintiest and easiest way to eat a peach at the table is to halve it, remove the pit, holding the fruit to the plate, eat with a spoon as if it were an orange.

**TO WHITEN THE ARMS.**—To whiten the arms wash them every night in water as hot as can be borne with soap, and rub them vigorously with a nail brush. Dry on a rough towel and rub in any preferred preparation of glycerine—with rose water or cucumber jelly—until it is quite absorbed. In a month the arms should be smooth and white.

**PRESERVING FLOWERS.**—Take very fine sand, wash it perfectly clean, and when dry sift it through a fine sieve into a pan. When the sand is deep enough to hold the flowers in an upright position, take some more sifted sand and carefully cover them. A spoon is a good thing to take for this as it fills in every chink and cranny without breaking or bending the leaves. When the pan is filled solidly, leave the flowers to dry for several days. It is a good plan to warm the sand in the oven before using it, as the flowers will then dry more thoroughly. In taking the sand off, great care must be taken not to break the leaves, as they are now dry and brittle. Pansies preserved in this way will keep their shape and brilliancy of colour all winter; and many other flowers can be equally successfully treated—anything, in fact, where the full pressure of the sand comes on both sides of the leaf, otherwise they will

shrivel. To fill in flowers with cup-like shapes it is better to lay them on the sand, and with a small spoon fill in and around each flower. Ferns when preserved in this way have a more natural look than when pressed, and the maiden-hair fern looks almost as well as when it is freshly gathered.

**REMOVING FRUIT STAINS.**—Moisten the stained spot and hold it under a burning match, and the sulphur gas will cause the stain to disappear. This will not do, however, for coloured goods, as it will take out the colour. But if, while the stain is fresh, you put it over a cup and pour boiling water through it, it will almost always take out the spot if it is done before washing. Soap almost invariably fixes any stain. It is well, too, to remember at this season of the year that you can prevent your new gingham from fading if you let them lie for several hours in water in which has been dissolved a goodly quantity of salt. Half a pint of salt to a quart of boiling water is the rule. Put the dress in it while it is hot, and after several hours wring it out dry and wash as usual.

## COLDS.

**CONTRARY** to the prevalent opinion that colds and coughs are due entirely to the severity of the climate, or to some unexpected change in the weather, they really arise, in very many cases, from pure carelessness and want of thought.

Colds are not inevitable, but could often be avoided if people would only use their ideas of common sense and be reasonable.

The custom of muffling the neck very closely with furs or similar protection is extremely dangerous. If thoughtlessly left off, a severe cold is sure. A light wrapping, sufficient to exclude cold wind, while permitting ventilation, gives the best protection.

For instance, if one sits in a heated room while paying a visit, or during the services at church, without removing any of the many wraps which have been donned for the cold atmosphere out of doors, the result is almost sure to be a severe cold, contracted by the sudden change from the heated room to the cold air.

Sleeping in badly ventilated rooms, wearing at night the underclothing which is worn through the day, late hours, loss of sleep, greasy food, and irregularity of meals, all tend to weaken the system to such an extent as to render it quite incapable of resisting the changes in the weather or any exposure to disease. While we all advocate cold and well-ventilated sleeping apartments, we, at the same time, must condemn the cold room for dressing in the morning. It is most unhealthy, and a delicate person might receive such a shock as to result in fatal injury.

When at all possible, one should have a warm dressing-room close at hand, but if the home is not so luxurious, the family sitting-room could be utilised for this purpose, only a very short time being required by each person. A dressing gown and a pair of warm bedroom slippers should be put on as quickly as possible, and the clothes should be carried to the sitting-room, where half the toilet could be performed in a very few minutes.

Influenza has made such terrible ravages amongst us, that the smile that once arose when reference was made to it, has now changed into a grave and very serious expression. The family drug-store should be kept well-stocked, for it may contain something which shall prove to be invaluable in relieving the sufferer before the doctor could be summoned. Four grains of quinine taken every three hours until the temperature is normal, should speedily allay the fever. A mustard plaster or linseed poultice will be found to be very soothing when there is much pain, while a hot water bottle will soon send the blood flowing properly through the body.

The trouble with many people is that they never think of taking care of themselves until the malady is an established fact.

**HOW IS IT THAT HORNIMAN'S TEA IS BETTER VALUE THAN ANY OTHER?** Because they import direct from the grower to Her Majesty's Bonded Warehouses, saving the charges of the foreign middleman, the home Broker, the Merchant's profit, and the wholesale dealer's commission, supplying their Pure Tea direct to the consumer.—[ADVT.]

**FOR BOTH SEXES.**—Personal visit not necessary. CORSETS and BELTS made to fit any figure. For health and neatness, satisfaction guaranteed. Instructions for self-measurement gratis to any address.—FORD AND PARR, 141, Stockwell road, London, S. W., Practical Corset-makers. Estab. 1851.—Advt.



# THE MOTHER'S PAGE.

## THE CHAMBER OF PEACE.

By ELIZABETH HANSCOM.

**H**APPY is the pilgrim whose wanderings bring him ever to the chamber whose name is *Peace*. It may be large or small, it may be an upper chamber lying even under the eaves, or its doors may open on the ground; its windows may look toward the sunrising, or be faced by dull brick walls; if its name be *Peace*, there shall the pilgrim sleep sweetly till break of day.

Within a few years much of the ancient formality of "going visiting" has vanished, and with it have slipped away the frigid atmosphere of the "best room," and the alarming mountains of feathers heaped high on the "spare bed." Whereas, of old the best room in the house was adorned with the choicest furniture, and furnished with the rarest trinkets, and then shut up in gorgeous and solemn state, to be opened but half-a-dozen times a year, when some unfortunate guest was plunged into its funereal pomp to absorb the dampness of its unsunned splendour. Of late, a wise revolution is in progress. The sun is winning its way to all parts of the house, irrespective of carpets and furbishings; the best is none too good for that *sanctum sanctorum* of every true home—mother's room; and the occasional visitor is given a more natural position in the domestic arrangements. Of old he was a sacred personage, before whom the host did homage; now he is placed on the same plane as the rest of the household, and existence is thereby simplified for all.

However small and simple may be the chamber in which you lodge your pilgrim, its appointments must be scrupulously perfect. Your guest may bring all necessary articles with him; it is your duty to make ready as if he came unequipped for more than a morning call. Prepare for him as if he had started from a quarantined district on a half-hour's notice; he will rise up to call you blessed when he finds it unnecessary to confess his total forgetfulness of a button-hook or his oversight of a clothes brush.

The uses to which your guest-chamber is to be put are obviously three: In it your guest is to sleep, to dress, and to spend a varying quantity of his waking and leisure time. For these three uses you have to provide. First, then, for the sleeping.

A thoroughly aired "spare bed" is a rarity; yet it is not so expensive as to be beyond the reach of most housewives. Air and sunshine are generally available; but the woman who knows how to apply these commodities to her guest-chamber is hard to find. Let the bedding and covers be fresh, dry, and clean; spread a sufficient number of blankets, and provide an extra cover for abnormally cold-blooded people. If you do not know you guests' preference, it is well to provide two sets of pillows, one large and one small. And if you are one of that class of deluded women who turn their beds into show cases for frills and furbelows, at least be implored to remove these excrescences before your guest retires for the night. The outside adornments should be laid aside, the pillows lowered, and the covers turned back when the guest reaches his room, and it goes without saying that the room, and the passages leading to it should be lighted. In these days of numerous inventions it is impossible to know all the improvements in household arrangements, so, if there be anything peculiar in the methods of heating, lighting, or ventilating your rooms, be sure to explain them. A visitor can experience but one sensation comparable with awaking on a cold morning to the consciousness that he doesn't know how to turn on the heat, and that is, in the quiet of the night, arrayed for bed, to find that the light is to be put out by some method entirely unknown to him. One thing more you must tell the

stranger within your gates, before he retires, the hour for breakfast; and, if there is to be no rising bell, it is well to ask if he desires to be called in the morning. To people who are nervously afraid of oversleeping, a clock that strikes the hours is often a comfort; while a timepiece of some kind should always be found in the room. Thus cared for, your guest ought to sleep well, provided that he have sound digestion and a clear conscience. Even if these desiderata be lacking to him, you at least may fall into sweet slumber, lulled by the soporific knowledge of having done your duty to a fellow-creature; but uneasy be your dreams if you have left an unoffending mortal in an unaided bed, with insufficient covering, to lose hours of precious sleep in a vain attempt to guess the probable hour of breakfast.

When all arrangements are perfected for the unconscious hours of your guest, you have still further to provide for his accommodation by furnishing all necessary toilet articles. To combine the maximum of convenience with the minimum of space is the problem usually to be solved. Let us consider it in detail. Those who cannot give their guests separate bath-rooms should furnish their guest-chamber with the implements for at least a sponge-bath, in the shape of a small tub, a rubber bath mat, sponges, and rough towels. On the washstand should be a few simple bathing articles—glycerine, ammonia, vaseline, alcohol, and borax, two kinds of soap, one clear and one delicately scented, a box of simple tooth powder, flesh brushes, and if there be no shaving stand, and your guest be a man, a set of shaving implements. Nothing adds more to the comfort of the toilet than the right quantity and quality of towels. One might as well try to complete one's ablutions with a coat of mail as with the towels furnished in some houses. Stiff and glossy, they are neither pliable nor absorbent. A new towel is a horror, a nightmare; offer your guest old sheeting rather than this abomination. Don't cause him to be economical of water; give him a capacious jar for waste water, and keep his pitchers filled by night and by day.

On the toilet table, as everywhere, the appointments must be as dainty as possible; but beware of making them so elaborate as to leave no room for the visitor's personal possessions. Brushes, combs, button hooks, shoe-horns, toilet powders and waters, hand mirrors, manique implements, receptacles for "combs," and bountiful supplies of pins and hair-pins should find their places on or near this table. If the visit is for only a night, at least one drawer in the *chiffonier*, and two or three pegs in the closet should be put at the disposal of the guest; while for a longer visit a larger supply of room is necessary. If you have no servant to attend to such matters, provide your guest with blacking utensils, which may be kept in the under part of the washstand, or some similar receptacle. A box of vaseline blacking with a sponge, for ladies' shoes, and a bottle of "Day and Martin," with a brush, for gentlemen's boots, will add to the self-respect of your friends who arrive on rainy days or know not where to find a bootblack.

A workbasket, well-stocked with needles, thread, silk, thimble, scissors, wax, buttons, tape, &c., is a *sine qua non* of every guest-room. Women are notorious for rips and breaks, requiring "just a stitch," and will make good use of any housewifely utensils you put in the way; and the man who feels the collar button on his last clean shirt elude his grasp and slip to the floor will bless you in his heart, though he may arrive in the breakfast-room somewhat flushed with unwonted exercise. He will be free to move his head, although his fingers may be sore and bleeding, and it will be long before that button comes off again.

As a rule, the leisure time that a guest spends in his room is brief; yet there are nights when sleep eludes the tired brain, mornings when the hostess is busy, and afternoons when weariness makes solitude desirable. For such times, provide a few books and magazines, not heavy and abstruse works, but those that please and amuse an indolent mind.

Spurgeon's sermons, an Italian dictionary, and a volume of Macaulay's history, while in themselves most admirable books, do not form an ideal library for a guest-chamber. In the choice of books, consult the taste of your guest, but, if these are unknown, you cannot go far wrong in providing one or two novels, a few volumes of poems, and some of the recent magazines. If possible, have a desk in the room; at least furnish a writing table. Stock it with pens, pencils, ink, wax, stamps, postal cards, paper and envelopes to *match*, and the other essentials that make letter-writing a pleasure.

Nothing adds to the beauty and homelikeness of a room so much as flowers. A cluster of pansies or a bunch of daisies give their own sweet greeting and make your guest doubly sure of his welcome. In your guest-room, perhaps less than in any other part of your house, you may express your personality; yet even in this room you may so diffuse an atmosphere of sympathy, a spirit of calm, that the stranger, on entering, may be assured that the name of the chamber is *Peace*, and may here throw aside all care and sleep till day.

## THE TRAINING OF GIRLS.

The foundation of society rests on its homes. The success of our homes rests on the wives. Therefore, first of all, teach our girls how to be successful wives. Begin in their infancy to develop their characters. Teach them that jealousy is an immorality, and gossip a vice. Train them to keep the smallest promise as sacredly as an oath, and to speak of people only as they would speak to them. Teach them to look for the best quality in everyone they meet, and to notice other people's faults only to avoid them. Train them to do small things well, and to delight in helping others, and instill constantly into the minds the necessity for sacrifice for others' pleasure as a means of soul development. Once given a firm foundation of character like this, which the poorest as well as the richest can give to their girls, and no matter what necessity arises, they will be able to rise above it.

## HUMAN NATURE

A LITTLE boy of four years has for some time had a habit of waking about midnight and calling for a drink of water. At last his mother told him that she would not get up any more to wait on him; that she would put a pitcher of water and a glass on the stand near his bed, and that if he wanted water in the night he must get up and get it himself. She placed the water on the stand in his sight and left him. That night, at the usual time, she heard the boy's call—"I want a dink o' water! I want a dink o' water!" But she paid no attention. He called two or three times, and after he had whimpered a bit she heard him get up and thump along the floor to the stand. And through the darkness came this very positive ejaculation:—"I hope I thpill every jop!"

## THE SAVING OF WASTE.

MOTHERS sometimes mistakenly insist that the child shall eat all upon its plate, to prevent it from being "wasted." It ought to be needless to remark that this is not to be commended. A child should early be taught not to waste food, nor should he ever be permitted to render valueless that which may be of use to others. But to eat food when one has had a sufficiency, to keep it from being "wasted," is not the way to teach a child frugality. To force into the stomach one ounce more of food than it needs is to overtax it; and frequent overtaxing will lead to the rebellion of stomachs as well as of people. Then the services of the physician must be had; and before we can dispense with them, the value of a barrel of flour is gone to save an ounce of food. This is not economy; neither is it common sense.

It is better to help a child to food two or three times than to load his plate so that he be in danger of leaving any. Thus may health and frugality be secured at the same time.

**STEEDMAN'S Soothing Powders** for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Waltham, Surrey. Sold everywhere please observe the **EE** in Steedman.—Advt.



[SPECIAL ARTICLE.]

## FAULTS OF THE VACCINATION LAWS.

PRACTICAL SUGGESTIONS TO THE  
ROYAL COMMISSION.

By DR. HOGARTH.

THE endless enquiry into the present Vaccination Laws the Commission seems to have embarked upon, have resulted so far in a few suggestions issued in the Fifth Report.

These suggestions are to the effect that a person shall be fined once, and once only, for a breach of the Act of 1867, and that if imprisoned for neglect to pay the penalty, each person shall be treated as a "simple imprisonment prisoner" only.

All of which are doubtless very right and proper, whilst the whole subject is, as it were, *sub judice*. A vast amount of evidence has been forthcoming both for and against vaccination. On the one side it has been stated that in countries like Sweden and Austria-Hungary, where compulsory vaccination and *re-vaccination* has been in force for some considerable period, nevertheless, epidemics of virulent small-pox have broken out from time to time, and in opposition it has been retorted that the vaccination laws in these countries have been laxly enforced. We will not for the present attempt to decide who is right and who is wrong. The general outcome, we incline to believe, will be that, where vaccination has been properly and carefully performed, it does undoubtedly act to a limited extent as a protection, and that if a vaccinated person does unhappily contract small-pox, the disease runs a milder form, and is by no means so fatal to life.

It would seem to be idle to contend otherwise in face of the following statistics, quoted in the English Classic of Practical Medicine ("Fagge's Principle and Practice," p. 211):—

"Dr. Gayton had 1574 children under his care in the Small-pox Hospital at Homerton, between the years 1871 to 1878, of them 211 showed good vaccination marks, and *one died*; 396 showed incomplete vaccination, and 39 died; 179 had been vaccinated *but showed no marks*, and 46 died; 788 had not been vaccinated, and 385 died."

If, then, we admit that vaccination is a desirable thing, there are sundry matters which undoubtedly would popularise the administration of the law as it stands at present.

(1). Nowadays it is practically impossible for a poor person to have the child vaccinated otherwise than by *humanised* lymph, that is lymph that has been passed through the body of another child. True there are two stations in London named on the vaccination schedule, whose vaccination is performed from calf lymph by public vaccinators, but they are not within reach of the distant poor, even in London, much less those in the country.

Now, it is an admitted fact that it is possible to transmit "blood" diseases (so called) by means of humanised lymph that contains either through accident or design any particle of blood from the child from whom it was taken, and we are by no means sure that every possible care is taken by public vaccinators and general practitioners that the lymph they use is *pure*. We are afraid the necessary examination through the microscope is as often as not neglected, and out of the thousands of specimens taken some must necessarily be taken from the arms of children suffering from latent, if not developed, specific forms of disease, and it is impossible to guarantee that the hand of the operator is always so steady as to avoid admixture from epithelial *débris* or blood cells. These are black sheep in every profession in addition to careless and thoughtless ones.

Calf lymph ought to be supplied at every vaccination station, and by every registered practitioner, on demand by the parent or

guardian of the child to be operated upon, and if vaccination be done from humanised lymph, that a register ought to compulsorily be kept of each vaccination, and a duplicate copy of such register ought on demand, and the payment of a small fee—say, sixpence—of the date on which the specimen was taken, and its source. This would most assuredly tend to keep the operator on the alert as to the purity of his supply.

(2). In view of the difficulties in the way of a regular pure supply amongst general practitioners, the Government ought to supply such lymph at a small cost; it now gives gratuitously a small *first supply*, but does any sane person suppose that the young commencing practitioners has a sufficient number of eligible babies to keep up the continuous arm-to-arm supply. The injunction of the Local Government Board to keep up such a succession (his first vaccination might be done on unhealthy children) is extremely ridiculous from its impracticability. The temptation to substitute the cheaper human lymph for calf lymph is very great to the shady cheap practitioners on account of the difference in the cost.

If vaccination is to be compulsory and State ordered, the State ought to take the burden on itself of the purity of what it so orders.

(3). Another ridiculous feature of the present law is, it only allows the registered practitioners to postpone vaccination for definite reasons, which he must state, longer than one month at a time. If it trusts the vaccinator to postpone for a month, why not three months? Personally I have found this restriction irksome to the parent and myself. If in a qualified medical man's opinion the child will not be fit for vaccination in two months, why put him to the trouble and annoyance of having to fill up a long form twice or thrice.

If the State would guarantee the purity of the lymph supplied, or the operator was tied by the suggested restrictions which would to some extent enable the parent to trace the supply and form his own opinion, if any after ailment followed vaccination, which rightly or wrongly the parent thought, was due to vaccination, then I am confident that half the distrust to which the working of the present law is subjected would be removed.

In a future article we will deal with the evidence adduced against vaccination, and, afterwards, that in favour of it.

## WORKING AFTER EATING.

A HEALTHY man may go to work immediately or soon after eating without special injury to himself. A weakly one will generally find it to his advantage to wait a little and allow the process of digestion to get well under way, or, if he cannot do this, to work moderately rather than very hard. An ordinary labourer, with only an hour's interval for his midday meal, must recommence his work at a time when gastric digestion is hardly more than under way, and must continue his work during the progress of the more important intestinal digestion. Yet, in spite of the more or less vigorous bodily exertion accompanying his daily labour, assimilation of the required food is probably more complete than in the case of people of sedentary habits.

The reason for this, no doubt, is that physical exercise promotes the flow of blood through the digestive organs, and furnishes abundant material for the secretion of the gastric juice. The brain, too, which uses up much blood when in action, is not so active when we work with muscles, and the blood which goes to it goes to the digestive organs and invigorates them. Rosenberg has made some experiments on dogs, working them cruelly hard in a treadmill for five hours immediately after a full meal, and he found digestion quite as perfectly performed as if they had not worked so hard.

The secret of good digestion is plenty of blood in the digestive organs and moderately agreeable labour, which, as already stated, promotes this.

HEALTH and good humour are to the human body like sunshine to vegetation.—*Mussillon*.

## THE TONGUE IN HEALTH AND DISEASE.

A HEALTHY tongue is clean and moist and moderately, but not excessively, red; when it is furred, or coated, or very dry, or very red, we suspect disease. A furred or coated tongue means either a fever of some sort, or something unhealthy in the mouth, or something wrong with the digestive tract.

When it denotes fever, the temperature of the body is above the normal of 98½ deg. In fevers, besides being coated, the tongue is often very dirty, and the mouth bad smelling. It is then often useful to chew a bit of clean pine wood, which promotes the flow of saliva and helps to cleanse the mouth. This is a good thing to do in fevers when the salivary glands are not brought into activity by solid food. This inactivity prevents the multiplication of micro-organisms and fermentation in the mouth of remnants of food.

A coated tongue may be caused by something local, as decayed teeth, or enlarged tonsils, or smoking, or lack of cleanliness.

If the furred or coated tongue denotes neither fever nor local disease, we must look to the digestive tract, either to the bowels, the liver, or the stomach for its cause, and remove it.

Even in healthy people there is often a coated tongue from constipation. The tongue may be abnormally dry, usually is so in fevers. It also occurs in many nervous diseases, and then is a sign of nervous depression. This, too, is best remedied by chewing some hard, agreeable substance.

A pale, flabby tongue, with the marks of the teeth in it, indicate diseases in which the blood is watery and poor. The tongue can be kept at its best condition by keeping the mouth and teeth clean, and the stomach and bowels clean and healthy.

## THE MAN OF THE FUTURE.

THE man of the future will live amid conditions of enormous complexity, says Professor James Baldwin, of Toronto University, Canada. The accumulation of scientific details will tend to paralyse constructive genius. There must exist, therefore, between men of detail and men of invention a sharper distinction.

Men of detail will write summaries, indices, cyclopædias, compile synopses, and make researches. Men of invention will be rarer, grander, more removed from ordinary comprehension. Yet there can be no doubt that such men will arise, and Nature will be mastered in a way of which we now can only dream.

If it be true that the brain develops by reaction upon external conditions, what limit can be set to this development? And as the conditions become more complex the brain must grow in the line of higher functional co-ordination.

What the co-ordinating centres are it remains for the cerebral topography of the future to determine, but these centres, the seat of the constructive imagination, are the point of departure of the world's future, practical no less than theoretical. In the industrial world a single man of genius may any day let in the light of which the socialistic theories of to-day are only the faintest glimmerings. And so it is in every department of human interest and inquiry.

The great intellectual need, therefore, is the education of the co-ordinating faculty. The educational systems of the future must be based largely upon the logical (mathematical and moral) and the inductive sciences. Linguistic study must yield place as a means of highest culture. When all men speak the same language the enormously disproportionate time now given to languages in education will become more evident. The cultivation of the signmaking faculty is altogether a secondary thing to the cultivation of the discursive and constructive faculty.



I have spoken only of intellectual culture, but morality will share in and dominate it all, for the practical co-ordination of our lives together is the end of ethics as it is of science.

## THE POISON FROM LUNGS AND SKIN.

WE know that a close room is very offensive when many people are crowded into it; if we are at all observing, we know the unpleasantness of a bedroom in the morning before the air has freely entered it; we know how disagreeable the breath and the clothes of dirty people can be; we know that animals die when submitted to air that has been breathed, even when the carbonic acid has been removed; we know how necessary is the continuous flow of air in hospitals—we know that this much freer admission of air is rendered necessary for the antiseptic treatment of wounds; how, by treating men in the open air and in tents, recoveries have been made quicker and better than in hospital; and how, in the case of the Austrian army, "the most severe maladies ran their course much more mildly" in the free air, while the recovery was quicker and more perfect. So too in cases of blood-poisoning, the best treatment is complete exposure to open air; also in typhus; and in a less degree in enteric fever, small-pox, and plague; even in children's diseases this is true. In Holland children with scarlet fever are sometimes carried to the seashore and kept for hours in the open air and sunshine, and to great advantage. We remember years ago Dr. Bostwick, whose child was given up to die, took it on a bed in an open carriage and drove out for hours in the fresh air daily. This saved it. This complete exposure of patients to air is the most important mode of treatment, before even diet and medicines. In the same way, the deaths of the Black Hole of Calcutta add their evidence, though it is evidence of an extreme kind. While out of the one hundred and forty-six persons shut up, one hundred and twenty-three died; of the remaining number, many afterwards died of putrid fever—that is, were poisoned, owing to an insufficiency of oxygen to neutralise the poisons breathed out on all sides of them, and rebreathed by themselves. A much simpler piece of evidence is presented to us daily by our own eyes. Who is not struck by the pasty, anæmic look of housed children, and of the large number of those who follow sedentary occupations, as contrasted with the looks of those who live in the country and are much in the open air? What is that pale look? It is the absence of red corpuscles from the blood. So also the effects of living in rooms in which sewer-gas has penetrated illustrate in their own stronger degree the results of living in unventilated rooms. The one is the lesser form, the other the more serious form of the same evil. In both bacteria thrive and multiply, and in both meat and milk rapidly taint. They are both full of organic matter, and the symptoms of headache and feverishness are common to both, though, of course, the case of sewer-gas is much the more acute. Again, we know the wonderfully restoring effect that pure air with its ozone has upon us after town life; showing how the poison has depressed all our functions, and how the pure air restores their energy. Let us then supply ourselves with air enough to blow away the poison which constantly accumulates in our rooms from lungs and skin, and which is quite as deadly as arsenic or strychnine.

THE Ottoman salutation is, "Be under the guard of God!" In Arabia, on the first meeting of the day, the proper phrase is, "May God strengthen your morning!" or, "May your morning be good!" The Persian begins his polite address with, "I make prayers for thy greatness." The return to a salutation in the Orient is sometimes not only religious, but non-committal. If an Arab is asked directly about his health, he responds, "Praise be to God!" leaving his condition to be inferred from the modulation of his voice. The Zuni exchange the prayer, "May the light of the gods rest with thee!"

## "COME, AND STAY TO TEA."

THE person who takes dinner or tea at home in a disorderly, uncouth manner and surly mood, 300 days in the year, is far from being the charming companion at neighbouring dinner or tea tables during the remaining sixty-five and one quarter afternoons. Have you sat at table with the man who goes about his breakfast, dinner, and supper as he would clear up a blackberry field, every bush of which he owed a particular grudge, slashing here and there, snapping his fingers at the waitress who may happen to be delinquent or careless, or eating the entire contents of the pickle jar while waiting, because that was near and nothing else happened to be within reaching distance? This is the man who causes you to feel homesick; you lose your appetite and long for a beautiful picture, a glimpse of the ocean, a dish of violets or daisies—anything devoid of animal life, or if the first element that goes to make a perfect man is a perfect animal, we are not content to have him rise no higher than the animal. This man is a trifle less obnoxious than the woman who forgets that napkins have a use at table, dissects a soft-shell crab as recklessly as though she might be conducting an exercise in zoology; puts her fingers in dishes with that air which bespeaks their importance as ingredients; reaches with her fork to the opposite extremity of the table for a biscuit, because she "never did like to trouble folks at the table"; she thinks the man who manipulates the carving knife and fork a martyr; as though it were anything but a pleasure to *serve* our own at table or elsewhere.

'Twas Mathew Prior who said:

They never taste, who always drink,  
They always talk who never think,  
and the same might be said of those who "always eat." If that saying, uttered in 1700, holds good in 1893, it is liable to meet the approbation of people for the centuries to come. In many households whose members are workers away from home, the table is the only common meeting place, meal-time the only time which affords an interchange of thoughts, and the admonition,

"Don't spill your tea or gnaw your bread,  
Or pester one another,"

may well be heeded at those tables where a number of nervous, tired, critical people meet. That human being who is naturally indelicate, will be doubly so at table, the indelicacy increasing with age. For spilling tea there may be an excuse; for gnawing bread only a slender one, and that when the staff of life comes out with hard crust; but for "pestering one another"—who that has witnessed the process would extenuate or palliate the offence? A wise man once expressed his preference for a dry morsel taken quietly, over a house full of sacrifices accompanied by strife, which, no doubt, means that he would willingly see every drop of the tea spilled and gnaw his bread silently, crusts and all, rather than be pestered. But why not have the tea (dry morsels are not conducive to health), the bread, a choice bit or two dainties, if you will, to coax the appetite, all flavoured with such conversational delicacies as are spontaneous, such side dishes of mirth as contribute to good digestion; for a laugh is scarcely less beneficial to the man or woman physically or mentally overworked than the dessert of ripe fruit. If you would be happy at your own table, and contribute to the happiness of others there:

Spare a few thoughts to the need of others.

Make guests "at home."

Give your special aversions a rest.

Discuss such subjects as—well, anything that admits of being talked over good naturedly.

If you have not the happy faculty of the first Lord Houghton in selecting your guests, consider well their adaptabilities.

Provide palatable and digestible food; not a stingy allowance, neither an overpowering quantity.

Give children a little licence in table manners, not compelling them to use any one form, as, "I'd thank you for the butter," or, "Will you please to pass the oranges?" Set forms destroy all sociability.

At breakfast, refrain from telling how many times you heard the clock strike during the night.

Remain silent rather than allude to your false teeth, if you are so unfortunate as to own a set.

Smile your sweetest in declining what disagrees with you, never troubling yourself or others with the recital of its "effects on the system."

## GRACE BEFORE MEAT.

THE origin of saying grace at meals is traced by Charles Lamb to "the hunter-state of man, when dinners were precarious things and a full meal was something more than a common blessing." This rendering of thanks he believed to be consistent at the table of the poor man who hardly knows whether he is to have another meal or not, but that it becomes a travesty and sacrilege at the daily banquets of those to whom eating is one of the chief pleasures of existence. "The very excess of the provision beyond the needs, takes away all sense of proportion between the end and means. You are startled at the injustice of returning thanks—for what?—for having too much, while so many starve. It is to praise the gods amiss." And what the general essayist further says is applicable in the present as when it was written, nearly three-quarters of a century ago:—

"I hear somebody exclaim—Would you have Christians sit down at table, like hogs to their troughs, without remembering the Giver? No, I would have them sit down as Christians, remembering the Giver, and less like hogs. Or if their appetites must run riot, and they must pamper themselves with delicacies for which east and west are ransacked, I would have them postpone their benediction to a fitter season, when the appetite is laid; when the still small voice can be heard, and the reason of the grace returns—with temperate diet and restricted dishes. Gluttony and surfeiting are no proper occasions for thanksgiving."

Referring to this custom of asking a blessing before meals, Mrs. Elizabeth Cady Stanton seems to think that the gratitude thus expressed is too frequently misplaced, and that a very important factor in the good dinner is apt to be ignored. She says:—

"The usual masculine grace has long been a thorn in my flesh. It is enough to make all the feminine angels weep to see a healthy, happy, bumptious man, with a good appetite, spread his hands over a nicely roasted turkey that his feeble little wife has baked and turned for two hours in a hot oven, and thank the Lord as if the whole meal had come down like manna from Heaven, whereas, like magic, one little pair of hands had produced the whole *menu*. There she sits at the head of the table from day to day, with bowed head, while the Lord gets all the glory of her labours."

But perhaps there are men who preface grace before meat, or add it as a sauce to the pudding which required so much care, and so many precious moments to make, a word or two of appreciation that amply repays for all the labour and time given to the preparation of the satisfactory meal. It is even possible that the number of such men are increasing.

LOOK to your health, and if you have it, praise God, and value it next to a good conscience.—*Isaac Walton*.

HISTORY OF THE PIANO.—No one can tell exactly who made the first piano for the reason that it has gradually "evolved" from an instrument as much itself as one could well imagine. In the twelfth century it appears to have been a gigantic dulcimer, which was merely an oblong box holding a series of strings arranged in triangular form across its centre. In the thirteenth and fourteenth centuries the "clavichord," another musical monstrosity, had developed from it, and was used well up in the eighteenth century. About 1711 Christofali of Padua invented a real piano, but it is said to remind one of a coal box when compared with the elegant and perfect-toned instrument of to-day.



## ORIENTAL CREMATION.

WE are apt to think ourselves very advanced, we who are beginning to believe in cremation. The Hindoos have practised it for thousands of years. The funeral pile of a rajah sometimes costs lacs of rupees. In Calcutta I have seen a body burned when three rupees covered the entire expense. The rich Hindoo may be somewhat exclusive. The Hindoo masses do everything simply and openly. They bathe out of doors, they pray out of doors, they cook out of doors, they die out of doors, and their bodies are burned out of doors.

There are three burning ghâts in Calcutta. The first we visited was the cheapest and most primitive of the three. It was also the most interesting; for it was the most eloquent of the Hindoo populace.

I have said that the Hindoos burn their dead in the open. That is true. But in Calcutta the Hindoo has grown thrifty, and he hedges his burning ghât with a wall, the closed door of which is sternly suggestive of *backshish*.

The *sice* pounded upon the door with the butt of the whip kindly loaned by the *gharri walla*. An old Hindoo—he was sucking sugarcane—opened the door, after a dignified pause. We gave him a rupee, deferentially, and passed in, and I stood beside a smouldering funeral pile. A crack—not unlike the report of a pistol—drove me back. The heat had broken through the dead man's skull. The funeral pile of a poor Hindoo looks very like an ordinary kitchen yard wood-pile. But if you go up to it, close up to it, you discover something very like a human form—a glowing, charred mass, but proudly distinguished from every other shape, animate and inanimate. In the East I tried to look at things reasonably; not from any exaggerated sympathy with the subjugated native, but because I wished to get from the East the utmost available information and mental capital. When I pulled myself together, after shrinking from the first funeral pile I had ever seen, a phrase flashed to my memory, "Purified, as by fire." That is just what the Hindoos do. They purify their dead by fire. The body is burned until absolutely nothing remains but a handful of ashes—ashes wholly free from any unclean or poisonous matter.

A second body was brought in. Two coolies carried it upon a rude litter, woven from coarse grasses, and held together by outlines of bamboo. Two of the dead man's brothers followed, chatting pleasantly.

Four stout sticks of wood were driven upright into the ground at the parelogram, about six feet by two. Between these four posts were loosely laid sticks of dry, cheap wood. When the pile was a little more than three feet high the body was laid upon it. A dirty piece of crash, of the quality the coolies wear about their loins, partly wrapped the dead. One of the brothers stepped up and poured about four ounces of oil over the body. This ensured a quicker cremation, but was something of a luxury, and not a universal practice. The oil must have cost about three pice. The other brother paid the coolies, who shouldered their light, empty litter, and marched gaily out. More wood was piled upon the dead. A thin stick was lighted at the other funeral pile, which was now flaming finely, the second pile was lighted, and the cremation of the new-comer was begun. The two brothers appeared very interested in the igniting, and decidedly pleased when it was accomplished. They squatted down upon the ground, just so far from the pile that they might feel that their scant, filthy garments were fairly safe from the sparks, but near enough to watch all the changing phases of the cremation, and to see easily when it was consummated.

They untied a dirty rag from about a small bundle one of them had brought with him. They took out a small earthen bowl. It was clean and shining, and so was the brass chattee each lifted from his filthily-turbaned head. The chattees held water. The bowl held curry and rice. They fell to eating with gusto. And, pray, why not? They were eating to live. Their brother was burning to live—to live in

Hindoo paradise. From the Hindoo point of view his state was far more blessed.

While the dead burned and the living ate I looked about me and thought. I must not claim to have felt much. It was all too strange to me for feeling to be less than numbed.

Then I saw that the cremation which had been in full blast upon our arrival was completed. There were too distinct kinds of ashes. The human ashes were carefully gathered into an old chattee. The authorities do not allow those ashes to be thrown into the river, and I understand that they never are thrown there in the presence of Europeans. The ashes of the wood were swept swiftly away. The bits of wood not quite burned were frugally collected to be utilized in the next pile.

The two men had finished their curry and rice. They began to play some native game of chance. They used pebbles for the game itself, and splinters, from the adjacent funeral pile, did nicely for counters.

Life is so hard for the poorer natives of India that it is not surprising that they take death so coolly. They have so little to live for. They live so difficultly, so miserably, so inadequately, that to them death has ceased to be a devil, and has become instead an angel of deliverance.

To me the system of the Hindoo burning ghâts—of which I saw every detail—was not nearly so repulsive as the system of the Parsee Towers of Silence, of which I only saw the outside, and could but too well imagine the inside. I wish the Parsees would abolish their method of disposal of the dead in favour of another method, as sanitary, but less revolting. But the Hindoo custom seems to me entirely commensurate with the Hindoo needs and the preservation of the general health of India.

In a primitive part of interior India I once saw a maharajah's funeral pile. It had cost a positive fortune. It was built of expensive spicy woods and saturated with costly oils. It was richly gilded, and the dead was wrapped in embroidered silken sheets. For miles the air was sweet and pungent, and thick with the perfumed smoke. I remember having thought, when a child, that the literally sweetest experience I ever had was the attending of a high mass at St. Peter's, in Rome. But now I must own that the sweetest smell I ever smelled was the burning of a maharajah's funeral pile.—*Pall Mall Gazette*.

## SPECIALITIES.

## KNITTED HOSIERY.

MESSRS. FLEMING REID & CO., of Greenock, have submitted for our examination several specimens of gloves, undershirts, combinations, and night socks made of their pure-wool material. Microscopic examination of the articles has convinced us that they are properly described, and the style and finish are all that can be desired. At the approach of winter people at all inclined to be delicate, either as regards their throats and chests, or with a tendency to rheumatic troubles, cannot do better than lay in a complete set of these eminently artistic and sensible garments.

Messrs. Fleming Reid and Co. are proprietors of the Scotch Wool and Hosiery Stores, ten branches of which are in London, and sixty in the Provinces. Ladies when shopping in the West End should call at 84, Oxford-street, and inspect these productions.

## FLORADOR FOOD.

THE Florador Food Company have submitted to us a sample of their Florador Food. It is a wheat product containing all the nourishing properties necessary to the sustenance of the body. Compared with corn-flour, arrowroot, sago, and tapioca, which consist merely of starch, the value of this preparation is very marked, inasmuch as it contains those albuminous constituents which are necessary to flesh formation. It is made in three grades—the large, medium, and fine-grained—thus being adaptable for various purposes. It is delicious and appetising, and we are sure that it will sooner or later displace many much-vaunted artificial foods now held in public estimation.

## TIBB'S BRONCHIALINE AND FREEMAN'S BATHING SPIRITS.

THESE two preparations, the one demulcent expectorant for use in colds, coughs, and soreness of the chest—the other an external application rendered stimulating and counter-irritant by the introduction of ammonia, camphor, &c., will subserve efficiently the purposes for which they were intended. Methods of use and application are forwarded with the bottles.

## GLEANINGS FROM FAMOUS AUTHORS.

LOOK round this English room of yours about which you have been proud so often, because the work of it was so good and strong, and the ornaments of it so finished. Examine again all those accurate mouldings, and perfect polishings, and unerring adjustments of the seasoned wood and tempered steel. Many a time you have exulted over them, and thought how great England was, because her slightest work was done so thoroughly. Alas! if read rightly, these perfectnesses are signs of a slavery in our England a thousand times more bitter and more degrading than that of the scourged African or helot Greek. Men may be beaten, chained, tormented, yoked like cattle, slaughtered like summer flies, and yet remain in one sense and the best sense, free. But to smother their souls within them, to blight and hew into rotting pollards the suckling branches of their human intelligence, to make the flesh and skin which, after the worm's work on it, is to see God, into leathern thongs to yoke machinery with—this it is to be slavemasters indeed; and there might be more freedom in England, though her feudal lords' lightest words were worth men's lives, and though the blood of the vexed husbandman dropped in the furrows of her fields, than there is while the animation of her multitudes is sent like fuel to feed the factory smoke, and the strength of them is given daily to be wasted into the fineness of a web, or raked into the exactness of a line!—*John Ruskin*.

To separate pain from ill-doing is to fight against the constitution of things, and will be followed by far more pain. Saving men from the natural penalties of reckless living eventually necessitates the infliction of artificial penalties in solitary cells, on tread-wheels, and by the lash. I suppose a dictum on which the current creed and the creed of science are at one, may be considered to have as high an authority as can be found. Well, the command "If any would not work neither should he eat," is simply a Christian enunciation of that universal law of Nature under which life has reached its present height—the law that a creature not energetic enough to maintain itself must die; the sole difference being that the law which in the one case is to be artificially enforced, is in the other case a natural necessity. And yet this particular tenet of their religion which science so manifestly justifies is the one which Christians seem least inclined to accept. The current assumption is that there should be no suffering, and that society is to blame for that which exists.—*Herbert Spencer*.

THE ENGLISH AND NATURE.—Who loves Nature like an Englishman? Do Italian care for their pale skies? I never heard so. We go all over the world in search of beauty—to the keen north, to the Cape whence the midnight sun is visible, to the extreme south, to the interior of Africa, gazing at the vast expanse of Tanganyika or the marvellous falls of the Zambesi. We admire the temples and tombs and palaces of India; we speak of the Alhambra of Spain almost in whispers, so deep is our reverent admiration; we visit the Parthenon. There is not a picture or a statue in Europe we have not sought. We climb the mountains for their views, and the sense of grandeur they inspire; we roam over the wide ocean to the coral islands of the far Pacific; we go into the deep woods of the west; and we stand dreamily under the pyramids of the east. What part is there of the English year which has not been sung by the poets? all of whom are full of its loveliness; and one greatest of all, Shakespeare,



carries, as it were, armfuls of violets, and scatters roses and golden wheat across his pages, which are simply fields written with human life.—*Richard Jeffries.*

## HOUSEHOLD DRINKS.

### COFFEE: CHICORY MEDICINALLY.

THE principal adulterant of coffee is chicory. Everybody knows the fact, and the word is in everyone's mouth; but it is very much to be feared that a good many people do not know much about the article after all. A great many persons drink a decoction of chicory, who suppose that they are swallowing the unmixed juice of the coffee berry. A good many other persons drink chicory knowing that they are doing so, but without much of an idea as to what it really is. At the table of a friend the conversation once turned upon this topic. The lady who presided was unusually bright, and well-informed on most matters. She spoke of chicory, declaring her conviction that it was in itself harmless, and that it might often be used to advantage to furnish a cheering beverage to those who otherwise would not be able to enjoy the luxury of the morning cup of coffee.

Here was the opportunity for a quiet experimentation, and the visitor innocently remarked, "I suppose there is not much difference between the coffee bean and the chicory bean." "Well, I think not," the hostess replied with some hesitation. "Speaking about this very thing, one day," the visitor continued, carelessly, "and one of my friends said he had always imagined that chicory was a bark." "That is what I supposed," volunteered Paterfamilias. The bright boy of the household looked quickly around, his glance taking in father, mother, and the visitor. "What is it, George?" "Why, I—I thought chicory was a root; at least, I have read that somewhere." No further guess was ventured, the topic being adroitly changed; but at the first opportunity George might have been desecrating the latest edition of the encyclopedia, and he found that his suppositions were practically correct.

Chicory is a vegetable, and has numerous legitimate uses. It is a native of the East, as far as can be ascertained, but is found growing wild in many portions of the world, including Europe, Asia, and America. Like other plants, it has a number of names, and is more generally known as endive or succory than by its proper designation. However, each of the names has a field practically to itself. "Endive" is known to many a housewife as a salad of considerable merit. It is a perennial, herbaceous plant, having a thick, milky juice, and grows to the height of from two to five feet, its leaves resembling those of the dandelion. The blossoms are quite beautiful, being large, axillary, and borne upon the main stem in pairs. They are usually of a rich blue, but sometimes appear in pink, and still more rarely are pure white. It is a hardy plant, easy of cultivation, and is much raised for the leaves, which are valuable food for cattle. It is consequently easy to obtain as a salad, since the root may be transferred to the cellar in a little earth, and the leaves are then available for the kitchen during the winter.

It is the root of this plant which supplies so large a part of the world with a considerable portion of what is drunk as coffee. The root is long, and somewhat resembles an ordinary carrot, both in shape and in colour. It is pulled, washed, and cut into small pieces preparatory to its manufacture. Where the business is extensively conducted, the cutting is most economically done by machinery; otherwise women and children are employed, and are able to "hash up" a large amount in the course of a day. The next process is drying, which is best accomplished in a kiln, and when the shrunken sections are taken out, at least seventy-five per cent. of the weight has been evaporated.

The next step is roasting, which is similar to the process of roasting coffee, the dried root being placed in heated iron cylinders, which are kept revolving till the chicory has lost at

least twenty-five per cent. of its remaining weight. During the roasting, it is customary to add to the root about two per cent. of its weight of lard, butter, or some cheap oil which gives it more the appearance of coffee, but which makes the odour of the process anything but delightful, especially as the aroma of the chicory itself is quite disagreeable. Then comes the grinding, the details of which differ according to circumstances, and the use to which the finished product is to be put.

Apart from the saccharine element, which it contains in large volume, chicory possesses no principle which is of value to the human system; nor has it on the other hand any elements of positive harm, unless used to excess, when its tendency is to derange the action of the bowels, producing diarrhoea. The roasted chicory imparts a deep, rich colour to the decoction, and is employed in many cases because of this quality. It has its peculiar taste, which to some people is very agreeable, while to others it is repulsive to such a degree that they cannot drink a beverage of which chicory forms a part. The presence of the article can also generally be detected by its light weight, which causes it to rise to the surface soon after being immersed in hot water, when the kernels, such as are large enough to be tested, will be found soft and pulpy.

Chicory can therefore scarcely be called a harmful adulterant, and if sold on its merits has its proper place in commerce. Those who buy their coffee either in the berry or ground to order will not drink it unwittingly, and very few people nowadays buy so-called coffee which is ready ground with the expectation of getting the unmixed product of the coffee bush.

Probably everyone who has noticed the green and roasted coffee sitting together in sacks in the dealer's storehouse has observed the difference in size of the beans. It is a peculiarity of coffee that in roasting, while it loses considerable in weight, it gains in bulk. At the reddish brown stage the loss of weight has been about fifteen per cent., and the gain in bulk about thirty; at the chestnut brown, twenty and fifty per cent., respectively; and if carried to a dark brown, twenty-five and sixty. It is in the roasting that the volatile oil, to which the delightful aroma is due, is developed, as it is not present in the green berry. If the roasting is carried too far—beyond a light brown—this oil is injured or destroyed, and the disappointed housekeeper properly complains that the coffee has been roasted to death.

It may not be known that coffee, from its absorbent qualities, forms a quite reliable barometer. When the atmosphere is humid, and there is probability of a rain-storm, the beans are very tenacious, and grind with difficulty, while if the weather is to continue fair they grind easily, with a crisp, sharp break.

The French have a fine reputation for making the beverage, and they do so by a method peculiar to themselves. They use great care, and the result is that when French coffee is taken one drinks the pure flavour of the berry. They always grind the berries just before they are to be used, and do not let a quantity of ground coffee stand and get stale. The cook then pours boiling water on the ground coffee; then she filters this, and, after boiling the water again, pours it on the coffee once more. This is repeated a third time. She never boils the coffee and water together, nor puts the coffee in cold water and then lets it boil. Orientals do not prepare coffee for drinking purposes as we do. Arabs make it from the unroasted beans. The Sultan of Turkey formerly, if not now, had a beverage made out of the dried pulp and pericarp for his own use, while some of his subjects, by a process similar to that for tea, prepare the leaves, which so treated contain a larger proportion of caffeine than the beans.

There is something of a question at what stage and for what classes of people the use of coffee may become an evil. It is probable that if used of inordinate strength, and especially by persons of sedentary habits, ill effects may follow; but it would seem unquestionable that, properly prepared and taken in moderation, it is of the greatest value in assisting the forces of Nature, being gently stimulating, lessening

the waste of the tissues, and as usually taken, with milk and sugar, furnishing also direct nutriment. At the same time universal testimony would indicate that neither tea nor coffee should be habitually given to growing children.

There are undoubtedly greater medicinal properties in the coffee shrub than have yet been utilised. The claim has been made, and is supported by considerable medical testimony, that the unroasted beans are valuable in kidney and liver troubles. One prominent practitioner used an infusion of about a drachm of the ground berry in a tumbler of water, which was taken in the morning on rising. This physician cites many cases of kidney and liver colic, diabetes, nervous headache, &c., which, rebellious to all other treatments for years, soon yielded to the green coffee effusion. The remedy is a very simple one, and certainly worth a trial. Another use of coffee medicinally is in nausea and retching. For that purpose a strong infusion is made of the berries, which have been ground and roasted, and it is sipped while very hot. This oftentimes acts exceedingly well, and rather better when a strong mustard plaster is applied to the pit of the stomach.

It has also been demonstrated that coffee has disinfectant properties, and is very effective in killing fever germs. Dr. Luderitz, who has paid close attention to the subject, did not use strong infusions, but found that a certain harmless micrococcus germ died in a ten per cent. coffee solution in from three to five days. The bacillus of typhoid fever perished in from one to three days under coffee influence, and the cholera bacillus in from three to four hours. The germ of anthrax or splenic fever died in from two to three hours, but the spores of young forms of the latter germs perished in from two to four weeks only.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### FOOT-GEAR.

TO THE EDITOR OF THE FAMILY DOCTOR.

DEAR SIR,—Some time ago you discussed at length the advisability of both sexes wearing a reasonable kind of foot-gear. The shape of boot or shoe and the height of heel were treated in the discussion, some of the writers gave very pronounced opinions both as to appearance and usefulness. It cannot be denied that a pretty boot, well and artistically heeled is to be preferred to the large flat pattern worn by prejudiced persons, who, in this dirty weather, flounder about in the wet, looking anything but graceful, and appear far from comfortable. I put on a pair of low, flat heeled boots recently, after having worn a pair with high heels, and am not sorry that I had such a good opportunity of judging the merits of what I call sensible foot-gear. I found that whilst wearing the flat heel I was most uncomfortable on account of the large proportion of the underside of the foot being in direct and continuous contact with the wet. On the other hand, when wearing a high heel I experienced no such uncomfortable feeling. It is obvious that where the feet can be kept dry and clean, the body is protected and colds are ward off. Apart from this side of the question, a neat and elegant boot is to be put far in front of the careless looking and clumsy "beetle-crusher." When properly made, and scientifically constructed, boots and shoes with high heels are more comfortable to wear, and in appearance are elegant and pretty. Excess in these matters spoil the effect, and a badly-proportioned high-heeled boot, undoubtedly looks ugly and is a source of discomfort to the wearer. I am most particular about my boots and how they are made. They are always admired, because they are made by an "artist," and he takes great interest in giving satisfaction. I never suffer from cold feet.

This subject should have the attention of both men and women. It seems that high heels are now much more worn than formerly, the reason being that the prejudices which have been brought forward by a few and rapidly being got over, and the utility, comfort, and pleasing appearance of elegant foot-gear I am glad to say are far more generally recognised.—Yours truly, VOYAGEUR.

Nov. 18th, 1893.

TRUTH.—Truthfulness itself is largely dependent upon courage. A naturally timid person may, indeed, be also naturally honest; yet it seems almost impossible for such a person to retain absolute honesty of word and act; and the most unhappy of mortals are those who have not the courage to support the real truthfulness of their natures.


COALS SAVED.—Heat Doubled. ASBESTOS ADHESIVE COMPO. fits around any grate, lasts years. Intense R. d. heat from little coal, saving tons. 6 022, post 1/6. 20b. 3s. 6d. Institutions see trial.—Eureka D.D. Co. Asbestos Works, Clapton Park, London. From all ironmongers 6d.—Adv.



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For ASTHMA, BRONCHITIS, NIGHT COUGH, INFLUENZA, HOARSENESS, AND ALL LUNG TROUBLES.

SAFE AND RELIABLE.

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See Trade Mark on Wrappers. Beware of Imitations.  
SOLD BY CHEMISTS EVERYWHERE.  
In Bottles, 1/1½, 2/3, 4/6, and 1/1.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

CAN any of your readers give me any information respecting Dr. Hall's new philosophy, which he calls "Substantism." He claims that by his discovery he will stamp out disease from the earth, and in the ages to come when people will ask how it was that disease were removed it will be said it was by the discovery of Substantism by Dr. Paul's Hall, of New York?—"Boomerang."

CAT.—My cat, two years old, has suddenly been seized with some disease. It cannot swallow anything, and seems paralyzed down its left side. How can I best treat it?—"Anxious."

RABBIT SKINS.—Will someone tell me how to dress rabbit skins so that they will be soft?—"Nemo."

TIGHT-FACING EXTRAORDINARY.—Will your correspondent ("A Slim waisted Maid") kindly mention in the FAMILY DOCTOR, whether (the young gentleman has" said in ear-") the letter can be seen in your issue November 25, 1893.—"Acadian."

HUDSON'S EXTRACT OF SOAP  
AND  
HUDSON'S DRY SOAP.



## RECOMMENDED

For the preservation of lawns, laces, beautiful washing fabrics, underwear, fine linen, shirts, sheets, &c., HUDSON'S EXTRACT OF SOAP and HUDSON'S DRY SOAP are recommended. Instead of the offensive soapy smell common in many Soaps, HUDSON'S leaves the linen actually sweeter and fresher than when new.

**DR. DUNBAR'S ALKARAM;**  
or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

### ALKARAM.

If inhaled on the first symptoms of Catarrh, Will at once arrest them, and in the severest cases will generally cure in a single day.

### ALKARAM

Contains no narcotic, the smell is agreeable and reviving, and relieves headaches; in fact, it should be on every toilet table.

### ALKARAM

Is sold by all Chemists at 2s. a bottle.  
Address DR. DUNBAR, care of F. Newbery and Sons, 1, King Edward Street, London, E.C.

### DOUGHTY'S VOICE LOZENGES

KEEP THE VOICE IN TONE.  
From Signor TOMMASO SALVINI, the Eminent Tragedian.

"Theatre Royal, Drury Lane, May 23, 1875.  
"SIR.—The other night, when my voice would have otherwise failed, I was able to accomplish my duty to the very last in "Othello," which I owe entirely to your Voice Lozenges."

### ASK YOUR CHEMIST FOR THEM.

Sold in boxes by all chemists, 1s., 2s., 6d., 5s., and 11s., or will be sent direct, post free, for 1s. 2d., 2s. 6d., 5s. 4d., and 11s. 6d. Sample boxes 6d., post free 7d.  
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1 and 3, King Edward Street, Newgate Street, London.  
Established A.D. 1746.

### NERVE AND "BRAIN" SALT.

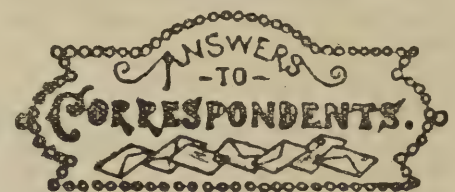
FOR  
HEADACHE  
AND  
SEA SICKNESS.

"BRAIN SALT," (title registered in Great Britain and America) is sold at 2s. 9d. per bottle, and cannot be obtained of dealers in cheap medicines for the low prices sometimes accepted for articles similarly priced. See on all bottles of genuine "Brain Salt" the Government Stamp, bearing the words "F. NEWBERY AND SONS, 125 years in St. Paul's Churchyard, London"

F. NEWBERY AND SONS, 1 and 3, King Edward Street, Newgate Street, London, E.C. (established A.D. 1746), send "BRAIN SALT" postage paid, for 3s., to any part of the United Kingdom; and those who fail to procure it of chemists may thus readily obtain it from the Sole Proprietor.

### ANSWERS.

IN FORMA PAUPERIS.—A pauper suitor is one who swears himself not worth £25, except his wearing apparel, and the subject matter of the suit. Prior to 1883 the amount was £5.  
JAMES CAIRNS.—You are quite right, it is probably impo-  
n of his so-called "philosophy," nor of his magazine.



Just published, 1s., post free 1s. 1d.

THE PHYSICIAN. A Family Medical Guide. Contain- ing upwards of 250 Recipes for the prevention, treat- ment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, &c. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience.

Offices—18, Catherine Street, Strand, London, W.C.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those who have been unable to get suitable glasses elsewhere), should consult Mr. Bluett, who has had thirty years' practical experience in making and adapting Spectacles for every form of Defective Eyesight, and for which he has received numerous unqualified testimonials.

The Eyes Carefully Examined and Sight Tested FREE, Spectacles from 1s. 6d. per pair.

F. BLUETT, Specialist in Spectacles,  
8A, GREAT PORTLAND STREET, W  
[FOUR DOORS FROM OXFORD STREET.]

**NERVOUS and WEAK MEN.**—Vigorous Vitality Ensured to men suffering from nervous exhaustion, low vitality, &c. Try HALE'S (the only genuine that does not blister or injure the skin) PATENT ELECTRIC BELT and Suspensor. Comfortably curative. Effective in electric qualities. No metallic contact with the body. This scientific appliance will infuse a mild continuous current through the diseased nerve centres. Descriptive circular, undoubted testimony, sent free. ARTHUR HALE and SON, Medical Galvanists, 30, Regent Street (Piccadilly Circus.)

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

### ADVICE GRATIS.

By A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:-

King's College Hospital.	Nazareth House, Ham-
University College Hospi-	mersmith.
pital.	British Home for Incura-
London Temperance Hospi-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital for	Poor Box—Five Police
Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital
Hospital for Sick Children	Charing Cross Hospital.
St. Peter's Hospital.	

KNOLLYS.—1. Of course the pain of the piles is due to the constipation, and the cure should be to relieve the bowels by injection. As she is suckling she cannot take aperient drugs without affecting the infant. Now an injection will relieve her, and not harm the child. 2. A St. Virus dance in its graver forms is quite dangerous enough; it is not likely to terminate in paralysis. 3. It is an imitative disease, and children who play together are communicated as to you another. 4. She must be treated carefully, under the superintending eye of a medical man. Bark given by an amateur is worse than useless. Pectoral rest, regular feeding, fresh air, and arsenic are the usual methods of treatment.

RAJAH.—The proper thing to do is to undergo local treatment of a sedative kind first, and then of a stimulating character. Your letter does not give me such information as to your whereabouts, so we cannot advise you where to go to have it done. This is the only really satisfactory method, the effects of which are permanent. Internal medication is of no use whatever.

MILDRED BARBARA.—Certainly you should tell him it is; you cannot be too explicit. We do not know whether we prescribed for you or not, but if you are a better yet, you had better try our prescription. In case we did not give you one, we do so now. Take bromide of potassium one and a half drachms, liquid extract of salix nigra two drachms, water to six ounces. One sixth part three times a day. Be careful to be down as much as possible, and keep the bowels freely open.

Calvert's

60 AWARDED PRIZE MEDALS and DIPLOMAS.

CARBOLIC

TOOTH

POWDER

NEWTON CRANE, Esq., late U.S. Consul, Manchester, says:—"Your Carbolic Tooth Powder is the BEST I EVER USED. In this opinion I am joined by all the members of my family."  
6d., 1s., and 1s. 6d. Tins, at any Chemist's. Sample 1s. tin, post free in United Kingdom, for value in stamps sent to—  
F. C. CALVERT & CO., MANCHESTER.

A Valuable Book of Hygienic and Surgical Appliances, contains Valuable Information for all Married Persons, Sent Free on receipt of Stamped Addressed Envelope by  
**SENT FREE. E. D. LAMBERT & CO.,**  
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**BRONZED TIN VAGINA DOUCHES,**  
Two yards Tubing, Stopecock, Vagina, and Rectum Tubes, complete, 6s. 6d., post free. Highly recommended by the Medical Profession, in preference to Enemas.

### TIN FOOT-WARMERS.

With Screw Caps, holding Half Gallon of Water. Keep warm all night. 1s. 3d., post free.

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# PURE-BREWED Vinegar



**A FOOD.**  
AN EMBROCATION. AN ANTISEPTIC.

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GUARANTEE AS TO PURITY  
ATTACHED TO  
ALL CASKS, BOTTLES, AND INVOICES.  
*Established 1641, over 250 Years.*

68, SUMNER ST., SOUTHWARK,  
LONDON, S.E.

**R. MCD**—Avoid all injections and refrain from beer, wines, and spirits, and much walking or standing about. Keep the bowels freely open, and take the following medicine: Oil of sandal wood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-tenth part three times a day, immediately after meals. Keep on with the medicine for a week after the cessation of the discharge.

**RODERICK**—If you took all the herbal so-called "remedies" that were ever devised it will not avail. These things are concocted by persons who know nothing of anatomy, physiology, pathology, or therapeutics, who have scraped together a rough acquaintance with what they call "cures," and you to ensue herbalists in future. Bathe the parts twice a day with cold water; each night at bedtime take a scruple of bromide of potassium in an ounce of camphor water. Keep the bowels acting regularly, and take as much open-air exercise as possible.

**DE PAIRING**—You have done wisely to avoid the person named in your letter; your description applies accurately to him as to scores of others who trade on the fears of the afflicted. Take, three times a day, the following mixture: Tincture of perchloride of iron fifteen minims, sulphate of magnesia thirty grains, bromide of potassium fifteen grains, chloroform water to half an ounce. Bathe the parts twice a day with cold water, and cease to worry yourself as you have done.

**QUENTIN**—1. Treatment would probably keep these veins "in statu quo," without effecting much reduction. But want of treatment will cause increased dilatation probably. 2. It is possible, but we can only theorise on this symptom without examination. 3. Nervous disturbance of some sort. 4. No. 5. Try "Pancreatin," pepsin, or papaine. Pepsin assists digestion in the stomach; the other two, in the bowels. 6. Only theory. 7. Yes.

**VIN**—We intended you to take the pills with your heaviest meal, probably the late dinner would be the most convenient. But what is the objection to them operating in the night or morning? You may certainly take your bath and fruit before breakfast; the bath is necessary, the fruit if you like.

# WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

AN IDEAL BEVERAGE FOR FAMILY  
USE. STRONGLY RECOMMENDED BY  
THE HIGHEST MEDICAL AUTHORITY.

**SEE MEDICAL TESTIMONY  
AND ANALYSIS.**

ORDER TRIAL SAMPLE CASE FROM  
YOUR GROCER OR WINE MERCHANT.

BE SURE AND OBTAIN WHEATLEY'S,

OR WRITE DIRECT TO

## WHEATLEY & BATES

(LIMITED),

## SHEFFIELD,

*Who will have pleasure in sending Pamphlets  
and Particulars, post free.*

**MIKADO**—We are glad to hear of the improvement, and would advise you to continue the treatment for another month. Should you not then be quite well, report again with a full statement of your condition at the time, and we shall be happy to advise you further.

**A WEAK OLD READER**—Yes. We think you may get quite well again. The medical man who examined you clearly minimised the important factor in the case, which, unfortunately many men in general practice are apt to do. Bathe the parts in cold water twice a day, and take the following mixture after each meal: Bromide of potassium twenty grains, tincture of perchloride of iron fifteen minims, sulphate of magnesia twenty grains, spirit of chloroform five minims, water to half an ounce. Let us know in six weeks' time what progress you have made, and report more fully as to your exact condition.

**SODIUM MIXTURE**—We do not quite see the utility of what you suggest—nor do we think there is any very satisfactory method of such staining in presence of a strong alkali. You might try the effect of damping with tincture of logwood—we cannot answer for the result.

**A. F. TARRANT**—Persevere with the remedies for a further period of four weeks. You are doing very well, and we must to hear as satisfactory a statement when you write again.

**WILLIAM ROBERTS**—You must lead a very unexciting life, and have neglected yourself very much to be in such bad condition. You have carefully omitted to give us any information as to your way of life, occupation, &c. We should advise you to have a cold or tepid bath every morning, using plenty of soap all over the body with a pair of washing-gloves. Have a good rub down after sponging over well. Get plenty of active outdoor exercise during the day—such as athletic sports and gymnastic exercises. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of Dunn's Fruit Saline. Take also a teaspoonful of Parrish's Food three times a day immediately after meals.

## FREEMAN'S BATHING SPIRITS,

A never-failing remedy for Rheumatism, Sprains, Bruises, Cramp, &c. 1s. 3d. per bottle, post free, duty included.

**TIBB'S BRONCHIALINE**, for Irritation and all Affections of the Throat. 1s. 3d. and 2s. 9d. per bottle, post free, duty included. Free sample on application. Prepared genuine only by **FREDERICK TIBBS**, 30, Parkhurst Road, Holloway, London.

## EPPS'S

GRATEFUL—COMFORTING.

## COCOA

"To breathe 'Sanitas' is to breathe Health."—GORDON STABLES, C.M., M.D., R.N.

# "SANITAS OIL"

Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
AND ALL  
Lung and Throat Affections.

DIRECTION  
INHALE and FUMIGATE with "SANITAS OIL."

THE SANITAS CO. LTD. Bathing Green, London, E.

"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.

Fumigators, 3s. 6d. each.

"Sanitas" Eucalyptus Disinfectors, 1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

**BOB**—You may purchase any book on diseases of women, which will contain all the necessary information on the subject. Whether you will understand it or not is another question. The names of authors are Galabin, McNaughton Jones, Thomas. Any bookseller will obtain these books for you.

**GLASGOW**—The dyspepsia is to a large extent responsible for the psoriasis, though they are both probably hereditary. You should be very careful as to what you eat and drink. Avoid pastry, puddings, beer, much potato, &c. In fact everything that is sweet or greasy. Eat fish, boiled fowl, and lean meat, and have your meals quite regularly. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a dose of Dunn's Fruit Saline. Frame Food jelly and other invalid foods will be found advantageous.

**SAMOS**—We do not think your present condition is indicative of a serious condition of health. You should resort to ordinary hygienic rules—such as morning baths, exercise, regular feeding, and attention to the state of the secretions. Rest as much as possible from taxing the weakened part, and take a teaspoonful of Seltzer's Easton's syrup three times a day immediately after meals. Good feeding, fresh air, and repose are the main indications.

**TRACTION ENGINE**—You have put your condition down to the wrong cause; there appears to be no evidence of contamination whatsoever. You have had no discharge, therefore you can have had neither gonorrhoea nor balinitis, and there are no evidences of any other venereal trouble. Your eczema is responsible for your trouble. If you have taken sandal wood or copaiba, you have yourself set up the flushing of the skin, to which, having formerly suffered from eczema, you are necessarily prone. Remain a teetotaler, take neither sugar nor coffee: by all means eat apples if you wish to do so. Take the following medicine four times a day: Antimony wine ten drops, sulphate of magnesia forty grains, bicarbonate of potash fifteen grains, camphor water to half an ounce. Let us know in a fortnight how you are progressing. Of course you must persevere with local measures of cleanliness—silly washing, &c.

**E. L. HANKIN**—You had better write to the "Lancet" or the "British Medical Journal" for the information. The former, Bedford Street, Strand; the latter, 51, Strand.

**CHRYSANTHEMUM**—We do not see anything irregular in the nocturnal occurrence, and we do not know why you attribute the one to the other. The best thing you can do is to be careful to keep the bowels freely open by some mild laxative, such as liquorice powder, and take ten or fifteen grains of bromide twice in the latter part of the day—the last dose at bedtime, the first about 6 p.m. Without further information we cannot give better advice.

**PERICLES**—You have no occasion for worry. Tell your "authority" that he is wrong; you do not need any treatment.

# Rowland's Odonto

A Pure, Fragrant, Non-Gritty Tooth Powder, and contains no injurious acids or astringents. It Whitens the Teeth, Prevents Decay, Sweetens the Breath, and being Exquisitely Perfumed is a Perfect Toilet Luxury for all who value the Appearance of their Teeth. *Sold Everywhere at 2s. 9d.*

## "NO USE TO GO TO CHURCH."

THOMAS LOCKYEAR says—"I was so deaf that I could not hear St. Thomas's Bells (a very powerful peal), and as to going to Church, it was no good at all, for I could not hear a word. After using 'Orchard's Cure for Deafness' I was quite restored, and last Sunday heard every word at Church."

1s. 1d. per Bottle. Free by post for 14 stamps from EDWIN J. ORCHARD, Chemist, SALISBURY.

TEEN WO CHANG  
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Canton  
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Tea.

## TEA

Goes twice as far as any other Tea at 2/6 per lb.

A Most Luscious and Refreshing Beverage

## TEA

Price 1/6 per lb., carriage paid.

Send 1/6 for sample pound tin to  
**TEEN WO CHANG, Tea Importer,**  
36 and 37, MINCEING LANE, LONDON.



## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangement of the Stomach and Liver. Purifies the Blood and is delightfully refreshing. Through Chemists and Stores.

**SPECIAL OFFER.**—To prove its efficacy, 1s. 6d. bottle will be sent post free for 1s. 6d. stamps. WORKS: CROYDON, LONDON

**SAMPSON.**—The best way to make certain is to take a full dose of castor oil (one ounce) at bedtime, and at 4 a.m. to follow this with a draught containing liquid extract of male fern forty-five minims, mucilage of acacia one drachm, syrup of oranges two drachms, water to one ounce. On the evening preceding the dose of oil, only a light tea and no supper should be taken, and no food should be eaten until the draught has acted (subsequently to the action of the castor oil). Examine the motions carefully for any portions of tape worm, if necessary shaking up with water and straining through coarse muslin.

**W.B.D.**—Wash your feet thoroughly each night with hot water and Terebene Soap, then soak them in Tildan's sea salt and water (two tablespoonfuls to a quart of water). Do this regularly, and you will soon find your troubles disappear.

**EXQUIRER.**—The best book on midwifery is "Playfair's Science and Practice of Midwifery," published by Smith, Elder, & Co., 15, Waterloo-place, London, S.W. (published price 31s. 6d.). We do not know anything of the publisher whose name you mention.

**JACK.**—Take one teaspoonful of Epsom salts each morning in a little hot water. Be careful as to your diet; you are already are careful in this direction. Give up the cod-liver oil at once. It does not suit you, and is likely to do you more harm than good. Bathe the parts twice a day with cold water, and at night use an ointment containing: Glycerine of tannin three drachms, lanolin five drachms. Take plenty of open air exercise, and be careful to masticate your food thoroughly.

**CARIES.**—We are unable to say what it is without examination. But it is not improbable that the shrinking of the gum has laid bare the dentine below the level of the enamel, and that this black condition indicates decay. The best thing you can do is to get advice from a good dentist.

**CATARACT.**—Your spelling of the name of the condition is rather hazy, but we take it that the patient has cataract of both eyes. In that case the only treatment would be operation, but the time and method must be left to the judgment of the ophthalmic surgeon in charge of the case. If you are living near London you cannot do better than take the patient to the Moorfields Ophthalmic Hospital. Boracic acid in weak solution (four grains to the ounce of distilled water) is a good eye wash, but would be of no service in a case of cataract.

**ROMFORD.**—We do not see that you can do any more than you are doing at present. If you use the battery properly and practise rubbing the legs systematically, that is the best possible form of treatment, provided it be efficiently carried out. You have not mentioned your age, nor said anything whatever about the history of the case.

**VINDEX.**—The most satisfactory way for you to obtain definite information on the subject is to see some good surgeon on the matter. There are many circumstances involved, and, even if you should be as you suppose, something may be done.

**A. JEFFERY.**—What do you mean by weakness in the back? What part of the back? What are your habits and occupation? We should have thought you had better indulge in some gymnastic exercise, so as to strengthen the muscles, or have them well shampooed.

**HARRY BLUFF.**—We should think the best thing for you to do would be to write to the surgeon you consulted (enclosing a fee), and ask him whether he thinks there is any connection between the complaints. We have not seen you, and hence cannot advise. Aneurism of the heart may give rise to many symptoms, frequently of an abdominal character. You must be very careful about your diet, and rest as much as possible.

**A DUBLIN GIRL.**—The best thing you can do is to wear mittens, long enough in the fingers to allow of your using the tips of your fingers, having some warm woollen stuff round the wrists. If your fingers are kept warm in this manner we fail to see why you should get chilblains. At any rate, it is the best suggestion we can make.

**SAILOR.**—There are no books on the subject that we are aware of. It is not likely that you will feel any bad results, if you are careful of yourself and do not commit it again. We should think, other things being equal, that you could marry in a couple of years or so. Live a steady life, avoid indulgence in alcoholic liquors, and keep out of bad company.

**D. R. B.**—It is not necessary that you should know more about it than the dog or cat. Nature is quite enough.

**CHARLES SAMUELS.**—We do not very well know what you can do for this condition. Pay due attention to your digestion, and keep the bowels freely open. Avoid all hot and stimulating food, such as very hot tea, sauces, pickles, &c. Light, easily assimilable food and Frame Food diet or jelly, Benger's or Savory's Luvald Food, and other similar preparations are appropriate. Stews, spiced food, and made-up dishes generally are not good. Alcoholic drinks are bad for you, even the lightest beer. As a local application you may use lotio at night, allowed to dry, that you could remove again in the morning. Take the following: Sulphate of magnesia two drachms, carbonate of magnesia one drachm, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part twice a day.

**DAD.**—You cannot have better advice or treatment than can be obtained at the hospital your daughter has been attending. If you are going to listen to the advice of non-medical intruders, calling themselves friends, you had better save yourself the trouble of applying even to us, as your friends would be sure to criticise our advice as well. Any information not spontaneously given at the hospital can be easily obtained by putting a question or two.

**LIONEL FITZGERALD.**—Your "country doctor" is quite right; fatty changes follow the prolonged use of this drug. In fact, modern therapeutists consider it to have been much over-rated. Take your hot water by all means if it does your dyspepsia good, nothing could be more innocuous.

**BAKER.**—If you are subject to these bilious attacks, you must study your diet. Refrain from beer and wines, though you may take a little whiskey neat. Take the following pill every night: Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain, to make one pill, and follow the next morning by a dose of Dunn's Fruit Saline. You ought to get more exercise in the fresh air, as the close heated atmosphere of a bakehouse is far from healthy. Do not eat too much bread or potato, and abstain from sweet things, as puddings and greasy things, as much fat, butter, bacon, pastry, &c. Take the following medicine: Sulphate of soda two drachms, tincture of nux vomica half a drachm, infusion of cascarella to six ounces. One-sixth part three times a day.

**POOR NELLIE.**—No, it is not painful; but we cannot enter at length into this. It would have been better if you had sent an addressed envelope for reply.

**PANDORA'S BOY.**—We should suggest your taking five minims of Fowler's solution in a tablespoonful of water three times a day. Keep the bowels free and avoid all stimulants of any kind whatsoever. Use locally an ointment consisting of equal parts of white precipitate ointment and carbolic ointment.

**W. WARD.**—The symptoms indicate that you are suffering from indigestion with sympathetic liver disturbance. Your occupation being sedentary, you would do well to take as much outdoor exercise as possible. Eat your meals very slowly, and do not drink at all between meals. Take one of the following pills every night: Blue pill one grain, pill of colocynth and benbane four grains, and a dose of the following mixture before each meal. Dilute hydrochloric acid ten drops, sulphate of magnesia twenty grains, chloride of ammonium ten grains, infusion of gentian to half an ounce.

**R. SMITH.**—Accidents may happen even when the most careful regulations are adopted; and we are sorry that we are unable to recommend or discuss preventive measures in these columns. Of course we are at liberty to suggest total abstinence as the only safe measure.

**SIVAD.**—You forget to tell us anything about your sex, age, occupation, habits, or general health. We are, therefore, completely in the dark as to the cause of your trouble. If you will send us these, with any other particulars that may seem to be of importance we shall be glad to help you. Meanwhile take a teaspoonful of Epsom salts each morning in water, and avoid coffee, sugar, beer, tobacco, and preserved foods.

**NEVER DESPAIR.**—The drug you have been taking is generally recognised as the most beneficial to the individual and the most deleterious to the parasites, therefore we should advise you to go on with it. Confine your diet as much as possible to lean meat and dry bread, and get the bowels freely open with castor oil or other medicine before taking the specific, so that the latter may come into direct contact with the parasites. Turpentine is sometimes taken, so is Kousso, and pomegranate also. But you had better persevere with the malefern.

**CROUCH END.**—If he is suffering from consumption or tubercular phthisis the sputum is certainly infectious, so that he not only may infect others, but repeatedly re-infect himself. J. B. C.—The Latin name is "Tinet. Lupuli," so that the preparation shown you was probably the correct one. Try it as recommended.

**DEPENDENT.**—You are not very clear in your statement. If by "giving way" you mean that you indulged in bad habits, that was certainly not natural, but very much the reverse of what you ought to do. If you are not doing things, we shall be happy to advise you, but it would certainly be wrong to ignore matrimony until the condition is definitely ascertained.

**DENT-DENT.**—1. Yes, certainly. 2. We do not think so. Use a soft bristle brush with powdered charcoal. 3. This question is very indefinite, and we should advise you to leave well alone. 4. No, we think not.

**WORRIED.**—You are troubled rather too frequently. Take a scruple of bromide of potassium in an ounce of camphor water every night at bedtime. If that be the only trouble, you need have no hesitation in marrying at the end of a year, but you must be certain there is no other disability.

**ELLEN BAKER.**—Use ordinary powdered oxide of zinc. If you had told us what was the matter with "her," we had leg" we might have been able to give you some advice about it.

**C. J. KEATS.**—In any case you will have to go to a doctor, as you cannot do the business yourself, and you must have it treated. Our advice is, see a medical man.

**A. J. SMITH.**—Take a cold bath every morning, having a good rub down with a rough towel afterwards. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of Dunn's fruit saline. Get plenty of active outdoor exercise during the day, such as athletic sports and gymnastic exercises. Your diet should be light and nourishing, consisting of fish, fowl, Frame Food jelly, &c. Take Rowntree's "Elect" cocoa, which is more nourishing and stimulating than tea. Avoid beer, stout, &c. much potato or bread, puddings, pastry, and sweets; but as much fruit and green vegetables as you like. Take a teaspoonful of Sellers' Eas-ton's syrup three times a day immediately after meals.

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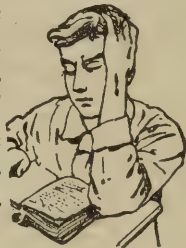
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## DIED STANDING ON HIS FEET.

"ABOUT an hour before sunset last evening, Mary Gunsoly, a servant in the employ of John Roach, a farmer living near Searsville, started out to drive up the cows. She had gone but a short distance along the road when she saw a man standing up against a stone wall, or fence. The perfect quiet which he maintained, with the ghastly pallor of his face, attracted the woman's attention, and on closer observation *she was horrified to find that he was dead.*

"She at once gave the alarm. The neighbours assembled, carried the body to a house near by, and summoned Dr. Condict, who pronounced life extinct. The name of the dead man was Patrick Burke; he was thirty years of age. It is supposed that he was taken suddenly ill while passing along the road; that he leaned against the wall and died instantly, his body being supported in an erect position by the wall. After the inquest the coroner's jury rendered a verdict of death by heart failure superinduced by gastritis, or catarrh of the stomach—an acute form of dyspepsia."

The foregoing is quoted from the Middletown *Argus* of November 4th, 1892—an American newspaper.

Now let us see what lessons the untimely demise of poor Pat Burke has for some other people who, no doubt, fancy themselves safe from such a sudden taking off.

Mr. Thomas Hatt, of Widmere End, High Wycombe, Bucks, was a healthy enough man up to April, 1886. Then he began to weaken and fail. Why he should be ill he couldn't conjecture. So far as he could remember he had done nothing to bring it on. He felt surprised, as a man does at receiving an unexpected blow from behind. His nerves were all of a jangle, he had a bad taste in the mouth, and a sort of all-gone sensation as though the very life were ebbing out of him. His hands and feet were cold and clammy, and he often broke out into cold sweats. Dark spots were all the time floating before his eyes, his appetite left him, and when he did eat anything it lay upon him heavy and dull, and seemed to cause a gnawing, grinding pain.

"After a time," says Mr. Hatt, "I had pain and palpitation at the heart, which I was told was heart disease. At night my heart would thump so hard I could get no sleep; it pounded like a

muffled drum. After a while the heart trouble got so bad *I was afraid to go to bed and used to sit up nearly all night long.* Later on I became so melancholy and nervous that I trembled from head to foot as I went about. I worked a little when I was able, but was always in pain. A doctor in Frogmoor Gardens treated me for some time, but gave me no relief. I thought I might die any day, for I looked upon my complaint as heart disease. I seemed to be walking in darkness on a narrow footpath between life and death.

"Yet the days, weeks, and months, dragged by: I could only wait. It was in October, 1886, that I first read of Mother Seigel's Curative Syrup. I can't say I had any faith in it, but there was so much reason and sense in the published accounts of what it had done, that I got a bottle from Messrs. Lansdale and Co., Chemists, Queen's Square, and began to use it. Expecting little or nothing I received much, for in two days I felt the welcome relief, and after having taken three bottles I found myself in good health; and have been so ever since—that is, for six years. You are at liberty to publish this letter if you think it might be useful to others, and I shall be glad to answer inquiries. I am a chairmaker by trade, and in the employ of Mr. Gibson, Slater Street, High Wycombe. Yours truly (signed) Thomas Hatt, November 15th 1892."

Well, you say, how does poor Pat Burke's case connect with Mr. Hatt's? That's what we are going to tell you. The inquest showed that Burke had no *organic* disease of the heart at all. When the doctors cut the heart out of his body they could find no signs of disease about it. What killed him so quickly then? Listen and learn. The heart derives its motion from the same set of nerves (the pneumogastric) that move the stomach and lungs. These nerves, poisoned and paralysed by the acids bred by indigestion and dyspepsia, ceased at last to have power over the heart. Then what? It collapsed in a minute and the man died before he had time even to lie on the ground. What a terrible thing! Yet everybody is liable to a like fate who doesn't watch out against indigestion.

We congratulate Mr. Hatt on his escape. But it was long odds against him at one time.

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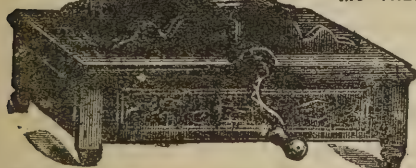
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No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under —	The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—	Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.			
1	IRELAND.	<p>Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Safety Pneumatic Tyre Bicycle, value £20.....</p> <p>The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. ....</p> <p>The next 200 Competitors will each receive a Book, published at 5s...</p> <p>The next 300 Competitors will each receive a Book, published at 3s. 6d.</p> <p>The next 400 Competitors will each receive a Book, published at 2s. 6d.</p> <p>The next 500 Competitors will each receive a Book, published at 2s...</p> <p>The next 1,000 Competitors will each receive a Book, published at 1s.</p>	£	s.	d.	£	s.	d.	
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4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.		50	0	0	4800	0	0	
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.		52	10	0	5040	0	0	
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WORCESTERSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.		50	0	0	4800	0	0	
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.		50	0	0	4800	0	0	
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.		50	0	0	4800	0	0	
						41904	0	0	
RULES.									
I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.									
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**THE**  
**FAMILY DOCTOR**  
**AND PEOPLE'S MEDICAL ADVISER.**

No. 458.—VOL. XVIII. SATURDAY, DECEMBER 9, 1893.

PRICE ONE PENNY.

**DOMESTIC SURGERY.**

*(Continued from Page 131.)*

**Useful Hints for the Housewife.**

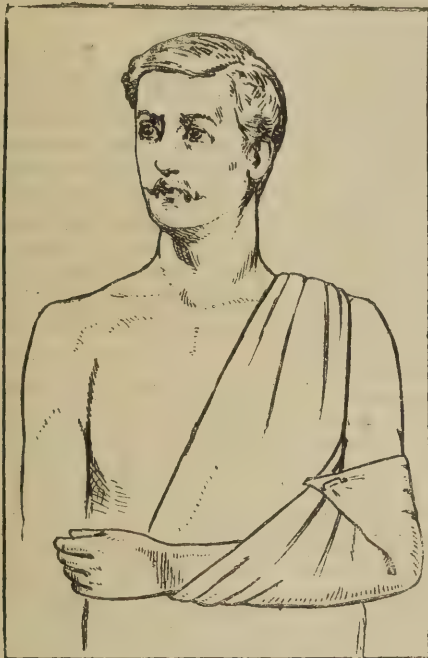


FIGURE 29.

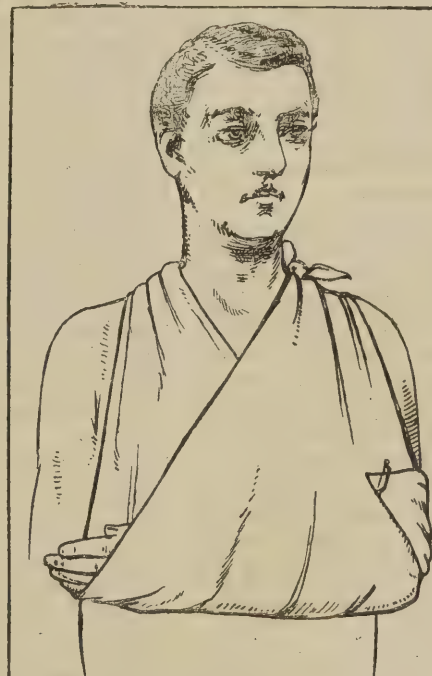


FIGURE 30.

**TRIANGULAR BANDAGE.—(Continued.)**

**A**NOTHER important service that Esmarch's Triangular Cloth may be made to serve is that of a sling, which for ordinary purposes is simply applied, as in Fig. 29, by tying the two ends together round the back of the neck, and drawing the point round the elbow and pinning in front. By such means the sling is kept firmly in its place.

The knot will, of course, be tied on the shoulder of the same side as the supported arm, which will bring the point to the inside, if the inside end be brought over the shoulder to which the arm points.

Fig. 30 gives a very useful method of applying in cases of injury to the elbow, in which absolute rest of the hand and wrist is not required. One end is passed over the shoulder, and the point is drawn under the armpit to be tied to that point behind the shoulder. The arm is then bent into the position required, and the free end is brought up over it and passed under the arm-pit of the same arm, and then drawn forward round the arm above the elbow to be pinned.

Fig. 33 is a modification of the same sling, the first end being passed

over the other shoulder. Very comfortable and convenient, but not so generally useful as either Fig. 29 or 32.

This is perhaps the most effective sling of the four, and is applied by passing one end under the opposite armpit, and tying to the other on the same side shoulder. The arm is then placed in the loop so formed, and the point is then passed under the other armpit and drawn over the shoulder to be pinned.

Fig. 33 is the sling described in Fig. 29, further secured by a broad folded bandage passing round the upper arm above the elbow and under the second arm, to be tied round the waist like an ordinary band.

These bandages are so constantly found to be useful, and may be so at any time, that two or three should always be kept in the house ready for use. They are easily cut from two or three yards of unbleached calico.

Do not forget to practice the application of these, so that you may be ready to meet an emergency.

*(See Illustrations on page 111.)*

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SATURDAY, DECEMBER 9, 1893.

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## CONTENTS.

PAGE.	PAGE.
Domestic Surgery .. 225	Physical Culture .. 232
(Illustrated) .. 225	Source of Present Day .. 232
Editorials .. 226	Immortality .. 233
All About Game .. 227	Table for Invalids .. 233
Argument Against .. 228	An Old Medical Story .. 233
Corsets .. 228	The Sin of Fretting .. 233
Is It Right? .. 228	Infectious Diseases in .. 234
The Danger of Eating .. 228	London .. 234
Old Mushrooms .. 228	In Hospital .. 234
Can We Afford to .. 229	A Model Establish- .. 234
Cremate? .. 229	ment .. 234
Indian Magic .. 229	Malt .. 234
Parents and School- .. 229	Recent Patents .. 234
masters .. 229	Specialities .. 235
Recipes for the Table .. 230	Our Open Column .. 235
Household Hints .. 230	Notes & Queries .. 235
The Mother's Page .. 231	Answers to Corre- .. 235
Muscles .. 232	spondents .. 235
Marriage Rules .. 232	&c., &c., &c.

## EDITORIALS.

**THE AGE OF WOMEN.**—The wish to conceal her age is so popularly supposed to be second nature to every woman that it has come to be accepted almost as one of her prerogatives. Even in the witness-box legal inquiry and judgment are very lenient on this point. Over in Australia, however, it seems, it is a serious offence, and recently a marriage was declared void because the husband proved that his wife had deceived him as to her age, claiming to be fifteen years younger than she really was. In this connection the celebration the other day of the ninety-ninth birthday of a still vigorous woman is worth mentioning as bringing together a company of the sex who strove each to be older, not younger, than the other, those who had touched the ninety mark announcing the fact with a pride that quite silenced the immature matrons of seventy-eight and eighty-five.

**THE CURLING IRON.**—It will injure the hair, making it dry and crisp, and, furthermore, it is unnatural.

**HAIR FALLING OUT OF THE EYELIDS.**—Benzolated zinc ointment, which can be obtained at any chemist. Close the eyes and rub the edges of the lids thoroughly with the fingers every night.

**CARE OF THE HANDS.**—Women who have rough, unsightly hands would do well to observe the following rules:—Never place your hands in very hot or very cold water for any length of time or go out doors in cold weather with them wet on any occasion whatever. It takes but a second to rinse them off and dry thoroughly on a soft towel which should always be conveniently near in every kitchen.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln. [ADVT.]

"God made man upright; but he hath sought out many inventions," saith the wise man; and one of those inventions, we believe, which has tended to destroy man's uprightness, physically and morally, is the bolting machine, whereby the better part of the wheat was rejected as worthy only to be fed to beasts, and the poorest reserved for man. The "fine flour" of ancient days was doubtless coarse compared with our whole-wheat flour. They knew not the disease-breeding invention of bolted flour.

The germ theory of disease, which is biographical from beginning to end, has been turned to practical applications of the most varied nature, and of the most far reaching importance to every people under the sun. Pointing to the marvellous discoveries of recent years in the etiology of disease, in an address before the International Medical Association of 1881, John Simon, a very high medical authority, said:—"I venture to say that in the records of human industry it would be impossible to point to work of more promise to the world than these various contributions to the knowledge of disease and of its cure and prevention." This wonderful germ theory owes its origin to the study of the purely scientific question of spontaneous generation. The study of the great questions of heredity, now occupying so much attention among biologists, will surely lead, sooner or later, to practical applications of no less moment to the human race than those based on the germ theory of disease.

**COLOURS TO WEAR AND TO AVOID.**—A blue-eyed person never looks so blue-eyed as in a blue dress or white with a blue cravat, whereas the strong blue of the fabric might have been expected to dim or kill the slight blue of the eye. A woman with remarkably red lips, clad in dull heliotrope, with amethysts, has all the coral taken from her mouth, which wears instead a light heliotrope tint, and with this tint the pink of her cheek is also touched. An ordinary or even sallow cheek never looks so beautifully white as over a white dress which seemed to threaten to darken it. And, beautiful as the "æsthetic" colours were in their day, they quenched and dimmed their wearers to their own tone. This is not to be easily explained by any known chromatic rules. Nor can one say why turquoise blue darkens blue eyes and adds to their brightness. Experiment and verification should be as much valued by the women as by the Comtist philosopher.

**SIMPLE CURE FOR NOSEBLEED.**—"A few weeks ago," says a correspondent, "I saw a crowd collected around a carriage in front of a doctor's house. Pushing my way into the crowd I saw a very pale young man in the carriage suffering from nosebleed, holding out the forefingers of each hand to a gentleman, evidently the physician, who was engaged in tying them together with a string placed around the last joint of each finger. I asked him if that would cure the nosebleed and he answered curtly: 'Yes.' I waited a few minutes and saw the cure effected. A few days later I tried the remedy on my office boy, who had a severe case of nosebleed, and it cured him almost immediately."

**SIZE OF EUROPEAN FAMILIES.**—The Berlin Anthropological Society has recently completed some curious tabulations on the average size of families in the various countries of Europe. According to these statistics the average number of persons in families in the different European countries is as follows:—France, 3.03; Denmark, 3.61; Hungary, 3.70; Switzerland, 3.91; Austria and Belgium, 4.05; England, 4.08; Germany, 4.10; Sweden and Norway, 4.12; Holland, 4.22; Scotland, 4.46; Italy, 4.54; Spain, 4.65; Russia, 4.83, and Ireland, 5.2).

**WHOLE-WHEAT flour,** if properly made, contains all the nutritious properties of the wheat. The very coarsest of the bran or woody covering is excluded, and yet the most nutritious part of the grain is preserved. It can be used to better advantage in every place than white

flour unless the object be to undermine health and strength. It is not irritating to sensitive mucous membranes, as is graham flour, while at the same time it is fully nutritive. If this meets the eye of those who have never used the flour, or using it have not learned to like it, begin by mixing it with white flour in the proportion of one-fourth whole-wheat flour, gradually increasing to two-thirds whole-wheat flour or, what the writer prefers, all. Try it, and don't starve to death longer on white, or fine flour, bread.

WEAK digestive powers are often due to muscular weakness, as well as poor digestive fluids. When such is the case, close attention should be paid to the development of the muscular system by regular out-of-door exercise. Working in flower gardens will be especially adapted to women. If, on the other hand, it is due largely to a degeneration of the gastric juices, much attention should be paid to dietary regimen. Regularity in eating is of first importance. If the stomach seems to be overloaded, and there is a heavy feeling in the gastric region, it may be necessary to take a very small amount of food, and take it four or five times a day, in which case the food must be light and bland. If milk seems to "set well" on the stomach, it will often be beneficial to take a milk diet, or bread toasted with milk, for a week or two, and gradually come back to other articles of food. Custard may serve to good advantage. Regular outdoor exercise must be insisted upon while dieting. Resting with a hot water bag on the stomach half an hour after each meal will be serviceable. Rubbing the stomach and bowels is also recommended.

**TO AVOID SEA-SICKNESS.**—We know of no panacea for sea-sickness. Many things have been recommended, but all fall in the majority of cases. We recommend eating lightly several days before and during the voyage. Be on deck as much as possible, and get as good ventilation as consistent in sleeping apartment. The writer carried out some advice given by an old sailor and physician, namely, to buckle a leather strap around the waist rather tightly. It made no difference as far the nausea was concerned, but it was a source of comfort in the straining occasioned by vomiting.

**SCIENCE.**—It is not only that science has revealed to us infinite space crowded with unnumbered worlds; infinite time peopled by unnumbered existences; infinite organisms hitherto invisible but full of delicate and iridescent loveliness; but also that she has been, as a great Archangel of Mercy, devoting herself to the service of man. She has laboured, her votaries have laboured, not to increase the power of despots or add to the magnificence of courts, but to extend human happiness, to economise human effort, to extinguish human pain. Where of old, men toiled, half blinded and half naked, in the mouth of the glowing furnace to mix the white-hot iron, she now substitutes the mechanical action of the viewless air. She has enlisted the sunbeam in her service to linn for us, with absolute fidelity the faces of the friends we love. She has shown the poor miner how he may work in safety, even amid the explosive fire-damp of the mine. She has, by her anesthetics, enabled the sufferer to be hushed and unconscious while the delicate hand of some skilled operator cuts a fragment from the nervous circle of the quivering eye. She points not to pyramids built during weary centuries by the sweat of miserable nations, but to the lighthouse and the steamship, to the railroad and the telegraph. She has restored eyes to the blind and hearing to the deaf. She has lengthened life, she has minimised danger, she has controlled madness, she has trampled on disease. And on all these grounds, I think that none of our sons should grow up wholly ignorant of studies which at once train the reason and fire the imagination, which fashion as well as forge, which can feed as well as fill the mind.—Archdeacon Farrer.

EGYPTIAN children are never washed until they are a year old, and seldom afterwards.



## DOMESTIC SURGERY—Continued from Page 224.



FIGURE 31.



FIGURE 32.



FIGURE 33.

## ALL ABOUT GAME.

By CHEF.

THE flesh of game, whether of hair or feather, furnishes for food an article very rich in nitrogenous substances. The more or less deep colour, often brown or blackish, possesses a special flavour, differing according to the kind selected by the epicure. It is, however, prudent not to indulge too freely, for this kind of meat is at all times rather indigestible for delicate stomachs, especially if the game is high, that is to say, in a more or less advanced stage of decomposition.

The timid hare (whom naturalists have classified as an order of rodents with imperfect collar-bones, because the joints do not permit of the carrying of food to their mouth, as is the case with *clavicolated rodents*) is of all hairy game the most common and wide-spread, for there are few countries where it is not found. Its flesh is nutritious and of an agreeable taste, especially if those are selected which are young, fat, short, and thick set, with thick hair on the back; older ones have to be salted before furnishing a dish anything like passable. You should avoid buying those large red hares, long with big flanks, easily recognisable, which are often substituted for French hares, the flesh being hard in substance and blackish in colour. These animals come from the Black Forest, where they abound, and are trapped and killed by the peasants, who unite themselves in bands, sometimes assisted by soldiers, and demolish the hares by means of sticks.

According to an interesting work of M. Gorep Besanez, the richness of hares flesh in albuminoids—that is to say, nitrogenous matters—is proportional thus 100 parts:—

The lung 18·17 and the heart 18·82 are almost equivalent in the same albuminous principles to the liver of pork 18·61, the breast of veal 18·81, leg of veal 18·87, and smoked herring 18·97.

The kidneys 20·11 and the liver 21·84 are equivalent to the sirloin of beef 19·17, fillet of first quality 19·94, and fresh cod-fish 21·12.

Finally, the thighs, the shoulders 23·14, and the back 23·54, find their equivalent in sheep's liver 23·22 and smoked ham 23·97.

TOWNE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1yd. and 2s. 9d. [the latter contains three times the quantity] of all Chemists. Sent anywhere on receipt of 16 or 34 stamps by the FAKER, E. T. FAKER, Chemist, Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]

The hare overworked and exhausted, like all animals in a similar case, is liable to rapid decomposition, especially if it has not been emptied immediately after death. Under these circumstances cadaveric rigidity manifests itself immediately, the lungs are much congested, the pleura injected, the flesh is soft, black, sanguineous, escaping in short fibres, and offering every appearance of flesh much advanced; it has, besides, the taste and smell of urine much pronounced, arising from the enormous excess of respiratory muscular and even cerebral work, which causes the animal to succumb to uric acid intoxication. Professional sportsmen recognise so well this pathological condition of exhausted game that they will not eat of a hare or of any other animal forced to course; they term it *char-bonnier* (coalman sweep), referring to the colour of the skin which is deepened just where the hair emerges, which is of a dark red, arising from subcutaneous effusion of blood.

Ought the flesh of an exhausted animal to be rejected as unfit for food? To this day it is not proved, to our knowledge, that any grave morbid accident has occurred to people who have indulged in this form of meat. If the flesh is not too far advanced, if it is only at the beginning of decomposition, we lean to the taste of those whom this condition delights; but, hygienically, we think that it is always advisable to abstain from this kind of food, for one may compare flesh having undergone the process of exhaustion to that of animals killed by asphyxia, such as strangling, suffocation, drowning. This flesh, although recognised as salutary, can only worthily figure at a stall of the lowest class, or among basket porters who know how to elude vigilance; and in spite of all the superintendence exercised by inspectors it is very difficult for them to pronounce on the exact degree of preservation of the game from which the entrails have been removed; for if flesh which is high even to excess is much estimated by epicures, it is impossible to define, for these individuals, exactly where decomposition commences.

The wild-boar, an ordinary pachyderm without tusk, which is looked upon as the common source of the domestic pig, lives on the abundant roots and fruits of our forests. The flesh of this woody host ought to be well-beaten and salted to be passable; when it is young, the fillet, cutlets, and the head offer us culinary resources not to be despised, but which do not agree with delicate stomachs. It is the same with the deer, the goat, the stag, and the chamois. However, these animals may, when

they are young and not of their seasonal periods, furnish a digestible enough food of a delicate flavour. Arrived at a certain age, their flesh is detestable, and can only appear on our tables spiced or salted, which is always a nuisance to a good digestion, when one remembers all the seasonings and spices which enter the preparation of this dish.

The kid should be salted to make a sufficiently delicate dish; but not too much so, for if it only smells of vinegar, it ought to be replaced by butcher's meat. The stag, hind, deer, and chamois accommodate themselves to the same treatment, that is to say, in pickle, in fillet like that of beef, cutlets, shoulder, &c.

The Garenne rabbit has white flesh, less tasty than hare, and more pronounced than that of the domestic rabbit; the animal is smaller, but is cooked like the other.

The partridge, to be worthy of presentation, should be young, fat, and fleshy; its age is told by the claws which should be of a clear shade; those which have brown or almost black feet are only good to be eaten with cabbage, like old partridge. It is to the taste of eaters as to whether it should be high or fresh; beat it lightly and prepare *secundum artem*, and it will be sufficiently delicious.

The autumn quail, round and fat, is a delicate morsel. Do not eat too much of it, because it then becomes indigestible. But when it is roasted to a turn, under the desired conditions, it may be ranked superior to all feathered game—challenging even the pheasant, of which so much is made, simply because it figures at the tables of the rich, rather as an ornament; because it must be young, well-beaten and dressed, before it is fit to eat. I have eaten it when it has been hard and tough, and much inferior to a couple of pigeons.

Thrushes, like quails, are excellent, and the more appreciated because they suggest the fruit and vegetables on which they have been nourished; the best are from the Ardennes;

SOW THE SEEDS of good health, prune and strengthen sickly and weak branches of the tree of life, with the aid of Holloway's World Renowned Pills and Ointment. The Pills improve the appetite, strengthen the digestion, and regulate the liver. Under treatment with the Ointment, bad legs become sound, scorbutic skins cast off their scales, and scrofulous sores cease to annoy. When rubbed upon the abdomen, it checks all tendency to irritation in the bowels, and averts diarrhoea, and other disorders of the intestines frequently prevailing through the summer and fruit seasons. Heat bumps, blotches, pimples, inflammation of the skin, and enlarged glands can be effectively overcome by using Holloway's remedies, according to instructions given to each purchaser. [ADVT.]



they must be prepared like quails, though inferior to them. The red rail is also delicate, the grey is only mediocre. The woodcock is, good, according to those who like *high* meat for this bird ought not to be eaten fresh, because the intestines, which are not seen, and which form a delicious seasoning, would be stringy. It is the same with the snipe, a little bird of the marshes, which has the same appearance, and should be cooked in the same way.

I will now conclude, lest I weary you, and will finish by remarking that it is always very wise to empty not only the entrails of the woodcock, but even those of other little birds with long beaks who are nourished exclusively on insects and berries, harmless to them, but possibly injurious to ourselves. Illnesses arising after eating these birds may be caused by negligence in properly cleaning them.

## ARGUMENT AGAINST CORSETS.

THIS  
is the  
shape of  
a woman's waist  
on which the corset tight  
is laced. The ribs deformed  
by being squeezed, press  
on the lungs, till they're  
diseased. The heart  
is jammed and  
cannot pump;  
The liver  
is a  
tor-  
pid lump;  
the stomach  
crushed, cannot  
digest; and in a mass  
are all compressed. There-  
fore, this silly woman grows to  
be a fearful mass of woes,  
but thinks she has a lovely  
shape, though hideous  
as a crippled ape.

This is  
a woman's  
natural waist  
which corsets never  
yet disgraced. Inside it  
is a mine of health. Outside  
of charms it has a wealth.  
It is a thing of beauty  
true, and a sweet joy  
forever new. It  
needs no artful  
padding vile  
or bustle big to  
give it "style."  
It's strong and solid,  
plump and sound, and  
hard to get one's arm  
around. Alas! If women  
only knew the mischief that  
these corsets do, they'd let  
Dame Nature have her  
way, and never try her  
waste to "stay."

**FEMININE SCRAP BOOKS.**—One of the latest ideas is to keep a scrap book containing all the references to one's self that appear in print. Women of fashion and society bibles keep them, and wherever they go, seaside or mountains, at home or visiting in other cities, cut out the references made to them in the society columns of newspapers and preserve them carefully in a scrap-book, which is sometimes beautifully bound.

**SUCCESSFUL BECAUSE OF SUPERIOR MERIT.**—Mrs. S. A. Allen's World's Hair Restorer has immense sales everywhere. It never fails to restore grey hair to its natural colour and beauty.—*Advt.*

## IS IT RIGHT?

By EMMA VOLETINE.

I HAVE wondered that ever again, in the face of so many warning examples, parents would in their life-time give up the whole of the fortune gathered to the children. But experience is not only a dear teacher, but the majority of humankind will have almost no other. In spite of the frequent paragraph, and even the ghastly joke of the newspaper man, fires continue to be made of paraffin, and lives are lost through the handling of a thought-to-be unloaded gun. So people read of follies and know of misfortunes, then go and commit the one and invite the other. It is easy to think one's own children superior to the frailties sometimes seen in others, just as it is hard to believe that evil results will follow the exercise of one's own judgment.

But, however affectionate and dutiful the offspring, affection will not be lessened, while respect will be increased by parents continuing to possess, while life shall last, ample means of subsistence.

I remember how busy and capable a woman my aunt Elizabeth used to be when I visited her in my childhood. She took intense pride in her well-kept house, her abundantly-furnished table, her thrift. No neighbour was allowed to have an earlier breakfast hour than that meal was placed on her own table. So clean was the kitchen floor, that I have often seen her stoop and from it wipe some trifling spot with the clean-looking apron she wore. And she worked till late at night, for there was always some baking or mending or churning to do. "I used to think," she said, "when my children were small, that after I had got them and your uncle to bed and out of the way, I could do the best of my day's work."

Uncle prospered. Then, when both had passed three-score years, he died, having made a will by which the several hundred acres of land, accumulated during their married life, was divided among the six children; the younger to have the home place and care for his mother the remainder of her life-time. There was one exception to such disposal of the entire estate. A note on a bank for five hundred pounds was to be the wife's.

A will of this kind may have seemed proper enough. The toiling had been done for the children. The mother was getting old. It was fitting, too, that she should still stay with the last one to leave her arms for the race of life.

But this son married. His young wife from town did not like the old-fashioned furniture nor the old ways. Gradually everything was changed. Not unnatural nor unjust were the changes. Yet the old mother longed for the things she had worked for with such pride and pains, and for the home in its semblance forever lost. And while it was right for the younger woman, the elder keenly felt the loss arising from having one's life-work and place taken away. It is not easy for a woman who has ever been mistress of a family and home, to live contentedly in any other; and when the pleasure of responsibility has been so long felt, the change is harder.

The money, too, the interest of which each year, though pitiful enough, gave yet some feeling of independence to one who could no longer earn, was, after two years, wholly lost by the failure of the bank. So she lives on. The other children, never liking it that Ralph should have received the larger share of the inheritance, as he did upon account of the mother living with him, think he does no more than his part to provide for her. She will not go to them. For every penny she would spend she must ask Ralph; but she rarely tells him her wishes, for with his growing family, and the needs of business he makes her feel that he never has money to spare.

No happier case is that of another woman of my acquaintance. Left by her husband with a competence sufficient to rear, educate, then help the children to a chosen vocation—small when their father died—she deeded to them the entire property upon their becoming of age. This had been willed to the mother. If she thought best to give them outright any of

the property that would some day be theirs, enough ought to have been reserved to have kept her in comfort as long as it would be needed. But self-opinionated youth would have all in its own hands at once, and pleaded, while the mother in weakness yielded. They think no more of her now than if disappointing them for the time being she had been enabled to maintain an independent and rightful plenty. The daughter married a spendthrift; the son failed to manage properly; the addition of her presence in either household she would feel to be a burden on the score of straitened means, if for no other reason. But in neither does she find a congenial home. Wherever the fault, it is enough to know, as so often happens, that they do not "get along." Without means of support, but strong yet of body, she resolved to make her living in the only way possible. A notable housekeeper, she knew nothing else well enough to turn it to account, and it was too late to learn a trade. So she kept house, for a consideration, in the homes of any who needed her.

There has been a father, who has become merely the "old man" in his helplessness, pushed back to the dreariest corner of the house to make room everywhere else for the fine tastes of the younger members of the family; henceforth to find that even where his old chair sits he is in the way. He had possessed enough to pay his fare clear through; it would have been better to have retained it. Younger arms were as strong as his had been; other shoulders might to advantage have borne a little heavier load at first.

The remedy, the preventive rather, is in the hands of parents. If they choose to spend their best years in "laying up something for the children" (though those young people often fare best who make their own fortunes) let them start these in active life as well as they can afford, but leave the bulk of the property—the more, remembering the liabilities of loss, and the increasing infirmities of old age—at their own disposal through life. For it is well, in this age, and in this climate, to reflect that, while there are many examples of filial devotion, "love is a flower that ever groweth down." One generation cares for the next, and the one preceding becomes in some sense, more or less, a burden. Knowing this natural law it is the part of wisdom for parents, having the power, to reduce to a minimum their support in advanced life, and secure themselves against possible, if not probable, unwelcome abodes.

## THE DANGER OF EATING OLD MUSHROOMS.

ALL the members of a family of seven persons were recently taken seriously ill after eating a dish of mushrooms. The symptoms were those of irritant poisoning, and the mother of the family succumbed. It is quite possible that the fungi eaten in this case were real mushrooms, for they are liable to become acrid with age. A fungus, as most persons know, springs up very quickly, attaining its full development in a very short period; and the majority of them decay as rapidly as they grow, or rather expand, because the appearance of the fungus above ground is the expansion of a previously formed cellular structure. No sooner has this body reached its full size than it usually begins to decompose; and it is supposed that the noxious property is due to absorption from the medium in which the fungus grows rather than to secretion within its own tissues. It is not difficult to determine when a mushroom, or any other agaric, is unfit for food. So soon as the brightness of the colour of the gills—the lamellate under part of the cap—disappears, the quality of the fungus deteriorates, and it should be avoided. It is true that many persons eat mushrooms with blackened gills without experiencing any ill-effects; but we repeat the warning we have often given. Do not eat any fungus that has passed the firm, bright stage of its existence. Puffballs and truffles should be firm, solid, and white, or whitish, when cut through.—*British Medical Journal.*



CAN WE AFFORD TO  
CREMATE?

WITH the pollution of the soil, writes "Iatros," in the *Pull Mall Gazette*, that necessarily follows from man's congested occupation of it arises the necessity for sanitation; and in this connection it is somewhat amusing to read that man's efforts to rescue himself from death by poisoning from his own emanations are an attempt to interfere with the balance between organic and inorganic nature. One sanitary custom in use from prehistoric times by certain nations, though in some respects the outcome of religious observances, had undoubtedly its origin in the necessity of preventing pollution of the earth by cadaveric decomposition. Cremation was practised in olden times without any disturbance as far as we can ascertain of the balance between organic and inorganic nature. Yet we are now gravely asked whether we can afford to cremate because of the atmospheric pollution that may ensue, and the waste of manure. Well, we do worse things than pollute the atmosphere. The conversion of the whole of the human beings on this earth into carbonic acid would no more derange the purity of the atmosphere than the annual or daily conversion of coal into carbonic acid. We burn coal and bury bodies. There is little harm in the former, but in the latter there is a great deal. The products of the combustion of coal, owing to their rapid diffusion into the atmosphere, are robbed of most of their power for evil; the products of cadaveric decomposition still linger in the soil, and are a danger to the community. Man's value as plant food is more than outbalanced by this consideration, and, in any case, our method of stooking graveyards with corpses can have no effect on the productivity of the soil which we use for agricultural purposes. An authority, the highest in England, perhaps, on the origin of fever and infectious disease states it as his opinion that they are due to cadaveric decomposition.

We pay a heavy price for our present mode of sepulture in the fevers and diseases that emanate from graveyards, and, perhaps, when our extravagance has landed us in national bankruptcy with respect to health, we shall find that cremation is the cheapest mode of disposing of our dead. For it is by no means a rash assertion that had we systematically and universally consumed our cadavers from the earliest historic times, we should have little infectious disease to trouble us; and, for the benefit of those timid mortals who will not interfere with Nature, it may be stated that Nature brooks no interference.

MEN who have lived in crowded, pent-up streets, through whole lives of toil, and never wished for change; men to whom custom has indeed been second nature, and who have come almost to love each brick and stone that formed the narrow boundaries of their daily walks—even they, with the hand of death upon them, have been known to yearn at last for one short glimpse of Nature's face, and carried far from the scenes of their old pains and pleasures have seemed to pass at once into a new state of being, and, crawling forth from day to day to some green, sunny spot, have had such memories awakened up within them by the mere sight of sky, and hill, and plain, and glistening water, that a foretaste of Heaven itself has soothed their quick decline, and they have sunk into their tombs as peacefully as the sun, whose settling they watched from their lonely chamber window but a few hours before, faded from their dim and feeble sight! The memories which peaceful country scenes call up, are not of the world or of its thoughts and hopes. Their gentle influence may teach us to weave fresh garlands for the graves of those we loved, may purify our thoughts and bear down before it old enmity and hatred; but beneath all this there lingers in the least reflective mind a vague and half-formed consciousness of having held such feelings long before in some remote and distant time, which calls up solemn thoughts of distant times to come, and bends down pride and worldliness beneath it.—*Charles Dickens*.

## INDIAN MAGIC.

INDIAN magic, writes Professor H. Kellar, in the *North American Review*, finds its most startling survival and most horrible illustration in the snake dance of the Moqui of Arizona. This ceremonial occurs once in two years, although it has long been under the ban of the Government, and it is still, or has been within a year or two, observed with all the awful features which for a half century have made it famous in the Rocky Mountains. A hundred and thirty members of the band are chosen biennially to pay to the Great Spirit the devotion which the Moqui believe finds its most appropriate expression in a carnival of serpents.

Hundreds of rattlesnakes were secured by the Moqui, and were placed in a great basket at the gateway of the village, and covered by a buffalo hide. On the morning of August 18th, for that is the date of the festival, the hundred and thirty chosen warriors marched to a platform of loose boards, over which the squaws had strewn sacred meal. These Indian women wore white mantles, and had their long black hair done up in enormous cart wheels. The braves each wore a tunic reaching midway on the thigh, moccasins upon the feet, and upon the naked calf of the right leg of each one the shell of a terrapin, in which were confined small pebbles which rattled as the warrior moved, and made of him, to the ear at least, a human rattlesnake. Around each one's brow was bound a white handkerchief, the upper part of the forehead being painted a deep black and the lower half black and white in alternate bands. After they had marched over the sacred meal, they arranged themselves in double column facing the plain. A gigantic attendant, whose face was completely hidden by his handkerchief, and whose body was hideously painted, stood at the snake cage, and as each pair of braves marched past him thrust his naked arm into the cage, and jerked from it a writhing serpent, which he handed to the buck. The snake dancer, reaching forward his hideously marked visage, seized the snake by its middle in his teeth. The serpent struggled wildly, and his human captor, gesticulating with both hands, joined at once in the solemn rhythmic movement in which, after each had been supplied with his own particular rattlesnake, the entire 130 were soon gyrating.

Upon the cliffs around them the entire Moqui nation was seated, dumb with religious awe. No sound came from that grim audience. Nor was there aught to break the horrible stillness of the place except the hissing of the serpents and the rattling of the pebbles in the shells upon the warriors' legs. The snakes themselves, although animated to the utmost with venomous life, neither struck at the men nor rattled their own tails. When once in the course of the dance a rattler sunk his fangs into the cheek of the brave next to the one who held the serpent in his teeth, he was calmly pulled away as if nothing had happened, and the brave who had been bitten continued, with perfect equanimity, his fanatic dance. At the end of some thirty minutes the snakes were thrown in a writhing mass upon the earth and sprinkled with sacred meal. The dancers divided themselves into four squads, and at a given signal each squad rushed upon the mass of serpents, each warrior grasped as many of them as he could in his two hands and bounded away at top speed, one band to the south, one to the north, one to the east, and one to the west, until they had raced a half mile over the prairie. The snakes were then turned loose, and the dancers returned, running their utmost to the butte, and, climbing up its steep sides, disappeared, one after another, in the cavernous depths of the estufa, or great stone chamber, about which cluster the traditions of the Aztecs, and a magnificent example of which is to be found at Pecos, in New Mexico.

Now if this power of the Moqui Indians to make companions of venomous rattlesnakes, to toss them about at will and to join with them in the mad whirl of a dance, the like of which is not to be found elsewhere in the world, is not magic, what is it?

## PARENTS AND SCHOOLMASTERS.

IN *The Times* of November 9th, 1893, appeared the following paragraph:—

"PARENTS AND SCHOOLMASTERS.—Some months ago an assistant master at a large public school administered summary chastisement to a scholar by a series of severe boxes on both ears, with the result that the drum of one of the ears was burst. The parent, after bringing the matter before the governing body, and not considering their reply satisfactory, brought an action against the master in the Court of Queen's Bench for assault. The master has expressed his deep regret and paid a sum into court, which has been accepted. The case has been more than once referred to in the press, and has excited considerable interest. The boy remains at the school."

The case is identical with one which has been referred to more than once, the parent being a well-known London physician. It seems to us strange that so dangerous a practice should not long since have been severely stopped at any large public school, and we have no doubt that had the boy been a scholar at any Board School in the kingdom the case would have promptly appeared with all details in a police-court, and the master would have been summarily dismissed. That publicity has been avoided speaks for the forbearance of the parent both to the master and to the school. The extract does not say what has been the fate of the master at the hands of the school authorities; but he is, in any case, less to blame than the authorities, who have allowed such punishment to be possible and who apparently failed to deal with the offence adequately. In the case of an unhealthy ear, death has repeatedly followed boxing the ears. We fear that, in the case of some, if not all, of our large public schools there is an impression that there is no appeal beyond the school authorities, and that any such appeal fails of its object and involves both parent and scholar in such unpleasantness that either the parent drops the case or the boy has to leave the school. In the case under notice the parent disproved both suppositions, and we hope and think that his action will have done much to render this dangerous and unwarrantable practice altogether obsolete. At all events the master and the school have much to thank him for in his efforts in this direction, as well as for the reticence which he has shown in keeping names and places from the public. In any future instance the i's could doubtless be dotted and the t's crossed.—*Lancet*.

THE ALPS.—Dark in colour, robed with everlasting mourning, for ever tottering like a great fortress shaken by war, fearful as much in their weakness as in their strength, and yet gathered after every fall into darker frowns and unhumiliated threatening; for ever incapable of comfort or healing from herb or flower, nourishing no root in their crevices, touched by no hue of life on buttress or ledge, but to the utmost desolate; knowing no shaking of leaves in the wind, nor of grass beside the stream—no other motion but their own mortal shivering, the dreadful crumbling of atom from atom in their corrupting stones; knowing no sound of living voice or living tread, cheered neither by the kid's bleat nor the marmot's cry; haunted only by uninterrupted echoes from afar off, wandering hither and thither among their walls, unable to escape, and by the hiss of angry torrents, and sometimes the shriek of a bird that flits near the face of them, and sweeps frightened back from under their shadow into the gulf of air. And sometimes, when the echo has faded, and the wind has carried the sound of the torrent away, and the bird has vanished, and the mouldering stones are still for a little time—a brown moth, opening and shutting its wings upon a grain of dust, may be the only thing that moves or feels in all the waste of weary precipice, darkening five thousand feet of the blue depth of heaven.—*J. Ruskin*.

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# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**WHOLE WHEAT PUFFS.**—Put the yolk of an egg into a basin, and beat the white in a separate dish to a stiff froth. Add to the yolk one-half a cupful of rather thin sweet cream and one cupful of skim milk. Beat the egg, cream, and milk together until perfectly mingled and foamy with air bubbles; then add gradually, beating well at the same time, one pint of wheat berry flour. Continue the beating vigorously and without interruption for eight to ten minutes; then stir in lightly the white of an egg. Do not beat again after the white of the egg is added, but turn at once into heated, shallow irons, and bake for an hour. If properly made and carefully baked, these puffs will be of a fine, even texture throughout, and as light as bread raised by fermentation. Dissolve half a small cake of compressed yeast in a cup of thin cream, which has been previously warmed to blood heat; add two cups of warm flour, and beat thoroughly together. Put in a warm place, and let it rise until very light. Add three tablespoonfuls of sugar mixed well with a half cup of warm flour, one-half cup of Zante currants, and sufficient flour to make of the consistency of dough. Buns should be kneaded just as soft as possible, and from fifteen to twenty minutes. Shape into biscuits a little larger than a walnut; place them on tins far enough apart, so they will not touch each other when risen. Put in a warm place till they have risen to twice their first size, then bake in a moderately quick oven. If desired, the currants may be omitted, and a little grated lemon rind for flavouring added with the sugar, or a bit of citron may be placed in the top of each bun when shaping. When taken from the oven, sprinkle the top of each with moist sugar if desired, or glaze by brushing with milk while baking.

**PIGEONS ON TOAST.**—Parboil, fry in butter, and serve with peas on toast.

**BOILED TURKEY.**—Wrap bird in cloth, cover well in hot water. Bring to boil gradually, and skim well. Simmer till tender. Serve with celery sauce.

**PUMPKIN PIE.**—To prepare the pumpkin, cut into halves, remove the seeds, divide into moderately small pieces, and bake in the oven until thoroughly done. Then scrape from the shell, rub through the colander, and proceed as follows:—For one and one-third pints of the cooked pumpkin, use one quart of hot, rich, sweet milk; add one half cup of sugar, and the well-beaten yolks of three eggs, beat well together; add the whites of the eggs beaten to a stiff froth, and beat thoroughly. Line the tins with a stiff paste, fill, and bake in a moderate oven till the pies are barely firm in the centre, or until the custard is well set.

**MASHED BEANS.**—Soak overnight in cold water a quart of nice white beans. When ready to cook, drain, put into boiling water, and boil till perfectly tender, and the water nearly evaporated. Take up, rub through a colander to remove the skins; season with salt and a half cup of cream; put in a shallow pudding dish, smooth the top with a spoon, and brown in the oven. If cream is not obtainable, the beans are very good without it.

**CABBAGE SALAD.**—Take one pint finely chopped cabbage; pour over it a dressing made of three tablespoonfuls of lemon juice, two tablespoonfuls of sugar, and a half cup of whipped cream, thoroughly beaten together in the order named; or serve with sugar and diluted lemon juice.

**MAYONNAISE DRESSING.**—HOW TO PREPARE THIS RICH AND DELICIOUS TABLE RELISH.

SECOND EDITION OF 100,000 COPIES, free on receipt of post-card or bill-heading, Langdale's HOUSEWIFE'S PASTRY BOOK, containing a very large number of Practical Recipes and Instructions for the Preparation of Table Delicacies of various kinds, by a Practical Cook and Confectioner. Invaluable to clubs, hotels, and restaurants. E. F. Langdale, essence distiller, 73 and 75, Hatton Garden, Holborn Hill, London, E.C. Established A.D. 1777.—[ADVERT.]

—Put the uncooked yolk of an egg into a chilled bowl, beat well with a silver fork, then add two saltspoonful of salt, and one saltspoonful of mustard powder, work them well a minute or two before adding the oil; then add a little good oil, which must be poured in very slowly, a few drops at the time at first, alternated occasionally with a few drops of vinegar. In proportion as the oil is used, the sauce should become thick. When it begins to have the consistency of jelly, alternate a few drops of lemon juice with the oil. When the egg has absorbed a gill of oil, finish the sauce by adding a small pinch of cayenne pepper and one and one-half teaspoonful of good vinegar. Taste it to see that there are salt, mustard, cayenne, and vinegar enough, if not, add more seasoning very carefully; these proportions will suit most tastes, yet some like more mustard and more oil. Do not use too much cayenne. By beating the egg a little before adding the oil, there is little danger of the sauce curdling; yet if, by adding too much oil, at first, it should curdle, immediately interrupt the operation. Put yolks of one or two eggs on another plate, beat them well and add the curdled mayonnaise by degrees and finish by adding more oil, lemon juice, vinegar, salt, and cayenne to taste. If lemons are not at hand many use vinegar instead.

## HINTS FOR THE HOUSEHOLD.

### WASHING DISHES.

BY MILDRED THORNE.

“**H**OMELY, prosaic, disagreeable drudgery!” some of you will exclaim, but there is such a thing as uplifting even a commonplace task. We are confident that many women and girls have gone on year after year, three times a day, for three hundred and sixty-five days in a year, and never learned the essentials of dish-washing.

Let us start at the beginning. Clear the table of all food in a neat and orderly manner, leaving none on soiled dishes. Then rinse cups and saucers of all tea and coffee grounds with clean warm water, and pile them nicely where they are to be washed. Next, scrape every particle of food from all plates and dishes, or, if more convenient, rinse the particles off by a dash of warm water over each plate and dish. Don't pile them together until it has been done; then pile all nicely in order and proceed to the washing. Clean cloths, towels, and dishpan must be insisted upon.

First, place spoons and all silver in the dishpan carefully, and pour over them very hot, clear, soft water, and let it stand until cool enough to handle, when they may be washed and wiped on a clean, dry towel in a surprisingly easy manner. Quickly add soap, and wash glassware, drying immediately on a fresh, clean towel, rubbing vigorously, if you would have it glitter and shine like the silver. Remember to wipe from hot, clean, soapy water makes brilliant glasses, and if they are not of plain glass, buy a new toothbrush and use for cleaning the corners, crevices, and figures, that no spot may look dingy or dusty. Silver, to be bright and untarnished, should be washed in perfectly clear hot water without soap.

Next, cups, saucers, and cleaner white ware are to be quickly washed, rinsed thoroughly in clear hot water, drained, and wiped as soon as possible; rub carefully, and polish each one on a dry towel. Should there be many dishes, and the water become cool or dirty, throw it out and take plenty of fresh hot water. Wash, rinse, and dry a few at a time, and do not stack all up before rinsing.

The same care and nicety that is required for the delicate china should be used about tin, granite, or ironware, baking dishes, &c. Remove all food particles by scraping and rinsing; then wash, rinse in clear hot water, and wipe. Such articles should be disposed about the range, to become thoroughly dry before putting away. Tin, granite, or dingy white dishes may be made bright by rubbing with

soda, rinsing in hot water, and wiping dry. steel knives are used, keep them bright, and wash and dry quickly from very hot, clear water. Milk dishes should be thoroughly rinsed from all milk and cream in warm water, washed well, scalded with boiling water, and thoroughly dried on fresh towels. This will keep them pure and sweet; dry about the stove. Our grandmothers used to turn them in rows in the sunshine for this purpose, which is the better way if one does not live where the wind plays havoc from one year's end to another—as in some of our eastern counties.

All this work has proved a pleasure after witnessing some otherwise perfect housekeepers wading, figuratively speaking, through sloppy, greasy depths of dishwater, with clean dishes, dirty dishes, and chicken feed in a hopeless sea of confusion, as it seemed to the beholder.

Ladies who exercise so much skill in the preparations of delicate viands and tempting foods, cannot a reform be instituted in this department? The process of dishwashing, delegated to inferior hands, with often scant conveniences, falls below decency in many instances. Our great trials with most of the Katie's and Annie's who hold sway in our kitchens are on this point, and 'tis true some of them will lapse into the old way when the mistress is out of sight, but one can tell the difference as soon as the dishes are on the table. Surely it is much pleasanter to wash dishes in a neat and orderly manner, and have the satisfaction of bright, shining, clean dishes from which to partake of nicely prepared food. Another point to be emphasised—provide soft, loose cloths, and towels that will not shed lint. Most flour sacks, thin unbleached muslin, or brown linen, such as is used for making “dusters,” make excellent wipers. Much toweling sold for the purpose is wholly unfit for drying dishes.

SOOT water makes an excellent and safe fertiliser for all kinds of plants, including those grown in pots or boxes in the house during the winter, especially when the pots are full of roots.

TO NOTE A CLEVER WOMAN.—The cleverest woman in the matter of dress is the plain woman who contrives never to let you know she's plain. To be successful in this respect one must have natural good taste. It's no use to put one's self entirely in the hands of a good dressmaker. Dressmakers need directing. They cannot be expected to know a customer's weak or strong points as well as she should know them herself. All women, except those with hopelessly bad figures and no throats, pay for dressing. A gown is usually becoming if it is the same colour as the wearer's eyes. A bright bandeau under the brim of a hat is apt to have an improving effect. Good taste is a thing to be thankful for. Those who possess it are inclined to value it too lightly.

TRAVELLING COMPANIONS.—“What books shall we take with us?” is the question asked just now in a thousand homes. *Chacon à son goût*. There are readers, not few in number unfortunately, whose sole use of a book is to kill time with—a frightful kind of murder when one comes to think of it. They want something exciting, sensational, we might almost say intoxicating, and there are novelists who provide such food in abundance. It is not wholesome food, it is not satisfying, but it serves to fill up that vacuum which nature and fashionable young ladies adhor. While there are readers who crave for such books they will be written, for there are always writers willing to pander to a morbid taste. The summer traveller with any love of literature will not be satisfied with carrying this kind of trash with him. In scenes of grandeur and beauty he will wish to have something beautiful, an inspiring poem, a poetical romance, essays full of thought and imagination, a spirit-stirring narrative, a biography that will stimulate both intellect and heart—books, in short, that carry with them the mark of genius and that have a literary flavour.



# THE MOTHER'S PAGE.

## GENERAL CONVULSIONS.

THE word "convulsions" is a general term applied to different forms of disease, which differ from each other in many of their characteristics. In general it is understood to mean a paroxysm of greater or less duration, with involuntary movements of the muscles, accompanied by unconsciousness and followed by stupor. The convulsions may be attended by involuntary movements of all of the muscles, or of the muscles of one side, or of a single set of muscles. There is one form of convulsions, or eclampsia, with which only the muscles of the throat are involved; this is called *laryngismus stridulus*, and yet this is true eclampsia. We may divide convulsions according to their cause into three classes:—

First, those which appear without any apparent cause, and are known as *idiopathic*.

Second, the sympathetic, or those which are the result of some effect upon the nerve centres, the result of disease in some other part of the body, as, for instance, some indigestible substance in the stomach or intestines, or the onset of acute diseases, as scarlet fever or pneumonia.

The third class, known as *symptomatic* convulsions, is the result of some disease of the brain or spine; as, for instance, inflammation of the membranes, or the presence of some tumour. With this last class we have comparatively little to do. Those appearing under the heads mentioned as the first and second classes are very frequently met with.

Convulsions often occur in children during the first months of life. The occurrence of convulsions in a young child is by no means an innocent trouble, and every mother should prepare herself to administer the proper remedy at once, as frequently, if nothing can be done until the doctor can be called, the case has passed beyond human power to help. It is with this in view that the following lines are penned:—

We will consider first the causes. First may be mentioned a nervous system which is irritable and highly susceptible to outside influences. This may be associated with an otherwise perfectly healthy body. Convulsions often occur as the first symptom of the onset of acute diseases, as measles, diphtheria, erysipelas, &c. Dentition is frequently supposed to be a cause of convulsions. But by far the most frequent cause of convulsions are to be found in the state of digestion.

Having considered the cause, we will now study a few of the symptoms of this very common but formidable enemy of infant life.

It has been claimed by some writers that an attack of convulsions is always preceded by certain signs indicating its approach, and which, if recognised, might give opportunity to ward off the spasm. This, however, we believe is not always true, at least, the precursory symptoms are of a very uncertain character.

The most marked are unusual drowsiness, excessive nervousness and irritability, general twitching of the muscles, and drawing the thumbs into the palms of the hands, and flexion of the toes. The sleep is usually very easily disturbed, the child moves about and moans often has bad dreams, awakes suddenly, bewildered and terrified; when awakened, cries violently and without cause. The eyes have a fixed and staring look, while the face is expressionless. Often the eyes are crossed. As the attack comes on, the child often utters a cry, and immediately loses consciousness, and then is seized with a violent jerking of the muscles. Certain muscles of the face may be drawn so as to give the face a very peculiar expression. Spasms of the muscles of cheek and throat make breathing very difficult. In this case the face, which is at first very pale, becomes livid and congestive, and the veins of the neck stand out. This stage of the spasm is followed by another, in which there is alternate contraction and relaxation of the muscles. The

lips are sometimes covered with a whitish or bloody froth. The jaws are set tightly together, and sometimes if the tongue is between them it is badly bitten. The head is usually bent backward upon the spine, or may be drawn to one side. The jerking motion in the arms is usually more violent than that in the lower limbs. The contraction of the muscles in the larynx usually produces a peculiar noisy respiration. The action of the heart is usually very strong and irregular. The attack may be so violent that passages from the bladder and bowels may occur involuntarily. It is seldom, however, so severe as to make swallowing impossible.

As the attack passes off, the jerking movement becomes less and less severe, until finally the child falls into a state of deep sleep, or more or less profound stupor.

The only disease with which convulsions are likely to be confounded is epilepsy. The mistake could only be made if the former were very violent, and followed by profound stupor. In epilepsy there is a great deal of frothing at the mouth, the duration is not so great, and is followed by a more marked drowsiness. If the attack can be attributed to some known cause, and the parents are not epileptic, the cause is probably one of ordinary convulsions. The younger the child, the more likely it is to be one of simple convulsions. If the child is approaching the age of twelve or fourteen years, the trouble is more likely to become epileptic.

## \* \* \* \* \*

### BABY'S FIRST WARDROBE.

By MARY A. ALLEN.

A MORE striking contrast could scarcely be imagined than that between the immediate prenatal and the immediate postnatal condition of the human being. Prenatally he lives in solitary, airless, soundless darkness, close enfolded, in equable warmth, yet with entire freedom of motion, and each movement cushioned with an elastic fluid which prevents jars or concussions. As soon as he enters upon an independent existence his lungs are invaded by atmospheric air, his sensitive skin pinched by cold, which, however balmy to those accustomed to it, is to him like rigorous winter, his eyes are assailed by light, his ears bombarded by sound, and his movements are resisted by comparatively unyielding substances.

To add to these discomforts, which are inevitable, the kind hearts of those who love him best have invented many ingenious methods of torture. Perhaps he is further chilled by being plunged into a bath, and then irritated by rubbing. He is rolled in prickly flannels, bound by bands, weighted down by long clothing, scratched by embroideries, turned over and over, jolted, tossed, and handled until he is sea-sick, and then gorged with unaccustomed food, talked to, sung to, kissed, and rocked. Is it any wonder that he has the colic and jaundice, or that he wails and bemoans his cruel fate? If we could maintain prenatal conditions as far as possible, we should do much to promote health and consequent comfort for all concerned.

I have always rebelled against the tight bands of infants' clothing, and years ago made what seemed to me quite a reform, in that I discarded all fashion of clothing which made the remaining in place depend upon the tightness with which the garments were pinned. But it never occurred to me that we might for a few days, or even weeks, dispense with what might be called garments. When I used to read that the infant Jesus was wrapped in swaddling clothes, my imagination pictured the long, flowing dress of our infants; but after seeing the babies of Continental Europe, I had an enlightenment as to the meaning of that expression, and it also seemed to me that it was an enlightenment as to better methods of

treating newborn infants. A description of the "einwickelung" of German babies illustrates their manner of "swaddling," a modification of which I believe might be advantageously adopted by us.

The little German baby, after his cleansing with oil, is dressed simply in a single short garment. Loosely drawn between his limbs are napkins for protection. He is then laid obliquely on a soft quilt, which is drawn around him on all sides and tied by numerous wrappings of ribbon or a crocheted band. He now looks something like a cross between an Indian pappoose and a mummy, but he seems to enjoy it. I have seen at one time, in the lying-in hospital in Vienna, Austria, two hundred women, each with a baby under ten days old swaddled after this manner, and have often wondered why I so seldom heard the babies' cry, and I came to believe that it was because they found themselves in conditions not so far removed from those to which they had been accustomed. This suggested to me the advisability of adopting to some extent this manner of dressing infants.

The preparation for the first few weeks of life might be a small, soft, wadded quilt of cheese cloth, upon which could be placed a square of unbleached muslin, which is nearly impervious to moisture. Over this put a layer of very soft flannel. One corner of the quilt should be turned down and covered with fine muslin or linen. Upon this the baby's head should be placed, and the quilt drawn close from side to side, then the end folded over and pinned down. One or two safety pins would hold all in place. The wrapping done loosely, allows all movements of which feeble limbs are capable, and at the same time protects them from all possible draughts, while permitting frequent examinations with greater facility than long skirts would allow. The little creature finds himself surrounded by an equal warmth, his back and head are supported, and he is more easily carried or lifted, especially by inexperienced hands. If first cleansed with warm oil, dressed in a loose shirt, protected by a soft napkin, and "swaddled" in such a quilt, he would indeed be a rebellious spirit if he were not amiable, especially if correctly fed. A word as to the primal garment may not be amiss. I found it quite desirable to have the long shirt sleeve made without the seam that binds the arm to the shoulder. This is accomplished by having the back seam go only from wrist to elbow, the upper part of the sleeve cut whole, and the sleeve itself running up to the neck in a point, the shoulder being cut away for this purpose.

In fact, this method of sleeve-making is suitable for all garments, dresses as well as underclothing. The swaddling may be continued a longer or shorter period, according to the health and strength of the child. When he becomes vigorous enough to use his limbs with some freedom, he may be removed from his retreat and introduced to clothes.

**GRAIN AND NUT FOOD.**—We ought to strive to do away even with the oil press, by giving our attention and care to the cultivation of nuts. This has been shamefully neglected so far. But nuts will again be a salient feature in the diet of the coming man, as they must have been in primitive ages. No fruit is so easy to be kept over until a fresh supply has grown, or, even, if that fails, until a third year. There has been much speculation about the food of primitive man. For the Caucasian race, inhabitants of the temperate zone, the answer seems to be easy enough, grain and nuts, and in due season the more perishable fruits. As soon as we go back to that, paradise is regained—hardly any labour to be done for food, at least.

"ANY DOCTOR WILL TELL YOU" there is no better Cough Medicine than KEATING'S LOZENGES. One gives relief; if you suffer from cough try them but once; they will cure, and they will not injure your health; they contain only the purest and simplest drugs, skillfully combined. Sold everywhere in liquid form. [ADVT.]

**STEEDEMAN'S Soothing Powders** for Children cutting their teeth have now been in use over fifty years. They relieve teething heat, prevent fits, convulsions, &c., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere. Please observe the **EE** in Steedman.—Advt.

**COALS SAVED.**—Heat Doubled. **ASBESTOED ADHESIVE COMPO.** Fits around any grate, lasts years. Intense red heat from little coal, saving tons. 6lb 3s. per tree; 20b. 3s. 6d. Institutions (free trial).—Eureka D.D. Co. Asbestos Works, Clapton Park, London, & from all ironmongers &c.—Advt.



## MUSCLES.

By A. J. S., M.D.

**M**USCULAR tissue makes up a larger part of the bulk of the body, and it is its development that gives a beautiful and natural symmetry and form to the statue, while its undevelopment gives rise to all manner of deformities and resulting weakness. Therefore, he who best appreciates the proper use of these elements, stands the best chance to live long and well. Especially should this be considered by those who have the care and culture of childhood. For "as the twig is bent, so the tree must grow." If the crooks could be avoided in the youngest years, it would spare the man, and even the youth, many days of labour and sorrow.

The ennobling feature in the creation of man is that he was made upright, with perfect freedom of motion. The uprightness, however, is not a perfectly straight statue, but it has a few natural curves that equalise and distribute the force of gravity, so important in the economy of the system, and they also add grace to the figure. These curves have a twofold purpose. First, we might say they break the force of gravity, so that the part below does not appreciate the weight of the part above, and they are placed in such a position that they add to the capacity of the important cavities of the body.

When the hips are held well back and the chest kept well forward, it leaves a strong concave curve in the lower part of the back. This increases the size of the chest and upper abdomen, where the most important vital organs are situated. It often happens, however, from the mode of dress and the habits of life, that this design in Nature is thwarted, and, instead of the chest being prominent in its development, the shoulders are dragged forward by wrong modes of sitting and working, and the chest falls back, and oftentimes its lower part, from lack of room to use its muscles, has to retreat, and the lower dorsal vertebrae are thus thrown back. Then, to keep the body balanced, the hips have to come forward, and the natural curve is partially lost and its beneficial effects gone.

The position of the body should be such that a straight line in the centre of gravity would pass through the centre of the head and chest rather in front of the hips and to the balls of the feet. But in the above position the line drawn similarly through the head and chest would go through the hips to the heels, which is unnatural and expensive to the natural forces in working and walking.

Never should a muscle in any portion of the body be hindered in its development. The laws of exercise are the laws of development, and they should be regulated for this purpose. Even the play of children should be planned with reference to this.

The number of muscles in the body is about five hundred. They are usually associated together in pairs, one set on one side of a part antagonising in their action the others on the opposite side. From this feature in their action some sets of opposing muscles are called "flexors" and "extensors." The flexor and extensor muscles of the trunk have the office of maintaining it erect. It does not, however, take much force to do this, as the equilibrium of the body is kept by gravity.

The use of the muscles when normally used is not to hold the body from falling, but to maintain the centre of equilibrium so that it stands without holding. In sitting, standing, walking, or working, this should always be the same. This principle is often violated in lifting and walking upstairs. We often lean forward so that the body has to be held from falling, and in lifting the additional weight is placed upon one side of the centre of gravity. These errors should be avoided. If all the muscles of the trunk are well developed and well trained, this correct position will come natural, and we would not notice the twisting and swinging movements of the trunk in walking, as we sometimes do, which is due to weakness of certain muscles. Neither would we see round shoulders and shrunken chests, which are

also due to the same causes, brought about by careless habits, errors in dress, &c.

Muscles are of two classes, voluntary and involuntary, according as they act with or without the control of the will. The involuntary muscles are those which have control of the vital organs, as the heart, lungs, stomach, &c.; the involuntary muscles are those that cover the frame of the body, and give the form, in which we take so much pride. They are the agents of all involuntary action. Each muscle is enclosed in a sheath of connective tissue, and may act alone or in unison with other muscles. The sheaths not only surround the muscle, but they separate each into several divisions, and these again into small bundles of fibres. Each individual fiber is also surrounded with a sheath, and when examined with the microscope it has a striped appearance, giving the involuntary muscles the name of the "striped muscles." The appearance is due to a delicate membrane that crosses the fiber at regular intervals and separates it into short apartments, in which the real contractile elements are situated. The separation of muscles into divisions and bundles of fibres or sections makes it possible for muscles to act alone, so that they can be educated to do very fine work, especially if the training is begun very early in life. For instance, the hand can be trained to write beautifully, which, if it is neglected, it can never do. The same is true of any work or movement of the body. A person's step in walking can be trained to be light and graceful, but if neglected it may be heavy and awkward.

Muscles when at work are in a contracted state, and when relaxed they are at rest; so muscles never develop except as they contract, and if they are not used, they soon weaken; even a strong muscle may entirely waste away, as has been seen by muscles that have been put out of use by a fractured and deformed arm. For the development of the muscle it should be systematically exercised, with its proper amount of rest. The changes that take place in the muscles during exercise are physical and chemical. The movements start the circulation, and more nutritive material is brought to the place, and the waste that has been standing there is taken away. There is more breaking down of the muscle during exercise than there is building up, but it is left in a condition where it can build up faster during rest. The weariness of a muscle is due to the amount of waste that remains in it. If this comes from overwork of the muscle, we should give it rest, but if it is due to poor circulation, it is best to give it work; so exercise is often the best remedy to relieve a tired feeling.

## MARRIAGE RULES.

**L**ET her meet him with a kiss—not a frown. Let each realise the fact that they are one. Let the husband frequent his home, not the club.

Let him assist her in beautifying the home. Let her not narra'e Mrs. Next Door's gossip. Let her not worry him with petty troubles. Let him speak to his wife—not shout at her. Let her make home more pleasant than the club.

Let her sympathise with him in business cares.

Let him be as courteous after marriage as before.

Let his latchkey gather unto itself rust from disuse.

Let her dress as tastefully for him as for strangers.

Let him confide in his wife—their interests are equal.

Let her not fret because Mrs. Neighbour has a rich dress.

Let her home mean love and rest—not strife and noise.

"DOCTOR," said the patient, "I believe there's something wrong with my stomach." "Not a bit of it," replied the doctor promptly. "God made your stomach, and he knows how to make them. There's something wrong with the stuff you put in it, maybe, and something wrong with the way you stuff it in and stamp it down, but your stomach is all right." And immediately the patient discharged him.

## PHYSICAL CULTURE.

**T**O the great majority of women who are not desirous of devoting their whole life to the pursuit of learning, but are rather expected to fulfil well and ably the duties of wives and mothers, and to act their parts in the great drama of social life, the subject of physical culture is of the utmost importance. Health and beauty are more nearly allied than people are wont to understand; but a new era has dawned with the revival of the idea that women may be robust and still charming, and the lackadaisical fine ladyship of the eighteenth and the earlier part of the present century is now looked upon with scorn. History teaches us that in olden times women were strong as well as beautiful and intellectual. The ladies in the days of good Queen Bess, though as highly educated as any of our "sweet girl graduates" of the present day, were adepts at field sports and other outdoor exercises. In earlier eras the noble women who, like Philippa of Hainault, led armies into battle in the absence of their lords, or who followed those lords to Palestine in the stormy period of the Crusades, must have possessed considerable strength and nerve. The ladies of Rome, when that empire was growing to its zenith, were renowned as excellent swimmers and horsewomen; while in ancient Greece, where beauty was almost worshipped, the women were of an active disposition, according to the testimony of the first of poets, and obtained abundant exercise in the practice of arduous domestic duties and in outdoor recreations. Witness the king's daughter, Nausicaa, who, after performing a long day's washing, with her maidens' assistance, indulged in the vigorous game of ball, which led to the discovery of Ulysses. In glancing through the history of the ages, the most casual observer must remark that the decline and fall of great nations of old may be traced to commence from the time when their women abandoned active exercises, and gave themselves up to lives of luxurious sloth. The alphabet of physical training consists of careful attention to diet, clothing, and ablutions, which, properly carried out, keep the body in a state of perfect health, while judicious exercise strengthens and develops it, rendering it lithe and graceful.

Women are often accused, with more or less justice, of being perfect children in the matter of diet, indulging their palate at the expense of health—not, be it understood, by gormandising, but by eating dainty sweetmeats at all sorts of unseasonable times, and especially by resorting too much to the favourite feminine beverage—tea—which is essentially deleterious to the nerves when imbibed in large quantities. A celebrated authority on beauty has asserted that the loveliest women of any age have almost invariably been as frugal as camels in their diet (rather a funny idea, but quite expressive), and those who aim at physical excellence should remember this. Plain, well-cooked food is far more nutritious and digestive than elaborate "made dishes," which should be avoided. Fruit in season is an excellent article of diet, and should be eaten with breakfast, lunch, and dinner; wholemeal bread is also to be recommended in preference to white, and farinaceous foods are noted for strengthening and flesh-forming qualities, but must not be eaten by those who are inclined to *embonpoint*, who must also avoid sugar and any other saccharine foods, and eating between meals must never be indulged in by anyone. It is impossible to lay down fixed dietary rules, as what will be beneficial to one constitution may prove exactly the reverse to another; and especially is it a difficult matter to restore a deranged digestion; but when experience teaches that any article of food induces indigestion, that must never be touched however palatable it may be.

Equal importance attaches to exterior matters, such as baths and clothing. Cleanliness is one of the first laws of health and beauty, and as the pores of the skin are always actively at work purifying the tissues by means of perspiration, hot baths are a necessity for cleansing purposes, while the cold ones brace the nerves and muscles and act as an astringent.



The best time for the hot bath is at night, as the pores of the skin being opened and cleansed by the action of the heat, a liability to take cold is incurred, and when a hot bath is taken in the daytime, it should invariably be followed by a cold douche, which restores the temperature to its normal condition, and brings it in accordance with the atmospheric surroundings

## SOURCE OF PRESENT-DAY IMMORALITY.

IN a recent number of the *Arena*, B. O. Flower gives the results of his large opportunity for much study of the social questions of the day under the heading, "Wellsprings of Immorality." He classifies the causes of the moral leprosy, which is undermining the strength of our nation, in the following way:—First, heredity, prenatal influence, and unfortunate early environment; second, implied inferiority of women; third, artificiality in life or departure from the noble simplicity of Nature. He says that if we are to have a diviner civilisation, we must bravely face the question of "proper generation" in its relation to human progress. We must educate and agitate along these lines which will compel our people to give heed to this problem of supreme importance. Parents must be awakened to the vital significance of this question, not only by viewing the influence of heredity in physical, mental, and moral developments, but the mother must be shown how largely her offspring is to be the creature of her life, thought, and aspiration during gestation. "The hour has struck for a holy moral crusade, not to capture an empty sepulcher, but to exalt humanity by awakening the divine in man. The consciences of men and women must be awakened as Luther awakened the consciences of Germany in the sixteenth century. It is a subject of education rather than legislation."

Under the second heading he further says:—"Until woman is accorded perfect justice, until she stands, in deed and in reality as well as in name, squarely on an equality with man, it will be idle to dream of a race higher in soul development and more morally robust than the present."

Under his third heading, had humanity preserved in life the beautiful simplicity which has characterised the lives of so many of the world's noble specimens, such as the poets, man would long since have become matter of the secrets of ages, and the reign of peace and happiness would have become a reality. He goes on to show that intemperance in the matter of eating and drinking is one of the great factors in the great moral decay. Nowhere do we find the baleful influence of artificiality so marked as in the gratifying of the appetite, gluttony, in the employment of highly seasoned condiments, the influence of which excites the passions to an abnormal degree, tending to en throne the passions and anesthetise the moral sensibilities.

With his usual practicality he offers the following suggestions as remedies for this evil: That all interested in moral reform should inaugurate a threefold crusade—first, for a childhood resulting from an awakened conscience, the fruit of intelligence and love; second, for absolute justice for women, including the full enjoyment of the right of franchise and an absolute independent position in the property interests of the home which results from the union, and the absolute right to her own body; third, for a purer, simpler, and less sensuous and extravagant life, with a determined warfare against those things which stimulate the passions and lower the moral idea, chief among which are intoxicants and opium (the author might have added tobacco, tea, and coffee). "Progress along these lines means development of the highest and best of manhood, and an environment of that spirituality which nourishes the soul of true civilisation."

THE INFLUENCE OF WOMAN.—"No man ever lived a right life who has not been chastened by a woman's love, strengthened by her courage and guided by her discretion."—*John Ruskin*.

## TABLE FOR INVALIDS.

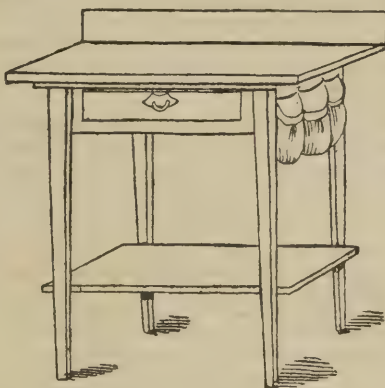
AN UNFAILING CONVENIENCE FOR THE PATIENT AND NURSE.

THE following sketch shows how a large old-fashioned light stand was made over into a convenient and pretty table to stand close by the side of an invalid's bed, to serve as a repository for many little conveniences and necessities to which she could often help herself if only they could be kept within her reach.

As there was no one "handy with tools" to call upon, the nurse, who knew nothing about wood-work, hurriedly arranged the table herself, for temporary use. But it proved strong, stable, and satisfactory in every way, an un-failing convenience to its suffering but self-helpful owner.

The following particulars regarding its arrangement may be helpful to others with similar needs:—

The top of the stand was enlarged an inch or two in width and several inches in length at each side by the addition of a smooth board top, which was securely nailed to position; this was



IMPROMPTU INVALID'S TABLE.

covered with tightly-drawn cream-white rubber cloth, which was turned under the edges and tacked around on the under side.

Into the under side of the shelf, close to each table leg, was turned a strong screw—almost, but not quite, through to the upper surface of the board—so that the heads projected like four legs, each nearly an inch long. These little legs dropped through and fitted closely into the eyes of strong screw-eyes which were turned into and projected from the inner side of each table leg. Being held in position in this way, at four points, the shelf was as secure as need be, and it almost doubled the usefulness of the table.

A square, round, or oblong shelf may be adjusted to any four-legged stand or table in this way. They make convenient sewing or reading tables, or commodes.

At the end of the table, close to the pillow, a row of roomy pockets were suspended by cords or ribbons from little brass screw-eyes, and, to keep them from swinging out of place, each lower corner was secured to a similar screw-eye inside the table leg.

Standing close by the side of the bed, every part of the table—top, shelf, drawer, and pockets—soon became indispensable. Water, medicine, fruit, bell, handkerchief, napkin, fan, watch, or book, any or all, could be safely within reach. The rubber cloth, impervious to water, could be wiped off and made fresh and sweet, no matter what might have been spilled upon it, and the pocket linings, like rubber cloth bags, could be turned out and cleaned at any time.

When the table was pronounced a success and a fixture it was made more attractive and still more convenient by the addition of back boards to the top and shelf, which, like the rest of the woodwork, was then given two coats of prettily-tinted enamel paint, the brass drawer-pull was polished, and tiny ornamental brass hooks were placed wherever

they were needed for the suspension or safe-keeping of any little article; wash silk or linen scarfs were draped over the back boards, their fringed ends falling gracefully at the sides, and the result was a piece of furniture which was as dainty and neat to look at as it was convenient to use, which is saying a great deal for its appearance.

## AN OLD MEDICAL STORY.

THE death of Sir Andrew Clark recalls a gruesome story, says the *Sanitary Record*, belonging to the earliest years of the present century. Born sixty-seven years ago, Sir Andrew was old enough to have acted as demonstrator to Dr. Robert Knox, the celebrated anatomist, who acquired, early in his career, an unenviable notoriety. Those who are to-day septuagenarians, or even only sexagenarians, can recall that one of the most formidable terrors of their childhood was the then still fresh story of the misdeeds of Burke and Hare. These men were known at the time as body-lifters—that is, sacrilegious despoilers at midnight of unwatched churchyards; and the charge against them, for which they suffered, was that they robbed graves in order to dispose of their unholy merchandise to surgeons anxious to obtain "subjects." The first named of the two ruffians was, indeed, charged with a still graver crime; and he had the honour, in consequence, of introducing a new word into the language. Unfortunately, Knox was the man who was popularly associated with these miscreants, as the receiver and eager purchaser of their ghastly burdens; and the current belief was embodied in doggerl verse, which ran somewhat as follows:—

"William Burke and William Hare  
They cam' trottin' down a stair  
Wi' a body in a box  
For to sell to Doctor Knox:  
Burke's the Butcher, Hare's the Thief,  
Knox the man that buys the beef."

A special commission investigated the whole circumstances, and scrutinised to the depths the existing usages and economy of the dissecting-room, with the result that, in the eyes at least of the better informed, Knox's character was completely cleared; but, although he lived for many years after the celebrated trial of the body-snatchers, he never quite got over the unjust imputation that had thus been thrown upon him.

## THE SIN OF FRETTING.

THERE is one sin, says Helen Hunt, which it seems to me is everywhere, and by everybody is underestimated and quite too much overlooked in valuations of character. It is the sin of fretting. It is as common as air, as speech—so common that unless it rises above its usual monotone we do not even observe it. Watch any ordinary coming together of people, and we see how many minutes it will be before somebody frets—that is, makes more or less complaining statement of something or other, which most probably everyone in the room, or the car, or on the street corner, knew before, and which most probably nobody can help. Why say anything about it? It is cold, it is hot, it is wet, it is dry, somebody has broken an appointment, ill-cooked a meal; stupidity or bad faith somewhere has resulted in discomfort. There are plenty of things to fret about. It is simply astonishing how much annoyance and discomfort may be found in the course of every day's living, even at the simplest, if one only keeps a sharp eye out on that side of things. Even holy writ says we are born to trouble as sparks fly upward. But even to the sparks flying upward, in the blackest of smoke, there is a blue sky above, and the less time they waste on the road the sooner they will reach it. Fretting is all time wasted on the road.

WHAT IS IT TO BE A GENTLEMAN?—It is to be honest, to be gentle, to be generous, to be brave, to be wise; and, possessing all these qualities, to exercise them in the most graceful outward manner.—*Thackeray*.



## INFECTIOUS DISEASE IN LONDON.

IT would seem from the report of the Metropolitan Asylums Board for the past year that we have been passing through a very unhealthy period. The number of fever and small-pox patients admitted to the hospitals was exactly double that of any previous year. It would not be reasonable, however, to infer from these figures that the number of cases has increased in the same ratio. The result is due, it is to be supposed, at any rate so far as the fever cases are concerned, to the more effectual operations of the Notification of Diseases Act. A great number of cases now come into statistical returns which, before the new law came into force, were never heard of by the public. Making all allowance, however, for this, there is little doubt that the year has really been abnormally unhealthy. In regard to the prevalence of diphtheria, this is absolutely certain; and there have been more deaths from small-pox than in any year since the end of the epidemic which occurred in 1885. One feature of the report is particularly unsatisfactory. It is shown that the mortality in cases treated at the hospitals is much larger than in those not removed. Among the diphtheria patients, the difference is not very considerable, but the percentage of deaths among fever patients removed to the hospitals is nearly three times as great as among those treated at their own homes. This may be due, of course, to a variety of causes. It is probable that the physique of patients for whose treatment at home there are no adequate means is generally inferior to that of persons in more comfortable circumstances; and this may account in great measure for the larger mortality. The disparity is, however, very great, and the public would like to be assured that removal is always so managed as not to increase the risk to the patient's life.—*Globe*.

## IN HOSPITAL.

IN the long night-time, when the ward was chill  
And drear with sleeping faces thin and white,  
One lay in wakeful silence, wan and still,  
And waited for the light.

And as he lay and waited for the morn,  
And peered about the dim, familiar room,  
The door into that glimmering place forlorn  
Opened, and someone entered through the gloom—

A shadowy shape that filled him with a vast  
Vague fear; it came in silence and alone;  
Mutely it glanced from bed to bed, and passed,  
But paused beside his own—

Paused, and looked down, and all his terror fled;  
He grew as quiet and as restful now  
As if his mother stooped beside the bed  
And laid her cool hand on his fevered brow.

And looking up into its eyes but seemed  
Like looking into hers that loved him so;  
He heard old voices speak, as if he dreamed,  
Of things of long ago.

And "What are thou?" he asked the Shadow then,  
"Who comest so like memory old and dear,  
That I, who feared thy coming, loved thee when  
I saw thine eyes and felt thy presence near?"

Then, in the hush, an answering whisper saith  
(His child it was that answered, or his wife,  
Loved and long lost): "This is that angel,  
Death,  
Whose name in Heaven is Life."

And when the night was gone, and morning shed  
A sunny glory into all the place,  
They came and put the screen about his bed,  
And wondered at the smile upon his face.

—A. ST. J. ADCOCK, in *Chambers' Journal*.

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour. Renews the Growth.  
Arrests the Fall. Cleanses the Scalp. — Advt

## A MODEL ESTABLISHMENT.

THE demand of late years for beverages which correspond to beer in everything but intoxicating properties has attained to such dimensions that a knowledge of the conditions under which these drinks are prepared, is a matter of interest and importance to nearly everyone. The ancient prejudice against them as mysterious concoctions of doubtful preparation and ingredients, has given place to a more intelligent appreciation of the fact that a wholesome and refreshing drink may be brewed from hops in an orthodox manner which shall nevertheless be destitute of inebriating qualities being non-alcoholic.

There remain some points, however, upon which the public require to be assured; such, for example, as the purity of the materials employed, and the general cleanliness and sanitary precautions observed in the manufacture. The questions of taste and excellence as a drink they may safely be left to settle for themselves, but with a view to their satisfaction upon the former points, we have taken steps to thoroughly inspect what is certainly one of the most representative breweries of its class—the Kops Ale Brewery at Fulham.

We must confess that we were not prepared for the vast scale upon which we found everything to be conducted. The brewery and attendant buildings cover about three acres of land; not a square yard of which but has its appointed use.

The plant at present laid down is capable of turning out 100,000 gallons per week, and, in consequence of the enormously increasing demand for this class of beverage, the proprietors are laying down additional machinery, which will increase the capabilities of output to 200,000 gallons per week.

The fine river frontage to the Thames possessed by the brewery is of great value in enabling the ale to be despatched by the great highway to all parts of the world.

The first consideration, from a hygienic point of view, is naturally the water supply, and it is satisfactory to record that all the water used in the brewery is derived from two artesian wells on the ground. These wells are some 300 feet deep (150 through chalk) and are each capable of throwing 5000 gallons per hour. The water is pumped into a slate tank, and thence directly to the boiling coppers, often within five minutes from the time it comes to the surface. It is never exposed, and never stagnant.

As evidence of the care taken to ensure absolute purity, we noticed that every pipe in the establishment was of block tin, every tank of slate, and every cask of oak. All pipes are cleaned every week and there seems, indeed, to be no possible risk of contamination at any stage. The empty bottles on their return to the brewery are scrubbed and rinsed with clean water in a room set apart for the purpose.

The hops in store were shown for our inspection. These are undoubtedly of the finest quality, while the gas for the proper aëration of the ale is produced by the purest and most approved means.

The brewery is quite a model of cleanliness and order, the bottling room in particular being very excellent in its design. At the time of our visit a large number of girls were employed in this department, while in summer sixty machines are kept in use.

A peculiar advantage of this ale is that it is in perfect condition as soon as bottled, and does not need to be matured.

The machinery throughout is on a very extensive scale, and includes two 50 hp. boilers; a 20 hp. engine for the bottling pumps, and an automatic pumping engine for driving the hydraulic lift which hoists the casks from the huge cellars underneath the building. In a separate building is also to be found the box manufactory, which, we were informed, is capable of turning out 2,000 boxes per week.

To conclude, we have no hesitation in certifying to the excellence of the hygienic conditions under which this ale is brewed, and before we left we had a further opportunity of appreciating the superior scale upon which the business

is conducted, by a sight of the comfortable and extensive rooms which have been erected by the proprietor at a great cost for the use and comfort of the girl employes at meal times.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

- 21,140. Improvements in medical electrical appliances. G. COHEN, Manchester. November 7th.
- 21,401. A liniment or embrocation for the cure of rheumatism, sciatica, and lumbago. D. KENNEDY, London. November 10th.
- 21,436. Improvements relating to burners for medical purposes, for wood and leather burning work, and for other purposes. E. KOHM, London. November 10th.
- 21,464. Improved apparatus or splint for the treatment of fractures and injuries, or diseases of the leg. J. F. BERGHOF, London. November 11th.
- 21,681. Vaginal hand douche. WILLIAM MARTIN, 95, High-street, Worcester. 14th November, 1893.
- 21,859. A cushion for medicating air. JOHN JOSEPH HARTNETT, 6, Grosvenor-street, London. 15th November, 1893.
- 21,902. The simplex chloride of ammonium/pocket inhaler. HENRY SMITH, 1, Victoria Drive, Marlands-road, Sale. 16th November, 1893.
- 21,936. Completely hollow clamps and metal fittings for artificial sets of teeth, obturators and the like. CARL FERDINAND FRIDERICK SCHRÖDER, 19, Southampton-buildings, Chancery-lane, London. 16th November, 1893.

## SPECIFICATIONS PUBLISHED.

- 310. MACDONALD. Midwifery forceps, (1892.) 10d.
- 17,376. DOWN, A. W. & H. V. Surgical wound hooks, (1892.) 10d.
- 17,570. JUNG. Ear protectors, (1892.) 10d.

## SPECIALITIES.

HACKETT'S SWANSDOWN FLANNELETTE, &c.

A LARGE number of samples and different patterns of their "Flannelette" have been sent to us for inspection by Messrs. Hackett, Cardigan Works, Birmingham. The virtues apparent in this article are that the material is soft, unshrinkable, and very durable; the colours also are fast, so that all fear of dye absorption by a heated skin is absent. The "Flannelette" may be used for all those purposes to which flannel is applicable, and may be worn in the same way. A sample of "Cheviote" dress material is also forwarded. This is for winter dresses, children's ulsters, &c. Warmth is a very necessary qualification in good clothing material, and this seems to carry out the purpose satisfactorily.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

TIGHT-LACING AND HIGH HEELS FOR MEN  
TO THE EDITOR OF THE FAMILY DOCTOR.

SIR.—I do not know whether your readers would care to have a few lines from one who has been deeply interested in the correspondence regarding corsets, &c. A few years ago I saw your paper for the first time, and was much struck with it. Owing, perhaps, to being an idle man, I determined to experiment on myself whether the different statements regarding the comfort of corsets, the charm of high-heeled shoes, and the delight of corsets was true or imaginary. First I ordered corsets from a good maker, and I was, I must say, surprised at the improvement in my figure. Why, I sat at table three or four inches taller than before, and clothes fitted so much smarter. It is true that towards evening for the first few weeks I used to be glad to take them off, but after a time I found that they were a real comfort, and then I fell into an error. They became smaller and smaller, and my appetite fell away, and I suffered badly from indigestion. I had then to leave them off for a time, which I was very sorry to do. I then turned my attention to high heels, and I like them very much, with pretty socks, or better still, stockings, they look very well of an evening. I do not wear them in the

## EASTON'S SYRUP.

WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon Road, London, E.C., who will forward either sized Bottle free by post for three extra stamps. Or any Chemist will procure it. Sold in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d.; 16-oz. bottles, 4s. 6d.



day time, as I do not like to be conspicuous, nor do I like shoes of more than two and a half to three inches high. At the same time I pierced my ears. I first made a hole at the top of each ear, then a few days afterwards one at the sides, and then finally one in each lobe of the ear—when out I put a small piece of wood in the holes, as I only wear earrings in the house, but now the holes are quite permanent, and I can leave them for days, when travelling, &c., without anything in them. To make the holes, you have only to use cocaine, and there is absolutely no pain, and now I must say that I rather like the feeling of earrings. My sight, although good, is improved, and I fancy I hear better. To return to corsets. As soon as my indigestion left me, I put them on again with renewed pleasure, but I avoid real tight-lacing. I have now worn corsets for some years, also high-heeled shoes and earrings. I can say nothing against them when judiciously worn. On the contrary, I should be very sorry indeed to have to give up any one of the three pleasures. Do any of your readers know where a man can get a pair of corsets ready-made. It would save so much trouble.

IDLE MAN.

## TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I will now try to furnish you with a brief account of a lady votary of the practice—the lady in question being my wife. I can truthfully say that the first notice I took of her was through admiration of her really beautifully small waist of exquisite mould, and that interest soon developed into love and admiration for the possessor, but as I am not writing a love story it is sufficient to say that the lady is now my wife. She is fairly tall, (5ft 5½ in.) proportionately built, by no means "scrappy," and her waist hardly ever exceeds 18 in., and at parties and other special occasions 16½ in., is about the figure, but once last year I remarked that she looked to have a better figure than ever, and found on passing a tape round her small equator that she exactly registered 18 in. She always wears the long-waisted heavily boned type of corset, and never to my knowledge has experienced any unfavourable results or inconvenience; although she takes plenty of exercise both on foot and horseback, and vows she will give up the saddle when her habit exceeds 19 in., however, this may be, she certainly enjoys most excellent health. She informs me that she has laced since early girlhood, her mother having encephalised her somewhat tightly in boned corsets prior to her attending boarding school, and also instructed her mistress to never allow her waist to exceed 17 in.

With regard to sleeping in corsets, my wife does not usually resort to this practice, with the exception of perhaps a week before she is desirous of appearing extra stylish at a party or dance. There is no denying the fact that a small waist is attractive and charming. The glances that follow a really good shape are proof enough that the ideal form is not that which the so-called reformers would force upon us.

She invariably wears high-heeled boots, but as she can comfortably wear fours she does not squeeze her feet, but simply has well-shaped boots of good quality; she is an excellent walker.

She says she will commence training the figure of our little girl in the manner her mother adopted as soon as she is ten years of age, and, of course, I have no objection seeing such training has such favourable results in regard to my wife.—Yours, &c.,

Manchester, 1893.

IDEAL FORM.

130th Thousand Post free of Author, 2s. 6d.

## THE CURE OF CONSUMPTION

CHRONIC BRONCHITIS, ASTHMA, & CATARRH.  
By E. W. ALABONE, M.D., Phil. U.S.A., F.R.M.S.,  
Late M.R.C.S. Eng., late Consultant Surgeon to the  
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Highbury Quadrant, London, N.

By the success of this discovery all barriers have been broken down, and it is now an acknowledged fact that CONSUMPTION, BRONCHITIS, and ASTHMA ARE CURABLE by this treatment. MANY THOUSANDS of cases, abandoned as hopeless, have been SUCCESSFULLY treated.

Dr. FAIRBAIN, M.D., L.R.C.S., writes: "The success of your treatment of Consumption is simply marvellous. I had no less than 80 cases of cure last year."

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Awarded 60 Gold and Silver Medals and Diplomas.

## MALT.

WE hear such a great deal about malt, malt extracts, and cream of malt nowadays, and we daily administer it either with or without cod-liver oil to the weak and sickly, that we may naturally enquire "What is it?" Malt is by no means a new medicinal food. In fact, the nutritive and strengthening properties of malted barley have been recognised by the Scottish housewives for ages past. They steep the barley in warm water, and make a sweet drink for which great properties are claimed. Nor are they wrong, for the malted barley contains all the essentials necessary for rebuilding the impoverished system of the weak and delicate. But modern pharmacists have not been idle. They recognised the value of the product, but saw that a more convenient preparation could be manufactured. Consequently, they evaporated the liquor in a vacuum pan until a treacly substance was obtained, which is known as Cream of Malt. Exceedingly pleasant in taste, this Cream of Malt was expected at one time to replace cod-liver oil altogether in the treatment of wasting diseases or lung affections. But it was found that it so effectually disguised the flavour and odour of that nauseous, fishy oil, that it is customary, nowadays, to administer the two in combination. Possibly no more popular remedy (or we might almost say, food) is prescribed for the delicate and convalescent by medical men than a tablespoonful of Oppenheimer's Cream of Malt with Cod-liver Oil and Hypophosphites directly after meals. For they know in this way they get all the elements of nutrition. We mentioned a vacuum pan above. Possibly you may like to know what this is, and why it is used. Well, it is a large copper pan which contains the liquor, and from which the air is exhausted. This enables the liquor to be evaporated at the temperature of the outside atmosphere. By this means you preserve the nutritive albuminoids of the grain which you would lose by boiling. In many extracts of malt this is not done, so that as strengthening agents they are comparatively useless.

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## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

**THEATRE.**—Has a shareholder in, for instance, a music-hall or theatre company, the right to visit the property of which he is part proprietor at any reasonable time, of course during, or previous to, performances, without payment? If not, why?

**A. B. C.**—Is a person who has been appointed a magistrate liable to fines? And what, if he was returned as a briber at the election or Royal Commission, or is liable to be struck off the Commission of Peace.

## ANSWERS.

**DEPOSIT.**—It is a question whether your tenancy commenced when you left the five shillings deposit, or whether it was not intended to commence until you signed the agreement. In the former case it is clear that you must pay the balance of the week's rent; but if the oral agreement was for a future, and not for an immediate tenancy, you can plead the fourth section of the Statute of Frauds. Whether such a defence would be honourable as well as legal it is for you to determine. You cannot recover the deposit.

## ANSWERS -TO- CORRESPONDENTS.

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**THE PHYSICIAN.** A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, etc. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience.

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Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and

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**ESKELL'S.**—CELEBRATED MAKE £2 2s.

Warranted and fitted in one visit. No Extraction needed. HALF A MILLION SETS already supplied. The "Nursing Record and Hospital World" says: "We recommend all who require reliable and Good Teeth at a small cost to go to **ESKELL'S**, Ltd., 446, Strand (facing Charing Cross station), and 58, Ludgate Hill, City, London. Also at 27, Western-road, Brighton; and 25, Mount Pleasant, Tulsehill Wells. Hours 9 till 7. Illustrated pamphlet, explaining everything, free. Established 100 years."

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Two yards Tubing, Stopcock, Vagina, and Rectum Tubes, complete, 5s. 6d., post free. Highly recommended by the Medical Profession, in preference to Enemas.

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With Screw Caps, holding Half Gallon of Water. Keep warm all night. 1s. 3d., post free.

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SAFE AND RELIABLE.

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SOLD BY CHEMISTS EVERYWHERE.  
In Bottles, 1/1, 2/3, 4/6, and 1/1.

marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand, London, W.C.

### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:

Hospital for Sick Children | London Hospital.  
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Contains no narcotic, the smell is agreeable and reviving, and relieves headaches; in fact, it should be on every toilet table.

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"SIR.—The other night, when my voice would have otherwise failed, I was able to accomplish my duty to the very last in "Othello," which I owe entirely to your Voice Lozenges."

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F. NEWBERRY and SONS, 1 and 3, King Edward Street, Newgate Street, London, E.C. (established A.D. 1746), send "BRAIN SALT," postage paid, for 3s., to any part of the United Kingdom; and those who fail to procure it of chemists may thus readily obtain it from the Sole Proprietor.

King's College Hospital. University College Hospital. London Temperance Hospital. West London Hospital. City of London Hospital for Diseases of the Chest. Evelina Hospital for Sick Children.

Nazareth House, Hammersmith. British Home for Incurables, Clapham-rise. Ophthalmic Hospital, King William-street, W.C. Poor Box—Five Police Courts. St. Thomas's Hospital. City Orthopedic Hospital.

BUOYANT.—You had better try the pill and medicine we have recommended to "Infelix Puer." If you can manage to get away for a fortnight to town and like to send us a stamped addressed envelope we will recommend you to whom to go.

S. M.—You are still suffering from anæmia, and we should advise you to persevere with the use of Bland's pills (three grains, with one-sixtieth grain of arsenic's acid in each,) three times a day for at least three months. At the end of that time write us again, and we shall be happy to advise you further. Meanwhile, there is no reason why you should not go on with the stout which suits you so well, but you must be careful to see that the bowels act freely each day.

WHISKERS.—You had better continue your attendance on the doctor. He knows all about the case, and we know nothing not having seen it. Before being able to treat it, it would be necessary for us to know the exact condition of the parts, which no description would probably supply.

A. FURATT.—Persevere with the remedies for a further period of four weeks. You are doing very well, and we trust to hear as satisfactory a statement when you write again.

J. B. C.—The latin name is "Tinct. Lupuli," so that the preparation shown you was probably the correct one. Try it as recommended.

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver. Purifies the Blood and is delightfully refreshing. Through Chemists and Stores.  
SPECIAL OFFER.—To prove its efficacy, 1s. 9d. bottle will be sent post free for 1s. 6d. stamps. WORKS: CROYDON, LONDON

PETRUS NIGER.—It is not improbable that the character of the rendezvous interfered greatly with the natural feeling of neighbourly assistance, which should have been inspired by such close proximity. 1892; 183; 2; sixth individual. CHEMISTS.—Once a week, unless you feel unusual weakening effects, is not too often. You should be careful to take the liquorice powder regularly. It is of no use taking one dose and then blame it for inefficiency. Your meals should be very light, and you should abstain from much bread, potatoes, puddings, pastry, porridge and other such bulky food; eat fish, lean meat, and plenty of green vegetables. Take a cold or tepid bath every morning and plenty of active outdoor exercise during the day, also a teaspoonful of Farrieh's Food three times a day immediately after meals.

WILLIAM.—1. No. There is no reason why you should not marry—judging from the particulars given. 2. It may possibly do so, unless the slight obstacle to complete re-creation be removed. 3. Marriage between cousins should usually be avoided. 4. A slight operation would easily overcome the obstacle, and we should advise you to have that done without delay. 5. The obstacle named may interfere considerably with certain functions, but as we have stated, it is easily remediable.

MARRIAGE.—You probably have a varicocele, with a certain amount of thickening of the tissues, left after the attack of orchitis. You had better have the varicocele treated by operation. It is a simple matter, and is, in our experience, very successful in removing the difficulties complained of.

MOTHER.—The bleeding at the nose is benedical under the circumstances, inasmuch as it prevents congestion of the brain. You might put a mustard leaf at the back of the neck if she complains of giddiness. It is very necessary that the bowels should be kept freely open, and that she should not stoop or make any exertion whatever. This is a common symptom of age, and no medicine is of any avail.

JOE.—We are unable to tell what the cough is due to without an examination. If your lungs are affected you should go to bed and keep yourself in a warm room. If the cough is due to some condition of the stomach, then we should advise you to select your diet and take an aperient. Whatever it is, you must submit yourself to treatment. This is a day or two without going out and interfering with the treatment in any way.

PUSHED.—We do not know if surgery can assist you because we do not know the conditions, your age, occupation, previous history, &c. Of course there are other conveniences sold. Your having only to go to an Indian rubber shop and ask for such a thing, and you may obtain one.

O. E. R.—As you are situated you are perfectly safe. The two things to be afraid would be. First, emanations from the soil if not properly drained, and secondly, if your house was below the level of the cemetery, some of the drainage of land water would probably flow in your direction. If, however, the cemetery is a modern one, no doubt it is properly drained.

A. B. C. D.—We should advise you to continue to use the vaseline with some red oxide of mercury in it, say about two grains to the ounce. If you smear this along the lower eyelids every night you will no doubt eventually cure the condition. You should be careful also, not to use the eyes too much at night. Keep the bowels freely open and take a teaspoonful of Farrieh's Food three times a day immediately after meals.

VINDEX.—We do not very well remember exactly what was the matter with you. 1. There is no harm in your sending a specimen, but it is not likely to be of much help. 2. This kind of trouble is much neglected by the generosity of practitioners, who either pool-pool it—thus handing you over to the tender mercies of the quacks—or else confuse cause and effect. You ought to see some one who is in the habit of treating these cases by scores. But there is no harm in going to your own man as a preliminary. Of course we know not who he is.

A. D. G.—If you will kindly tell us what is the matter without attempting to use anatomical terms, we may be able to help you. Where is the itching, and where is the swelling? Whence comes the matter? You had better wash all carefully twice every day, and we suspect your troubles will altogether cease. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder, followed the next morning by a mild dose of Dunn's Saline.

TRIPLEX.—1. We have no means of knowing whence this comes without an examination. 2. What do you mean by "a teasing irritation in the head"? Is it the scalp, so that you have to scratch it? You have also made some distant allusion to "some more or less hereditary affections." We are not more lucid, and tell us any back history that you know, it makes all the difference in diagnosis and treatment. 3. These complaints of the parts with soap and water. It is on account of this red sediment that you were told not to take sugar in any form. There is too much "cocoa and farinaeous pudding" about your diet also. (Grape sugar does not matter, so you may eat fruit. You had better take the following: Bicarbonate of potash two drachms, iodide of potassium half a drachm, infusion of gentian to six ounces. One-sixth part three times a day.)

SMODIU MIXTURE.—We do not quite see the utility of what you suggest—nor do we think there is any very satisfactory method of such staining in presence of a strong alkali. You might try the effect of damping with tincture of logwood—we cannot answer for the result.

FOR INFANTS AND INVALIDS.

# Swinborne's Isinglass

Is the Best.

A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.  
IT IS MOST NUTRITIOUS.

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"To breathe 'Sanitas' is to breathe Health."—GORDON STABLES, C.M., M.D., R.N.

# "SANITAS OIL"

**Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
AND ALL  
Lung and Throat Affections.**

**DIRECTION:  
INHALE and FUMIGATE with "SANITAS OIL."**

PAMPHLETS FREE ON APPLICATION.  
**THE SANITAS Co., Ltd., Bethnal Green, London, E.**

"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.  
Fumigators, 3s. 6d. each.  
"Sanitas" Eucalyptus Disinfectors, 1s. each.  
"Sanitas" Eucalyptus Oil, 1s. Bottles.

**INQUIRER.**—You had better take a cold or tepid bath every morning. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. This must be taken quite regularly otherwise its full effect will not be properly established. When you go to bed at night, you should be careful to avoid sleeping on your back, and if you find any difficulty in doing this we should advise you to tie a cotton reel in contact with your back, by means of a piece of tape round the waist. Do not eat too much bread, puddings, batter, pastry, &c., but eat light food, such as fish and fowl, lean meat, and plenty of green vegetables. Take the following: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, peppermint water to six ounces. One-sixth part three times a day.

**RUTH.**—We do not mention professional names. Send a stamped addressed envelope repeating your query and we will inform you.

**THE CHAMPION WALKER.**—In all probability, indigestion will sufficiently account for all your troubles. You must eat your food very slowly, drinking only after each meal is done. Avoid coffee, sugar, and beer, and take the following medicine before breakfast, dinner, and supper: Dilute hydrochloric acid ten drops, sulphate of soda thirty grains, tincture of nuxvomica ten drops, spirits of chloroform five drops, water to half an ounce. Should the bowels be at all troublesome, take at bedtime on alternate nights a pill containing compound rhubarb pill one grain, pill of colocynth and benbane three grains, extract of nuxvomica quarter grain.

**H. J. C.**—At sixteen years old your nervous system is naturally sensitive, and you must not wonder that you flush at apparently trifling causes. As for the red nose, it is due to indigestion. You should neither smoke nor drink tea. Give up these bad habits. Eat your food slowly, and take the following medicine before each meal: Dilute muriatic acid ten drops, tincture of belladonna six drops, tincture of gentian half a drachm, water to half an ounce.

**W. GLANFIELD.**—1. No. There is no such preparation. 2. We know nothing of the patent medicine named.

**FOR ANÆMIA**

**JOLLY'S "DUCHESS" PILLS**

**FOR PALENESS.**

194, REGENT STREET, LONDON, W.

A POSITIVE CURE FOR ANÆMIA, BLOODLESSNESS, SALLOWNESS, &c. PRICE 2s. 6d. A BOX, POST FREE. Circular, containing testimonials and full particulars, on post free. Address JOLLY & SON, 194, REGENT STREET LONDON, W.

"THESE NATURE'S HERBS," positively nothing more universally reliable known, as proved by published Testimonials of most influential Authorities; they rapidly relieve aches, pains, inflammation in every part, headache to sciatica. Why experiment when a remedy will do the work of a century's record such as this costs but a trifling sum? send 15d. or 36d. to-day—Sir Thomas's Buildings, Liverpool, or Chemists—for BROWLEY'S GOUT & RHEUMATIC PILLS THE FAITHFUL CURE.

**RADNOR.**—You have indeed been victimised and must have been very patient and submissive. No doubt you have now some chronic inflammatory trouble there which will sometimes be perfectly well, but at other times be subject to irritation and aching. You must be very careful to keep the bowels free, and avoid beer, wines, and spirits, as well as all stimulating articles of diet and drink. Take the following medicine: Acetate of potash one and a half drachms, infusion of buchu to six ounces. One-sixth part three times a day between meals.

**MISERABLE.**—We cannot prescribe for you without knowing more about you. We have no idea what "apasmotic nervousness" is, we never heard of it before. You had better send us a few details of your condition and we will see what we can do for you.

**W. F. S.**—It appears to us that your liver is out of order. We should advise you to go to bed early and rise early, having a tepid bath and a good rub down before dressing, and, if possible, a few minutes' fresh air before breakfast. Do not drink beer at all, but you may take a little whisky and water the last thing at night, eat light food, not too much potato, &c. Take the following pill every night: Blue pill, sulphate of quinine, and powdered rhubarb, of each one grain, and the following medicine: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times daily between meals.

**A LADY.**—These noises are largely due to nervousness and not necessarily to constipation. You should take as little liquid as possible at any time, not merely in connection with your meals; never drink liquid, tea, &c., on an empty stomach. The bowels may be kept gently and regularly open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts, such as Dunn's Fruit Saline. Eat light nutritious diet, and see that you get it regularly. Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**ECZEMA.**  
SIR,—After TEN YEARS suffering and irritation your "VELVET" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS FOVANT.  
"VELVET," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury. Please mention this paper.

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SWANSDOWN FLANNELLETTES.**  
Fast colours. Unshrinkable. Beautifully soft. Superior to Flannel at one-fourth the cost. Also Extra Warm for Night dresses, Night-shirts, Ladies' Underwear, &c.  
PATTERNS FREE. CARRIAGE PAID.  
The "Queen" says:—"singularly inexpensive."  
CARDIGAN WORKS,  
HIGH STREET, BIRMINGHAM.

# "MALT-COFFEE"

(PATENTED.)

Prepared from delicious Mocha Coffee and nourishing Malt. Taken at breakfast fortifies the system for the day; taken after meals, without milk, prevents and cures INDIGESTION. Does not excite the nerves and cause sleeplessness, like ordinary coffee or tea, or affect the liver like chicory. It is as nourishing as stout or ale. It goes much farther than any ordinary coffee, therefore it is cheaper, but by far superior. Highly recommended to invalids recovering and ladies of delicate health. Of Chemists, Grocers, and Stores, or send 12 stamps for a sample tin.  
**MALT COFFEE CO., MONUMENT BUILDINGS, LONDON, E.C.**

"The FAMILY DOCTOR may be recommended as safe and useful in all Households."—The People.



**ENERGY.**—This incapacity or concentration in reading is a very common complaint, and is more observable in those who are obliged to lead a busy life which necessitates constant shifting of thoughts from one subject to another. You should take morning baths and active outdoor exercise, not merely walking which is of very little use. Keep the bowels freely open by means of compound liquorice powder and Dunn's Fruit Saline. To relieve the indigestion take the following medicine immediately after meals: Dilute hydrochloric acid one drachm, pepper one drachm, chloroform water six drachms. One-sixth part three times a day immediately after meals. Perhaps you require a rest and change of air. If so, you should try and get away for a week or so.

**WALLACE.**—We very much fear we cannot do anything to assuage this mental condition. You must have more confidence in yourself. Attend to other hygienic conditions. There is no medicine that will be of any use.

**W. H. MIDDLETON.**—You should go and get your lungs and other organs properly examined by some good doctor. We are unable to tell you whether you have any disease about you without a personal examination. Your symptoms may point to many different conditions. Most likely you require entire rest, good food, and fresh air.

**JOHN SMITH.**—The same medicine will cure both conditions. You ought to get plenty of good food and fresh air, and keep the bowels freely open. She should take iron in the following shape for some months, even years: Bland's pill three grains, arsenious acid one-sixtieth of a grain, to make one pill. To be taken three times a day immediately after meals.

**BORN TIRED.**—At twenty, we cannot help coming to the conclusion that the dullness of which you complain is due to excessive eating and a consequently torpid liver. Take much less meat, eat your food very slowly, drink nothing at all with meals; take the following medicine: Dilute sulphuric acid ten minims, sulphate of magnesia forty-five grains, sulphate of quinine two grains, water to half an ounce. Three times a day between meals.

**CROMWELL.**—Take more exercise to the extent of five or six miles a day; avoid all impure thoughts as well as the company of the opposite sex; take the following medicine three times daily: Bromide of potassium twenty grains, sulphate of magnesia forty grains, tincture of hops half a drachm, camphor water to half an ounce. Avoid large meat meals and eat your food slowly.

**POOR WOMAN.**—We are not sure that you are not in the family way; we must therefore be careful that any medicine prescribed for you should not have any influence in that direction. Take a larger proportion of green vegetable; eat no preserved food or sugar; drink no coffee. The following mixture taken after each meal should help you: Sulphate of magnesia forty grains, bicarbonate of soda fifteen grains, chloroform water to half an ounce.

**R. H. N.**—1. Rub the hands upwards (towards the body) two or three times a day, for five minutes at a time: first anointing with ordinary sweet oil, wash only with hot water and good soap, and dry thoroughly before using the oil. By a means take up gymnastic exercises. 2. Use a solution of glycerine of tannin (two drachms to a pint of water) and apply it with a hydrostatic nasal douche, to be obtained of Messrs. Hooper & Co., Chemists, 7, Pall Mall East, London, S. W. It will do you much more good than the solutions named. The first should pass up one nostril and down and out through the other.

**HOPEFUL.**—Electricity properly applied would help you, but you cannot apply it yourself; besides, the battery you have would only be of service after present conditions are relieved. The statement that your nervous system is practically played out at twenty-two and a half years old is utter nonsense, with all difference to the medical men who made it. You should learn to pass a boggle (No. 3 English) twice a week, and take the following medicine after each meal: Tincture of perchloride of iron twenty drops, bromide of potassium twenty grains, sulphate of magnesia thirty grains, tincture of quassia fifteen drops, water to half an ounce.

## A WONDERFUL MEDICINE.

# Beecham's Pills

ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scoury and Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

## WORTH A GUINEA A BOX.

For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them.

For a Weak Stomach, Impaired Digestion, and all Disorders of the Liver, they act like magic, and a few doses will be found to work wonders on the most important organs in the human machine. They strengthen the whole muscular system, restore the long-lost complexion, bring back the keen edge of appetite, and arouse into action with the rosebud of health the whole physical energy of the human frame. These are FACTS testified continually by members of all classes of society, and one of the best guarantees to the Nervous and Debilitated is BEECHAM'S PILLS have the Largest Sale of any Patent Medicine in the World.

## BEECHAM'S MAGIC COUGH PILLS.

As a remedy for Coughs in general, Asthma, Bronchial Affections, Hoarseness, Shortness of Breath, Tightness and Oppression of the Chest, Wheezing, &c., these Pills stand unrivalled. They are the best ever offered to the public and will speedily remove that sense of oppression and difficulty of breathing, which nightly depress the patient of rest. Let any person give BEECHAM'S COUGH PILLS a trial and the most violent Cough will in a short time be removed.

Prepared only, and sold Wholesale and Retail, by the Proprietor, Thomas Beecham, St. Helens, Lancashire, in boxes 2d., 1s. 1d., and 2s. 9d. each.

Sold by all Druggists and Patent Medicine Dealers everywhere.

N.B.—Full directions are given with each box.

**ROBT. FINLAY.**—If your letters have been received they have certainly been replied to. We often find our correspondents miss their replies by looking at the next number instead of the next number but one after writing.

**MADGE MOORE.**—The only way is for you to wear long-sleeved vests, coming down to the wrists and keeping them warm, also wristlets made of woollen material; if this does not keep your hands sufficiently warm, then we do not think you can do better than wear woollen mittens for them. The longer you allow them to remain cold and blue the worse they will become. You should look after your general health, attend to state of bowels, plenty of good food, and see that you get plenty of active outdoor exercise. Take a teaspoonful of Farrish's Food three times a day immediately after meals.

**NORTHMAN.**—This should be thoroughly washed with cold water and soap every night and morning, and, after thoroughly drying, dust over the part with an ordinary powder puff a powder composed of equal parts of powdered zinc oxide and starch. The irritation is due to the fact that a certain amount of perspiration collects here which is not sufficiently often removed.

**LE MISERABLE.**—This is a kind of nervousness you will speedily grow out of as you grow older. It is only another form of shyness. As you accumulate wisdom and weight of character you will lose this self-consciousness. No medicine is calculated to be beneficial, but we should advise you to indulge in all healthy active outdoor sports, to eat well, take morning baths, and attend to the secretions.

**E. NUTELL.**—Excessive indulgence in food or drink would be quite sufficient to produce the results described. We should advise the patient to take as much open air exercise as possible; to live sparingly, eating only lean meat and no vegetable, with stale bread. He may also take half a teaspoonful of Sellers' Easston's syrup in water twice daily before meals, and be careful to keep the bowels acting freely at all times.

**KENNINGTON.**—The reddish sediment does not prove the presence of kidney disease. It is, as a rule, only an indication of dyspeptic trouble. Take twenty grains of bicarbonate of soda with thirty grains of sulphate of soda in half an ounce of peppermint water, twenty minutes after each meal. Eat your meals regularly, slowly, and avoid drinking any liquid until each meal is finished. Keep the bowels free with an occasional dose of liquorice powder at night.

**SLEEPY.**—Your liver is still out of order. Take the following medicines: Blue pill one grain, pill of colocyath and henbane three grains; to be taken at dinner time each day. Dilute hydrochloric acid ten minims, muriate of ammonium ten grains, sulphate of magnesia fifteen grains, infusion of gentian to half an ounce. To be taken before breakfast and supper daily.

**TYCHE.**—We see why, under the special circumstances named a legging should not be sufficient. At the same time the maker of elastic stockings may well suppose prevention to be better than cure of possible eventualities.

**HARRIET WELLS.**—You have catarrh of the pharynx, and would do well to inhale the vapour given off by boiling water, to which a few drops of Friar's Balsam have been added. This should be done several times each evening, for five or ten minutes at a time. Suck also five or six chlorate of potash lozenges a day.

**SALVATOR.**—Mechanical appliances (of which there are many varieties) are entirely useless as preventative measures against bad habits. The only proceeding worthy of consideration is *circumcision*. We should advise you to have this done in each case without delay.

**G. W. G.**—You do not say where the varicose veins are situated. In any case they may certainly be cured by operation, and only by operation. All other measures where the condition is confirmed are merely palliative, and are consequently disappointing.

**ONE OF THREE.**—Take the following three times a day: Bicarbonate of soda twenty grains, carbonate of ammonia three grains, glycerine twenty drs., camphor water to half an ounce. When the cough is troublesome, take ten drops of pure terebene on loaf sugar, twice or three times during twenty-four hours.

**DODD.**—This is undoubtedly a condition in which local treatment is needed, for which you must consult a specialist. If you wish us to give you a recommendation to one, you had better send us a stamped address envelope, repeating your request. Massage alone would probably be harmful.

**JEANIE.**—You appear to be suffering from chronic indigestion, which is frequently accompanied by the troubles described in your letter. Give up your morning and evening tea, taking cocoa instead. Eat your food slowly, and give up all sweets including sugar. Corn flour for dinner is not of much service. Why not take fresh fish or poultry on an occasional chop instead? The following medicine will help you: Bicarbonate of soda twenty grains, carbonate of ammonia three grains, spirits of chloroform five minims, tincture of gentian half a drachm, water to half an ounce. To be taken half an hour after each meal.

**A. P.**—Probably you have bad teeth, the cutting edge of which may be irritating the tongue. If so, have them removed or filed at once. We do not know the soap you mention. The fact of its being recommended in the paper you mention goes for nothing. The "medical" column is edited by a person who is not qualified. Sick to Vinolia soap by all means, you cannot do better.

**A. W. C. MURPHY.**—1. You give us no information as to the cause of this, nor as to your age, sex, occupation, or habits. We suppose it may be due to acid indigestion. Take the mixture ordered for "Jeanie," in these columns. 2. These troubles may be due to stone in the bladder, or merely to acid urine. If you will describe the conditions fully, we may be able to do something for you. A bare statement that you have pains is not sufficient to enable us to form a diagnosis.

**BRENT.**—Take the medicine as prescribed for "Jeanie" in these columns, and stick to the liquorice powder as heretofore. An ounce of tobacco per week will not hurt you, nor will stimulants in great moderation be harmful under the circumstances.

**ITALIA.**—We think from the full description given that your troubles are functional, and that your stomach and liver—not your brain—are the organs at fault. You are anxious, no doubt, in regard to your responsibilities, and the anxiety has aggravated the conditions. Take more fresh air exercise; eat your food slowly; be careful that the bowels act freely and regularly; and take the following medicine before each meal: Dilute hydrochloric acid ten minims, bromide of potassium fifteen grains, tincture of nuxvomica ten minims, peppermint water to half an ounce. Ophthalmoscopic examination would not detect "Muses." They are as a rule not of much consequence.

**WINTER.**—These troubles appear to be herpetic patches, similar to those sometimes found on the lip after catching cold. They are not at all likely to discharge inwardly, and they have probably no connection with any uterine growth. Taking a pill when out of health might be sufficient to cause the development, and a low diet certainly would predispose to them. Hot bathing and dressing with a mixture of equal parts of borax and zinc ointments would be best. Keep the bowels acting freely and be careful to avoid chills.

**WORRIED.**—Let the child have a bath with hot water and carbolie soap three times a week or oftener, to be followed by the application of equal parts of carbolie ointment and ammoniated mercury ointments (sparingly used), and by the use of fresh linens—previously disinfected—after each bath. Give her also a teaspoonful of Epsom salts in water each alternate morning.

**MON AM.**—We are unable to tell you anything about the method of managing the sale of herbal medicines. We do not approve of such sales, and we think they are much better un-sold. Much more harm than good is likely to follow the indiscriminate use of drugs, and we advise you to leave well alone.

**BLUEBOTTLE.**—We are sorry we are unable to recollect the details of your case among so many. If you wish us to express any further opinion on the matter, we shall be happy to do so on hearing all the details again. We do not wish to give you a haphazard diagnosis, and without the facts, anything else would be impossible.

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MOTHERS, to insist on having their Babies' Toys and Feeding Bottles fitted with INGRAM'S NEW PATENT COLLAR OR RIM TEAT. They do not in the slightest degree irritate the most sensitive Gums, but, on the contrary, they have been proved to be the Best Soothing Teat ever invented. No

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232,000 PRIZES OF BICYCLES, WATCHES, & BOOKS, VALUE £41,904.

The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

Competitors to Save as many "SUNLIGHT" Soap Wrappers as they can collect. Cut off the top portion of each Wrapper—that portion containing the heading "SUNLIGHT SOAP." These (called the "Coupons") are to be sent, enclosed with a sheet of paper on which the Competitor has written his or her full name and address, and the number of coupons sent in, postage paid, to Messrs. Lever Brothers, Limited, Port Sunlight, near Birkenhead, marked on Postal Wrapper (top left-hand corner), with the NUMBER of the DISTRICT Competitor lives in.

No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under —	The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under :—	Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.			
			£	s.	d.	£	s.	d.	
1	IRELAND.	Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Safety Pneumatic Tyre Bicycle, value £20..... The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. .... The next 200 Competitors will each receive a Book, published at 5s.. The next 300 Competitors will each receive a Book, published at 3s. 6d. The next 400 Competitors will each receive a Book, published at 2s. 6d. The next 500 Competitors will each receive a Book, published at 2s.. The next 1,000 Competitors will each receive a Book, published at 1s.	100	0	0	9800	0	0	
2	SCOTLAND.		84	0	0	8064	0	0	
3	MIDDLESEX, KENT, & SURREY		50	0	0	4800	0	0	
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.		52	10	0	5040	0	0	
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.		50	0	0	4800	0	0	
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, - and HEREFORDSHIRE.		50	0	0	4800	0	0	
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.		50	0	0	4800	0	0	
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.		50	0	0	4800	0	0	
						41904	0	0	

**RULES.**

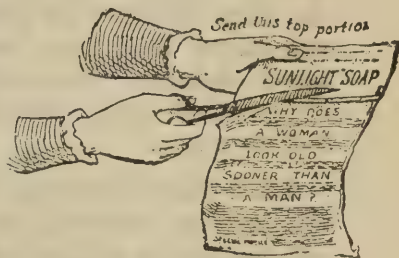
I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.

II. Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.

III. A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded 21 days after each competition closes, to those competitors who send Half-penny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.

IV. Messrs. Lever Brothers, Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.

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WHY DOES ANYBODY  
USE SOAP?  
I CAN OLD  
STAY  
SOONER THAN  
A MAN



**I CURE FITS**  
AND TO PROVE IT  
"I will GIVE A BOTTLE of my Remedy for Nothing, so that sufferers may have an opportunity of testing the truth of what I state."  
Because others have failed to cure you is no reason why you should continue to suffer. Send at once for my TREATISE and a FREE BOTTLE of Medicine. It costs you nothing for a trial, and it WILL CURE!  
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PRICE 30/- TERMS: 4/- DEPOSIT AND 4/- MONTHLY. Organette delivered when first 4/- is paid.  
Write for list of music and full particulars. (Mention this paper). J. M. DRAPER, Organette Works, Blackburn.

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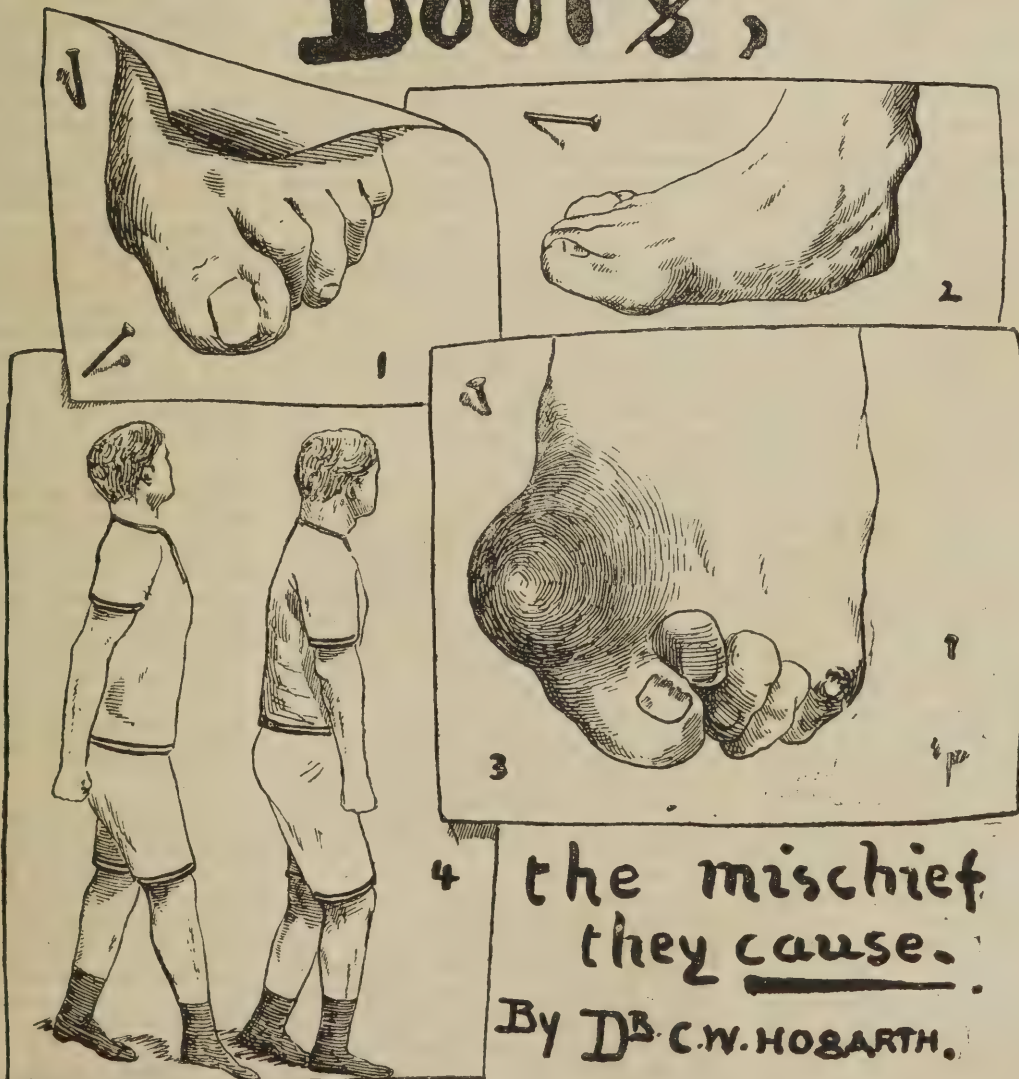
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No. 459.—VOL. XVIII. SATURDAY, DECEMBER 16, 1893.

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**Boots,**



the mischief  
they cause.  
By D<sup>R</sup>. C.W. HOGARTH.

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## CONTENTS.

PAGE.	PAGE.
Mischief of Modern Boots, Part II (Illustrated) .. .. .	241
Editorials .. .. .	242
Mischief of Modern Boots .. .. .	243
A Commentary on Marriage .. .. .	243
Tales Worth Telling: "The Peacemakers" .. .. .	244
Recipes for the Table .. .. .	246
Household Hints .. .. .	246
How to Guard against Influenza .. .. .	246
The Mother's Page .. .. .	247
Recent Patents .. .. .	247
Natural Cure .. .. .	248
Asylum Attendants .. .. .	248
Woman Free .. .. .	249
What to send the Sick .. .. .	249
He was a Hero .. .. .	249
Dangerous Facility for Death Certification .. .. .	250
Inebriation .. .. .	250
Frequent Coughing .. .. .	250
The Canals of Mars .. .. .	250
A Word to Fathers .. .. .	250
Our Open Column .. .. .	251
The Origin of Vegetables .. .. .	251
A Suggestion .. .. .	251
Notes & Queries .. .. .	251
Answers to Correspondents .. .. .	252
&c., &c., &c.	

## EDITORIALS.

**ONE OF SIR ANDREW CLARK'S STORIES**  
 —Let those who are haunted with suspicions of heart disease, and even those who have good reason to know that they are suffering (says the *Daily News*) take courage from a story told by the late Sir Andrew Clark in the course of a clinical lecture at the London Hospital. After reminding the young students of the necessity or caution in the "prognosis," or forecast of the progress of this disease, Sir Andrew went on to relate an anecdote of a house-governor of that very hospital—a clergyman who was about to be married. His intended father-in-law came to him and said, "You see, you have no money, sir; you must go and get your life insured." At the end of the medical examination the physician said to him, "We cannot accept you." "Why?" said the astonished house-governor. "Oh, we would rather not say." "But," he said, "I have never been ill in my life" (and, indeed, he was a sturdy fellow). "Well," said the physicians, "if you will have it, you have got heart disease." "Heart disease? How long shall I live? Shall I live for six months?" "Oh, yes," replied the medical men, "you may do that." He went home, and the match was broken off. He wrote to the committee, saying that as he had a mortal disease of the heart, and could not live for six months, he withdrew his application for rooms wherein to dwell with his wife. On the receipt of this letter the committee deliberated, and said: "We must superannuate him, poor fellow; and, as he has but six months to live, we will let him have his full pay." Accordingly he was superannuated upon his full pay, and upon this superannuity (said Sir Andrew) he lived for more than fifty years.

**ASTOUNDING!**—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the precise words, "they are worth a guinea a pill." For Diarrhoea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. 1s. 1½d., 2s. 9d., 4s. 6d., all chemists; direct W. LOOKING & SON, Leeds (late Hull).—Adv't.

**HOW TO ASCEND STAIRS.**—The manner in which people go upstairs is productive of many ailments; and a careful observer who understands the anatomy of the body would not wonder that it is so. Notice how much of the "dead-lift" there is about it: the feet and legs are made to act as levers, not only to force the weight of the body up, but also the additional weight which is the result of inertia. Instead of raising the chest and animating the body to lift its own weight, we bend the body nearly double, cramping the organs, hindering free circulation, and consequently easy breathing. Panting for breath, we reach the top, but in the effort what a spectacle we present! Going upstairs is easy and healthful when properly done. We will not say that it will not quicken the pulse, for in this as in any other exercise, the rapidity and force of muscular action determine the rate with which the blood is forced to and from the heart.

**DR. CHARLES FERE**, a well-known authority on nervous and mental diseases, says that these disorders are increasing at a terrible rate in France, and attributes the fact to the increase of beer drinking and absinthe drinking. There was scarcely such a thing as a bar twenty-three years ago, he says, but now they are all over the town and always crowded.

**A CELEBRATED** German physician was once called upon to treat an aristocratic lady, the sole cause of whose complaint was high living and lack of exercise. But it would never do to tell her so, so his medical advice ran thus: Arise at five o'clock, take a walk in the park for one hour, then drink a glass of tea, then walk another hour, and take a cup of chocolate. Take breakfast at eight." Her condition improved visibly, until one fine morning the carriage of the baroness was seen to approach the physician's residence at lightning speed. The patient dashed into the doctor's consulting room, and on his appearing on the scene, she breathed out, "Oh doctor, I took the chocolate first!" "Then drive home as fast as you can," ejaculated the astute disciple of Esculap, "and inject the tea with a syringe, for the tea must be at the bottom." The spell was not broken.

**POINTS TO REMEMBER.**—Do not tell patients any unpleasant news; give them to understand that everything is going along nicely. Always speak encouragingly and hopefully, giving the sick the benefit of every doubt. There is no disease in which a person can sink so low, to the very border and in the shadow of the grave and still recover. Never "give up" a fever case, as changes for the better may occur when least expected, and even under the most unfavourable circumstances. We have seen cases which we feared would not live six hours, and have had the satisfaction of seeing them recover. Avoid all those people who make a business of "nussin," they believe they know it all, and are far more liable to overdo matters than really to neglect. Good nursing is, indeed, the *sine qua non* in typhoid fever—without it medicine is of little value. We would prefer an intelligent nurse and no medicine whatever, rather than the attendance of an entire faculty and an ignorant or careless nurse. Human life is far too precious to trust in the hands of unskilled persons; to err at such times is but too frequently fatal, and oftentimes the cause of life-long regret, which, while it may be without cause, nevertheless may leave the unpleasant thought that perhaps something was left undone. A constant attention to all the little things always gives the best results in nursing.

**DIET IN HEALTH.**—Too many people assume that because they enjoy fairly good health, no improvement can be effected in their diet. That this position is fallacious none who carefully consider the subject will deny. Those whose practice brings them into contact with the wealthier classes have frequently an opportunity of estimating the bad effects of improper diet; not alone among the rich, but also among the poor. The latter are unable to procure meat on account of their poverty, and as a result their diet is composed largely of

carbo-hydrates. On the other hand, the well-to-do people, many of them at least, have little to distract their attention or develop the muscular abilities, and as a consequence there is but little demand for a meat diet. In the case of general sickness, or even without unfavourable climatic conditions, both classes seem to be unable to resist attacks of disease. These are, for the most part, the apparently healthy people who are so quickly stricken down by disease, while the chronic invalid may pass through unscathed, and yet no one seems to understand that conditions were present which predisposed the healthy man or woman to disease, and that these pre-existing conditions were largely due to want of attention to diet. Those who feel so content that they are well, ought to visit a physician for instructions how to avoid disease. The old maxim finds here an apt illustration:—"In time of peace prepare for war."

**SHAKESPEARE AND SANITATION.**—Shakespeare and Sanitation is not a combination that would readily be found by most men, says the *Sanitary Record*. But it is astonishing what you may find when your eyes have been opened to look for it. The combination has been found by so acute an observer as Sir James Crichton Browne. It was in introducing a lecturer who had something to say to plumbers, at Dumfries, on November 11th. In a brief prefatory address, Sir James explained that in showing an interest in the work of plumbers he was only maintaining the best traditions of the profession to which he belonged; for it had always been the proud boast of those who were labourers in the field of medicine that their increasing aim was not to receive wages, but to diminish the demand for their own services. Now, it was obvious, Sir James thought, that in promoting the education and registration of plumbers, as he was doing at the moment, medical men were doing their best to cut off grist from their own mill; for among the many sources of disease, the most prolific was to be found, perhaps, in the negligence and ignorance of that great class of craftsmen known as plumbers. Rather rough, this, no doubt, on these useful craftsmen; but there was something complimentary and consolatory coming. For when he reflected, continued Sir James Crichton Browne, on all the sufferings, illness, and misery for which bad plumbing was responsible, he was inclined to think there was something prophetic in the inscription which Shakespeare assigned to the casket of lead in the *Merchant of Venice*, "Who chooseth me must give and hazard all he hath," for in choosing lead as the principal instrument of domestic sanitation, we had certainly hazarded all we had—the lives of our wives and children, and our own lives into the bargain. But it ought to be remembered, added Sir James, that Shakespeare also associated lead with gaiety and life; for the portrait of Portia was hidden at the bottom of the leaden casket, and, in choosing it Bassanio received his fortune and his bliss. So having chosen lead, that plastic element, for domestic sanitation, if we were only careful to see that it was wisely and skillfully handled, we would not fail to secure that happiness which never failed to wait upon sound health in a well-constituted family circle. This was as ingenious as it was graceful; and we have no doubt that the charm of the introduction would make doubly interesting the lecture that followed.

**DISTANCE TRAVELLED IN DANCING.**—An average waltz takes a dancer over about three-quarters of a mile, a square dance makes him cover half a mile. A girl with a well-filled programme travels thus in one evening: Twelve waltzes, nine miles; four other dances at half a mile apiece, which is hardly a fairly big estimate, two miles more; the intermission stroll and the trips to the dressing-room to renovate her gown and complexion, half a mile more; grand total, eleven and one-half miles.

**A SPOTLESS COMPLEXION.**—Sulpholine Lotion clears off Pimples, Blemishes, Irritating Objectionable Appearances, Redness, Uncomfortable Skin Disfigurements, leaving a beautiful skin. Shilling Bottles of Sulpholine everywhere.—[ADVT.]



[SPECIAL ARTICLE.]

## THE MISCHIEF OF MODERN BOOTS.

By DR. C. W. HOGARTH.

(See Frontispiece.)

### PART II.

HAVING in Part I. dealt with the requisites of a good boot, a few words may not inappropriately be introduced here, on the subject of walking; and when the shuffle of a large number of pedestrians is observed, and manner in which boots, however well made, are worn down at heel, the subject will be admitted to be of importance. If the two figures numbered 4 on the frontispiece be examined it will be seen that the one is upright and well formed and the other, although not less muscular and with little fault to be found with the straightness of the back, is all-of-a-heap and slouching. To walk properly the body must be held upright, chin raised, shoulders well back, and the lower limb must be swung forward from the hip, and the knee must, as far as possible, be kept rigid. This is the secret of a good walker.

Bunions (see Fig. 3) are caused by constant pressure from the boot on the great toe joint. First the skin thickens over the bony-joint, and then sometimes the joint itself is involved; the bursa, a synovial membrane lubricating the joint, gets inflamed, and, if not carefully treated, the joint is destroyed.

A bunion commences with a tender spot, then there is swelling and effusion of serum in the tissues round about, and inflammation which makes the joint swollen, red, and shiny as in Fig. 3. This leads to pus or "matter" forming, which burrows its way to the surface leaving a sinus, with a narrow orifice and a thin discharge oozing from it. Serious joint mischief may follow, which sometimes involves the whole foot in inflammation, and this may lead in elderly people to gangrene, and it is rarely curable if the suppuration has been of long duration.

The treatment is rest; and then, of course, the pressure of the boot must be removed, and this is *always* and the *only* cause. The toe may be restored to its natural position by means of a thumb stall of an old glove to which is attached a piece of sticking plaster carried round the heel in the manner shown in the illustration to Part I.

If inflamed, hot fomentations or poultices will give relief, and when the redness has subsided it may be further reduced in size by painting with liniment of iodine.

Corns are caused by either too tight or too loose boots chaffing the skin. The skin first becomes thickened and then a bursa forms underneath. Corns have no roots, what is called the root is simply thickened fibrous tissue.

Paring with a sharp knife suffices in some cases, if not then try a saturated solution of salicylic acid in collodion, this will dissolve them, and this remedy is the basis of nine-tenths of the corn cures sold as proprietary articles.

Soft corns are those that form between the toes, and are of the same nature as hard corns, but are kept soft by the perspiration between the toes. They are best treated by being dusted with zinc oxide powder, and the insertion of a small piece of cotton-wool between the toes.

Hammer-toe, of which an illustration occurs in Fig. 3, and another in the frontispiece to Part I, is a condition in which the toe is forced upwards, and the last phalanx bent perpendicularly downwards. A mechanical contrivance for its cure is shown in Part I., consisting of a sandal to which is attached a series of bridges

of leather into which the toes are placed, and which assists in keeping each digit in its proper place and elevation.

*Ingrowing Toe-nail* is a very painful affection, and is caused by cramping the toes into a bunch. A good specimen is shown in Fig. 1. The treatment consists in inserting a piece of cotton-wool dusted with boracic acid powder between the flesh and the nail, and scraping the nail along its middle line with a piece of broken glass. The boot, of course, must be carefully adjusted, and whilst any inflammation persists the boot had better be discarded altogether, and complete rest given to the foot. Sometimes the nail has to be forcibly torn away bodily, but this is extremely painful, and has to be done under the ether-spray or chloroform.

*Flat-foot* is caused by prolonged standing or excessive walking. Shop girls who wear thin shoes or slippers suffer in large numbers from it. An illustration is seen in Fig. 2, and also in our foot in Part I. Injury to the ankle may cause it. The ligaments get lengthened, the head of the astragalus sinks, and the scaphoid bone comes down. The mechanism of it will be better understood by an examination of the section of the foot shown in Part I.

The treatment consists in slight cases of attaching to the sole near the instep, a broad Y shaped piece of leather, the divided ends passing round the ankle, and being buckled, thus supporting the falling arch, or a steel spring may be inserted in the shank of the boot, or an indiarubber pad may be worn under the arch of the foot. The general health must be looked after, and much standing avoided.

*Perforating ulcer of the foot* usually begins under a corn, and tends to eat its way to the back of the foot, and is nearly always dependent on some spinal affection. The treatment must be directed to the ultimate cause, and is too intricate to be dealt with in a popular article.

*Sweaty feet* is a disgusting ailment from the bad odour emanating from the person afflicted.

Strict attention must be paid to properly fitting boots which must be leather-lined, the feet must be bathed with Sanitas and water twice daily, and at the same intervals the stockings must be changed for a clean pair, and a little boracic acid powder dusted in the bottoms of the boots will effect a cure if persevered in for a week or two. Afterwards bathe the feet with sea water, which nowadays may be conveniently prepared from dried sea-salt, which may be procured from any chemist or drug-store.

*Chafing of the feet* and abrasions at the heels are due to either badly fitting boots or else to a too loose lining, especially canvas lining, which are apt to get into wrinkles. Attention to the cause, and a little zinc ointment will effect a cure.

In conclusion, let me observe that if much walking has to be done and the feet are very tender the method of the German soldier may be followed: Take a long strip of linen and grease it well with vaseline, and then bandage the foot carefully in place of a stocking, and at each resting place change the bandage for a clean one, this method answers extremely well for long marches or walking tours, and prevents abrasions to a marvellous extent.

Having now gone *seriatim* through the list of ailments caused by bad boots, it is only necessary to add that common sense used over matters concerning our foot-gear would spare the majority hours of agony, pain, and discomfort, but the commodity is scarce, and it is not until the house is on fire that the precaution to insure the premises, is discovered to have been neglected, and, therefore, I have pointed out not only how many of these ailments are caused, but the means by which the mischief done by wearing modern badly-made boots can be amended.

GIVE me the liberty to know, to utter, and to argue freely, according to conscience, above all other liberties.—Milton.

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## A COMMENTARY ON MARRIAGE.

By LIONEL JOHNSON in the *Humanitarian*.

THE man said: "If only you had not done it so!"

But the woman said: "There was no other way."

And while they talked, the air was dusty and cold, the wind blowing wildly after rain: their steps made a dull echo down the sodden street. It was a street of miserable, small shops.

Said the man: "Had you killed yourself, or gone into a convent, or simply turned me away, and done no more, I could have understood it. But you, of all people! You, to marry that man, a man at whom we have laughed together. You call him once, as worthy as he was vulgar. Those are your favourite qualities, I suppose, now." He spoke in a low, pleasant voice, without any strong emotion in it, but as though he were a little tired of things: and he looked straight forward at the distant lamps, dreamily. She answered him with a touch of anger in her voice, and a touch of pleading also; as though this conversation were of some great importance, as though something were happening for the last time. That it was the last time, she seemed glad; but she seemed to remember earlier times, of which this was a brutal parody.

"Yes! of course you can see nothing in it, but that; of course, I have done a stupid, commonplace thing. Perhaps I was a coward or else a fool, and certainly a woman of no affections. But that you, of all people, should see no more than that; and you could analyse things well enough once: true, it was the rest of the world, not me." And she looked at him with a tolerant kind of compassion; there was almost amusement at the corners of her mouth.

"What is the use of subtlety now?" said he. "I can see facts, and no amount of interpretation can change them; you know I do not blame you at all, I merely wonder why you did this; and I do you the justice of being sorry for us both. Five years ago we made up our minds to something better."

"A lifetime of earnest waiting, followed by the Kingdom of Heaven? You forget: we have 'emancipated' intellects, you and I; we believe in the perfection of life, through the perfection of our own powers, don't we? Can there be anything perfect about expectation of impossibilities? We wanted to marry, we were too poor to marry; we loved each other dearly, and we agreed to wait. It makes a very pretty story, so far, and it is you who spoiled it; you told me all your new philosophy of life, about energy and realisation of oneself, and the rest: and I wanted to live, to do things, to get experience, I loved you just as well, and I love you now, but I love life, too! How I love it! And rather than do nothing, I did a monstrous thing, a thing I hate; but at least it was something. And I have chosen my experience, and given you yours; and it all makes a complete tragedy of our lives, a misery to be proud of!"

If she spoke the truth, if their lives were really tragic, they had an appropriate scenery for this passion: the dingy street changed into a flaring market, where another street ran across it; a scene of very vulgar commerce, full of sordid sights; the rough barrows and tressels crowded the pavement, discovering, under gross gas jets and naphtha lights, piles of rotting fruit and dirty vegetables; the road was littered with banana skins and broken baskets; unpleasant women with fat red faces kept up a chorus with harsh cries: grimy children sprawled about the place. There was plenty of energetic living there; and the man looked wearily at it with the same quiet wretchedness of manner, the same air of dreamy protestation.

"It is difficult to understand you, he said at last; "you defy yourself, you ignore me, and you triumph in hopelessness of it all, I am not romantic, as they call it; I knew the force of facts, and I realised our position. We were to

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World Hair Restorer, which never fails to restore grey hair to its y colour, gloss, and beauty.—Advt.



wait for marriage, you and I, till we could afford to marry; meanwhile we were to go on with our work and encourage each other. God knows, I did not want to make a pretty picture of our condition, the faithful lovers in their poverty; but we understood each other then, we wished each other good luck, and we were to be man and wife some day. Neither of us were starving or struggling more than most poor people; in fact, soon after your wedding day my salary was raised. Not that it equals your husband's income yet." And he stared into the distance with a little smile; the crude lights fell upon his face, revealing its pitiful look of desolation; they fell upon her face, illuminating its look of annoyed assurance. And a barrel organ began to play an ancient waltz, full of exhilarating measures: that strange dance music which stirs the blood.

"There: listen to that! it is hideous, maddening, out of tune; it is wicked to play such things in this horrible place. It ought to be played upon beautiful violins, in a great white room full of flowers. But all the same it thrills every nerve in my body; it takes me away from myself and my troubles and my tempers; it makes me wild with enthusiasm, I don't care what, or why. 'Don't you understand? That is how I felt about my marriage, it took me away and changed me; of course it was not what I wanted—there's nothing very glorious about a stockbroker, except his money. But it gave me a chance, a chance!'"

She walked with a certain impatience of movement, like one expecting a splendid landscape at a mountain top. She pitied him for her cruelty; she was half proud of him for resenting her common-sense. Certainly the play had tragic complications of motive; and she was conscious of it.

He said nothing for a little while; then he said very simply, "Do you remember the afternoon when we went to the National Gallery together, and you said you would like to be a beautiful picture; and I said I was glad you were not? I am not so sure about it now."

"Did I say that? If I did, of course you said the other thing. And it was quite true, I should like it; and I should like to be a great piece of music: not a statue, that's too like myself. I have always felt that; felt as if life ought to be a perfect thing, all at once and always; not a wearisome struggle about uncertainties. Look at this place! don't you hate it, all the sordid people and things in it? Life seems all too difficult; one has to think so much, and to be always wanting and getting things; it's too difficult. I haven't married for money, I married for the chance of something great. I can't explain it more than that: for the chance of feeling happy somehow, and unconscious."

"Did it never occur to you that you are inflicting a certainty of the opposite things upon me?"

"Ah! don't ask me; you mustn't think I never thought of that; but what could I do? I should have gone mad of my own thoughts, waiting, and longing, and wondering. And you had so much to keep you calm; your books, your writing, and those things. It seems to me that women want to live more than men; you can forget yourselves; and you can forget me."

A wonderful beauty came into his face. "No! but I shall forget a great many other things—my hopes and my disappointments, and your marriage. I shall remember you."

A man passed, singing a music-hall song to the twang of a banjo; a noisy burst of voices came from a garish public-house; and a melancholy church bell began to ring.

"Me! and the dress I wore, and the boat when we rowed on the river, and the tea we had in the evening, and the gloves I darned for you one Sunday. Me! what do you mean by me? Now you understand; what have we been to each other but just ordinary people—common acquaintances who got on well together? Yes! I know we were in love, but that was quite a commonplace affair; true enough for a time, but quite commonplace."

That's what I mean; everything is like that. You know what people mean when they want to go on the stage; I want that too without going on the stage: I want to do things and to wonder at myself."

"And I did not give you enough chance of that? But you would not wait to try me; together we might have discovered something about ourselves, some motive or other which would have drawn us on to success in life. I do not think our love would have been dull, a stupid sentiment. But you would not wait."

"Don't let us talk any more," she said. Then she continued: "I ought to tell you that my husband knows nothing; nobody knows anything about you. I told him I was going to say good-bye to a friend. He is very good to me. I am not very happy, I never was; but it's a better life than I used to lead. I never forget that I have done something, not great or wonderful, but something great in a way; it was a step taken. And I don't pretend to forget you or to dislike you; but I seemed to have an instinct towards trying things—trying to master them. It came upon me quite suddenly, and I almost felt it would be wrong to stay as I was. I looked at myself from the outside; I tried to call myself a coward and untrue to you, but it didn't seem real. I am not always selfish. Sometimes I feel sorry for you and hate myself, but I can't help feeling, too, that I did right. It's as if I had some other life to take care of, not my own, and I must look after the wishes of that, even while I despise them. Perhaps you had better think me mad than anything else."

She spoke in a clear, sad voice, slowly, without a trace of passion now, but in the tone of a witness telling some very familiar, mournful story.

The solitary bell came to a stop with a lingering echo as they passed the church door. Without saying anything they went in. Very few people were there. The church was dark, in spite of the lit sanctuary. An old priest with a kindly face sat to the right of the altar, repeating the Vesper Psalms with his attendants very fast and low. Above the chancel arch shone out in gold letters the words: *Deliciae meae esse cum filiis hominum*. They stood just inside the door by the stoup of holy water, and listened to the old-world sounds. A wrinkled Irish woman, crouching on the floor, rattled her beads and looked immeasurably old and oblivious. For a minute they stood there; the man tired and uninterested, the woman hushed and curious. Then they went out.

"That is it, again," she said presently, "the same influence! You saw nothing but a few common old women, and a priest muttering the service. You heard nothing just now in the barrel organ but a silly tune. You were superior to them, and did not find any fascination in them, because you understood them too well and did not care about them. But I tell you, the Latin Words and the unusual air, and the priest in those strange vestments, made me thrill with wonder—a kind of apprehension. It was all so mysterious, anything might come out of it or be meant by it. Oh! I can't say it in words, but these things, anything strange and sudden, touch me like something electric. They seem to know so much, to have so much in them, if only I could understand it, and I want to understand. It is of no use for you to explain it all away; you can't explain away my nature. I am always waiting for things to happen. I grew sick of waiting for our marriage, because it was so far away, and of so little use, and so mean. I don't say it against you, only you don't feel all this, and I must say something. There were no possibilities in our marriage."

He sighed a little impatiently, growing tired at last of even her anxious talk. "I think I do understand; let us call it nothing worse than a mistake. And that is the worst, after all. We need not have made it." And his mind wandered away to other things, the sure mark of extreme distress. He considered mechanically how much work was to be got

through by the morning; wondered even whether it would rain later; debated her best way home. The streets were full of people swarming out to the night in true London fashion; already he had forgotten the weary divisions of heart, the bitter pleading, his own disaster: let things be. And he had never suffered more than in that dull return to facts.

"I shall not see you again," she said quietly, "not even if I wish it. And if you hear of me, try to forget it; I don't want to think of you making yourself miserable or angry with me. Neither of us can help the other now. It was a mistake, as you say, and we were happy when we made it, but that can make no difference now."

Both were conscious that they must be silent at the last, that each word stung the other and increased their difficulty. The noisier streets were passed, and they were walking in a deserted region of small lodging-houses, where sombre little gardens looked forlorn in front of the dim windows. Still there were no stars, the wind blew more strongly now and chillier, ruffling the rusty shrubs by the garden rails and sounding dreary among the few trees. A perfect sense of desolation was in the air; the feeling of incapacity for all action, of inequality to all possible events.

She walked slowly and was very worn out; the strains of emotion, the half-conscious labour of self-deception, or of self-analysis, told heavily upon her. That most subtle of emotions, the misunderstanding of oneself, wearying the brain with its efforts and palsying the imagination, came strongly upon her also. How is it possible to explain emotions? And which emotions are true, true intellectually, in their full purport? The dizziness of that, and the squalor of those noisy streets, mixed themselves in her brain; she loathed the taste of life, so bitter and so beclouding. He walked at her side in a dream, a dream of nothing.

After a while he stopped at a house: one insignificant and meaningless as the rest. He let the low iron gate clash harshly behind him; then turning round, "Good-bye," he said. She no more than touched his hand, and said nothing, walking quickly away. He went upstairs in the dark, stumbling over the ragged oilcloth. Twenty minutes afterwards she knocked at his door; but, finding him out, went away again.

## TALES WORTH TELLING.

### THE PEACEMAKERS.

By ALFRED ENGLISH.

[COMPLETE STORY.]

MRS. SAMUEL DODGE and Josiah M. Berkeley were neighbours. Their lawns and gardens joined each other and very pretty lawns and gardens they were, too, for the widow and Mr. Berkeley hated each other with a hatred that was vigorous and mutual, and there was nothing on earth that would have induced either of them to be behind the other in anything if it could be helped by infinite pains and labour and meditation.

To have the earliest and the latest roses, to pick ripe strawberries first, to transplant tomato vines soonest, the widow or her venerable neighbour would have sacrificed almost anything that they possessed.

It was a curious rivalry, but it did no harm, gave employment to two deserving men, who, as gardeners, fully appreciated the situation and chuckled over it to each other across the fence when they were sure their employers were not looking.

The quarrel between these two old people dated back to long before the death of the lamented Samuel Dodge, but his relic had kept up the side of her departed spouse with faithfulness and interest.

It is not likely that either Mr. Berkeley or Mrs. Dodge could have told the cause of the difficulty with great definiteness, but each was determined to preserve the family honour at the cost of whatever might be.

Now, these two people had each one child—Mrs. Dodge a daughter and Mr. Berkeley a son.

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TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 15 or 34 stamps by the Maker, E. T. Towle, Chemist, Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]



What wonder that the two young people were lonesome or that they should have met more than once behind the arbour in the Dodge garden when they were sure Mamma Dodge was miles away, and Papa Berkeley was locked in his study studying assiduously horticultural books with a view to triumphs over the widow Dodge.

Little Miss Lillian Dodge was pretty and bright and demure.

Arthur K. Berkeley (was recently graduated from college, played tennis in a flannel suit, and picked a banjo.

It was through the banjo that they got acquainted, although, being absolutely forbidden to know each other, they would probably have met some other way if not as they did.

Miss Dodge had been playing on the piano. Her windows were open, for the evening was warm, and the sound of an air from Mendelssohn came softly on the evening breeze to the young man's ear as he sat smoking lazily and thinking of nothing in particular except the loneliness of the place, and the ill-luck that tied him to it.

He was not much of a musician, and he did not know the air, but he liked it.

Presently, after the music had stopped, he went in and got his banjo and tried, softly, to reproduce the part that most attracted him. He could not quite catch it, though.

He hoped she would play it over, but she did not, although he waited until the lights went out in the Dodge household.

The next evening the widow Dodge drove away in her carriage and Mr. Berkeley, the elder, shut himself up in his study.

The young man walked bravely over and spoke to Miss Dodge through the open window. He asked her to play the air for him, and he had to get his banjo to show her what it was he wanted.

These things did not take long. They met often after that, at first by accident, then by open design.

When he told her that he loved her she put her pretty head down on his shoulder quite contentedly, and they proved their love by the wildest vows of undying faith and devotion.

At first they were quite happy, thinking and talking of their love; but one day, quite naturally enough, Arthur spoke of their marriage. It happened in this way:—

Lillian was gathering a basketful of flowers down in the garden behind the arbour, and Arthur strolled down on his side and cautiously leaned over the fence.

"May I come over?" he asked.

Lillian nodded encouragingly. "Mamma has gone over to visit Mrs. Goodell," she said.

Arthur cleared the fence at a bound, and then sat down on the long garden bench, looking rather more sober than usual.

Lillian came and smoothed away a frown from his brow with her dainty fingers.

"What is it, Arthur?" she asked, anxiously.

"Lil, when are we going to get married?"

"Married! O!"

"One would think," said Arthur, much injured, "that you had never thought of such a thing."

"I haven't."

"Lil!"

"Well, our parents would never consent."

"That's the trouble. That's what I have been thinking."

Lillian considered the matter judicially with her pretty chin in her hand.

"I suppose," she said at length, "that we will have to get married."

"Well, I should think so."

"We can't go on in this way always—it wouldn't be proper, and besides—"

"Of course we can't."

"But our parents!"

"Yes, that's the trouble."

Lillian regarded her companion with some scorn.

"I should think, being a man, you could suggest some plan," she said.

"Oh, I can," said Arthur, readily. "I had one all thought out. I will go away from here

and get a place to work somewhere, and when I get a little money saved I will come back and carry you away."

"And have me leave my mother?"

"Why, of course."

Lillian regarded her companion now with almost infinite scorn.

"That is just like a man," she said. "Don't you see that that would never do? We must find some way to get their consent."

"It can't be done."

"Let me think," said Lillian, again assuming the judicial air, "if we could some way get them to agree—but that is not possible."

"Quite impossible," observed Arthur.

"Don't interrupt!" said Lillian, severely. "You have failed, Arthur, and everything depends on me now, so let me think without being disturbed. You are not—Oh! Arthur, Arthur, I have it!"

"What?"

"The way to get their consent."

"Well, tell me about it."

She told him, and between them they constructed a deep, dark plot. It was put into execution almost at once.

Arthur waited until after dinner, and then he sought an interview with his father in the library. The old gentleman sat down behind his big desk, and Arthur went over and took up vantage ground before the open fireplace.

"Father," said Arthur, "I have something to tell you that I am afraid will displease you, but I suppose it is best to get it over. Father, I have asked Lillian Dodge to be my wife, and she has given her consent."

Mr. Berkeley regarded his son in silence for a moment. Then he pounded the desk and said he was astounded at the young man's audacity.

He was going on to say more, but Arthur interrupted him quite calmly, according to instructions issued by Miss Dodge.

"But Mrs. Dodge," he said, "has said that no daughter of hers shall ever marry your son."

The old man paused with his fist in the air, and then laid it down quietly.

"And why not, I should like to know?"

"She did not say why. She ordered her daughter never to speak to me."

The old gentleman got up and began to pace back and forth across the library.

"So she says you can't have her daughter, does she? She thinks her daughter is too good for my son? Well, we shall see. I guess we can show her who is good enough and who isn't, the old vixen! Her daughter too good for my son, indeed! I'll show her!"

"And Arthur, my boy," pausing and putting his hand on the young man's shoulder. "Arthur, my boy, you just cheer up, and don't be afraid. You shall have that girl or my name is not Josiah Berkeley. Why it's outrageous! The old hen! You are worth a dozen of her doll-faced daughters!"

"Father!"

"Don't interrupt me. I am going to see that woman. I haven't darkened those doors since long before old Sam Dodge died, but I'll go now and I'll make her own that my son is good enough, and rich enough, and well-born enough, to marry her daughter or any woman's daughter."

Arthur escaped and left the old man alone with his wrath.

The old gentleman arrayed himself in his best attire, put on his newest gloves, and took in his hand a cane which he always carried.

Meanwhile another scene had been enacted in the Dodge mansion.

When Mrs. Dodge returned from her drive she found a very tearful Lillian stretched out in utter desolation on the couch in the sitting-room.

Being much urged, and after considerable hesitation, the tearful figure on the couch consented to tell the reason of the woe that possessed her.

She confessed that she had become acquainted with a young man without her mother's know-

ledge. She knew that she had done wrong, but that wasn't the trouble.

The young man had said he loved her, and now she would never see him any more. With this doleful peroration she wept afresh.

"Who was the young man?" demanded Mrs. Dodge, somewhat startled and doubtful what attitude to take.

Miss Dodge confessed that it was the young Mr. Berkeley. Mrs. Dodge was decided at once.

"You did right in the end, Lillian, though you did wrong at first. You must have known that I would never hear of any alliance with that family."

Miss Dodge, through her tears, felt it her duty to make another confession.

She did not send the young man away. She did not believe she could, even remembering her mother, but the young man himself had told her that his father would never think of consenting to the marriage.

Later, Arthur K. Berkeley, in describing to Lillian his father's attitude after the announcement of Mrs. Dodge's commands to her daughter, said the old gentleman "fired up at once."

Some such graphic expression is needed in treating of Mrs. Dodge at this point in the interview.

She felt that she had been insulted; that the whole line of Dodge's away back to a prehistoric ancestor had been insulted, and that her own family line had been dragged in the dust as well.

She had been injured before. To that injury had now been added insult.

But she would see. Heaven might witness that she loathed the thought of an alliance with the Berkeley's, but refusal of such an alliance, if refusal there were, should come from her side. Old Berkeley should not interfere with her daughter's happiness. That was one thing certain.

Later in the evening Mr. Berkeley arrived. He took off his overcoat in the hallway, and came in, bringing his cane and his tall hat, and looking very grand and very determined.

Mrs. Dodge received him with old-time politeness. She was equally determined.

A determined and hostile man, and a determined and hostile woman, both being advanced in years, make a bad combination. It is worse when, as in this instance, both are compelled by breeding and instinct to preserve a certain external politeness. It lasts longer, and there are fewer opportunities to let off steam.

The widow and the judge got hopelessly entangled in their discussions. Both had expected in the other an attitude that was not now uppermost, if present at all.

When the judge came away, the only distinct impression that he had in mind was that he had in some way achieved the purpose of his mission. He thought that he ought to feel triumphant, but he did not feel so.

Mrs. Dodge had a more definite idea of the interview, and it was more nearly satisfactory to her. Mr. Berkeley had certainly asked for her daughter for his son. That was satisfactory. But before he asked she had committed herself in a way that left her no alternative, and she had consented.

The next morning Arthur and Lillian held a ratification meeting in the garden.

The widow Dodge saw them from her window, and thought she would put as good a face on the matter as possible, and give them her blessing. She went down her gravel walk toward the garden.

The old gentleman saw them from his window and wanted, despite himself, to meet his future daughter-in-law. He walked down his gravel walk toward the garden.

The gate had been long fastened with wire and bolts. The old gentleman could not climb the fence. He undid the gate.

THE STRAIGHT TIP for the winner is anxiously sought for prior to any of our great races, and the joy or sorrow of the recipients is largely measured by the amount of money they afterwards win or lose. There is no uncertainty, however, or anguished suspense, as to the result of using Holloway's Pills and Ointment. After a fair trial the gain is sure and great. The Pills, taken occasionally in prescribed doses, keep the digestion in order, excite a free flow of healthy bile, and regenerate the impoverished blood with richer materials. The Ointment is a grand remedy for the removal of rheumatic pains, wounds, sores, ulcers, cuts, or bruises.—Advt.

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# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**T**URNIPS boiled with their jackets on are of better flavour and less watery. A small lump of sugar added while the vegetable is cooking corrects the bitterness often found in them. If to be served mashed, run through a colander.

If you have never tried apple shortcake try it now. Prepare it exactly as you would strawberry shortcake, using apple sauce in place of the berries; and by the time apples grow again you may consider an apple shortcake as great a treat as strawberry shortcake.

**VENISON PASTRY.**—Cut neck in squares. Put in a pan with three shallots, pepper, salt, mace, and allspice, one-fourth pint of port, and veal stock to cover. Stew till nearly done. Take out meat, put in dish with a little gravy, cover with crust, and bake. Skim and strain pot gravy, add one pint of port, juice of one small lemon, one tablespoonful of braided flour. Lift pie crust and pour in, then serve.

**CHICKEN AND OYSTERS.**—Chop twenty-four oysters, mix with two cupsful of crumbs, one tablespoonful each of butter and chopped parsley, salt, black and red pepper, a little lemon peel, the oyster liquor and beaten yolk of one egg. Stuff fowl with this, and roast.

**POULET A LA MARENGO.**—Fry jointed fowl with a bruised clove of garlic, pepper, salt, and bouquet of sweet herbs. Remove chicken, add minced mushrooms, chopped parsley, and shallot, one glass each of white wine and stock. Let sauce boil up, strain, and serve.

**BAKED FISH.**—Scald and chop a small piece of onion. Butter dish, sprinkle with onion and chopped parsley, putting half on top of fish. Cover with browned crumbs, pour over a little stock, with one dessertspoonful of ketchup added. Serve with cut lemon and the pan sauce.

**CHICKEN MINCE PIE.**—Chop meat fine from boiled fowl. Put layer in dish, cover with sliced chicken liver. Add rest of fowl, with butter and seasoning, then rich broth and crust, and bake.

**BAKED LOBSTER.**—Pound meat smooth, add a little butter, pepper, salt, a few crumbs, and two eggs. Bake twenty minutes.

**GREEN TURTLE SOUP.**—Turn the turtle on its back, tie its fins, and cut off the head. Leave twenty-four hours, and loosen the flesh about the edge. Remove the gall without breaking. Cut the entrails from the backbone, and the white shell in pieces, scalding the fins and head till the shells can be removed. Put the shells in a pan with a few onions, herbs, and salt, and cover with water. Boil till the fins are tender. Boil, in another pot, the lean meat, a fowl, and one pound of lean ham. Strain the two liquors together, adding one glassful of Madeira and sherry. Add bits of scalded entrails, lean meat, forcemeat balls, and hard-boiled eggs. Season with cayenne, curry powder, and lemon juice.

**ART IN CAKE BAKING.**—The usual bride cake, covered up with all sorts of unearable ornaments, resembles more the ornamental tombstones in a cemetery; and if you were to show both to a savage, there would not be sufficient cake about the bridecake for him to tell which was cake and which was tombstone. Carpets were made to walk upon, and it was natural and pleasing when the pattern was flowers or grasses, because the fields were carpeted thus, and were to walk upon; but when the design upon the carpets was fruits or baskets of flowers, the sensation was unpleasant, because it was unnatural to walk upon fruits or baskets. Follow simplicity, don't overload with ornamentation, every dot and line

should have a purpose, and not be put because there was room for it. Don't use loud colours. Follow Nature in the colours in her fruit provisions. The palate was prepared for pink, and yellow and lavender, by the bloom upon stone fruit, the rosy-cheeked apple, and the yellow orange. No decoration should destroy or hide the shape. To put a huge rose upon the bowl of a vase was to destroy its purpose, and make it more like a flowerpot. The line of beauty in an elliptic (oval) cake is more artistic than in a round, because, looked at from different points, it offers to the eye a different view. For the same reason straight lines are not pleasing, and a double curve was Hogarth's line of beauty; but lines springing from or growing out of a central bowl or point and curved outwards, as in a fan, were very beautiful.

## HINTS FOR THE HOUSEHOLD.

**M**END the torn pages of books with white tissue paper.

MORTAR and paint may be removed from glass with hot, sharp vinegar.

DON'T shut the lids of pots, boilers, and saucepans when putting them away. It retains the odours of cookery.

To remove tar, rub in grease (lard is as good as anything) until the spot seems pretty well loosened, and then wash in plenty of hot water and soap.

SOME housewives say that the colours of cotton fabrics will become "set" if salt and water is employed, three gills of salt to four quarts of water. The calico is dropped in the water while hot, and there remains until it is cold.

If you have black or tinted cambrics or muslins which you hesitate to trust to the laundress, give them a first dip yourself in water into which you have stirred a teaspoonful of black pepper. This is also said to save grey and buff linens from spots when used in first-water.

LITTLE red ants cannot travel over wool or rag carpet. Cover the shelf in a closet or pantry with flannel, set whatever you wish to keep from the ants on it, and they will at once disappear. They may be caught also in sponges into which sugar has been sprinkled; then the sponge should be dropped into hot water.

**TO MAKE A FANCY WORKBAG.**—For the foundation get a square pasteboard box, about eight inches wide and four and a half inches deep; make a bag of red silk thirty-two inches in circumference and fourteen inches deep; sew this inside the box. The two opposite sides of the bag are covered with golden brown plush on which embroider some pretty flower or monogram. A band of plush, worked in herring-bone stitches of red silk and gold tinsel, is placed around the sides of the box; the bag is drawn together at the top by a running slide of silken cord.

LEFT-OVER egg yolks may be kept fresh if covered with ice-cold water. Pour the water gently over them, that they may not be broken. By changing the water every day, they may be preserved fresh and sweet for two or three days even in hot weather.

A LUMP of fresh charcoal placed in a clothespress will often prevent the unpleasant smell which clothes have when they have long been put away.

To remove glass stopper put a drop of glycerine or sweet oil in the crevice about the stopper. In an hour or two the stopper will be loose.

## HOME ECONOMIES.

FEW persons are extravagant in large matters, but as the tiniest leak will, if unpaired, soon cause the dam to break, so the

little things in home management are the ones that count, and secure a firm foundation for its financial system, or leave it liable to severe inundations. The foolish or the judicious spending of the dimes marks the extravagant or the economical person.

Utilising the things on hand instead of purchasing new, is one way of saving that some women do not think of. The best parts of worn tablecloths, cut and hemmed on the machine, make good everyday napkins. For the children's napkins, especially in fruit time, checked boweling, will save many a stain from better ones. Flour sacks boiled in weak lye water to remove the lettering, make dish towels, bath towels, or linings. The finest of the bleached sacks make comfortable just as pretty and more durable than cheese cloth; or pretty white aprons may be made from them; and more than one mother has made tiny drawers for the little ones from flour sacks.

In making underwaists for children, after they are sewn up, stitch a strip of white muslin down over the under-arm seam; this will effectually prevent their tearing crosswise, and render one as durable as two not so stayed. Instead of purchasing a pair for hose supporters, take a piece of stout elastic, and on each end stitch a strip of drilling, four thicknesses and about two inches long. In one end work a buttonhole to button to the waist. Fasten the other to the stocking with a safety pin. One pair of these will outwear two pairs of patent supporters.

A generous pinch of soda in the dishwater saves soap; the dishes dry easier, have a better lustre, and there are no greasy settlements on the dishpan. In cleaning greasy pots and pans, or sinks and drain pipes, hot soda water is not only cheaper, but more efficacious than soap.

Perhaps in no department is economy more needed, and in so many homes so little practiced as in the strength of the mother. She whose cares hang heavy, and whose tasks multiply with the coming years, is apt to forget that "the body is more than meat, and the soul than raiment;" that the daily rest now will add years to her life. Fortunate she who realises these facts and saves herself in every possible way; and happy that family whose mainspring has learned that she, too, must have her recreation and good times the same as the other members of the family, and insists on her share of conveniences and labour-saving devices, realising that money spent for these things is one of the ways of economy.

## HOW TO GUARD AGAINST INFLUENZA.

**I**T seems very probable we shall be again visited this winter by as strong an attack of this epidemic as we were a few years back, judging from the cases in hand at the present early period of the winter season. The sudden chills, cutting easterly winds, and variable temperature, together, render this a most treacherous time of the year. One hears on all sides, "How to guard against influenza?" The answer is simple. Take care against colds and chills, and, above all, keep up the strength. Particularly is this latter advice intended for the weak and delicate, for these are mostly the victims. I know of no medicine which in my hands proved so effectual in warding off attacks during the last epidemic as a tablespoonful of Oppenheimer's Cream of Malt with Cod Liver Oil and Hypophosphites with each meal. I gave this to thoroughly fortify the system against the invader—the malt to form flesh, the oil to keep up the temperature, the hypophosphites to strengthen the nerves, brain, and blood. A powerful ally truly. And whenever a slight cold was contracted the usual remark, "Oh, it's only a cold!" was disregarded, and one or two quinine and camphor palatinoids every four hours enforced. If people would only take these precautions and wear flannel next the skin we should hear of far less cases; but, there, we cannot control humanity.

SECOND EDITION OF 100,000 COPIES, free on receipt of post-card or bill-heading, Langdale's HOUSEWIFE'S PASTRY BOOK, containing a very large number of Practical Recipes and Instructions for the Preparation of Table Delicacies of various kinds, by a Practical Cook and Confectioner. Invaluable to clubs, hotels, and restaurants. E. F. Langdale, essence distiller, 73 and 73, Hutton Garden, Holborn Hill, London, E.C. Established A.D. 1777.—[ADVT.]

[MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour.      Renews the Growth.  
Arrests the Fall.      Cleanses the Scalp. —ADVT.]



# THE MOTHER'S PAGE.

## CEREAL FOOD FOR CHILDREN.

By LOUISE SHIMER HOGAN.

It is the power of every mother to determine very largely, by the question of food, the health of her children. Cereal foods are very important in early life, when the body is growing rapidly and more of tissue food is needed than in adult life, when repair alone is called for.

Cereal foods contain much nitrogen, which forms tissue, and are a necessity for growing children.

Oatmeal is especially desirable, as it contains a higher percentage of both nitrogen and fat than any other cereal. It is also supposed to relieve the inactivity of the stomach, to greatly increase the making of blood, and to strengthen the brain, nerves, and muscles.

Ordinary oatmeal is considered by many to be indigestible and to have a strong flavour. The oatmeal that is prepared by a patent process is more desirable, because in its manufacture the nitrogenous principle of the grain receives a peculiar treatment whereby the bitter flavour is removed and the albuminoids are made more digestible.

Upon cooking and comparing the new process and the ordinary meals, the following differences are observed: The ordinary meal has a slimy, stringy consistency, which continued cooking does not overcome; the particles lose their form, and the whole becomes a pasty, sticky mass. With the improved preparations the particles swell and retain their individuality, and the meal has more of the character of well-cooked rice, each grain retaining its form, the pasty characteristic being entirely absent. This feature is of importance, as it allows the digestive juices to act more readily.

The flavour of the improved product is very pleasant, and the granular character renders it more acceptable to the palate as well as more agreeable to the eye.

There is an oat flour made which is rich in hydro-carbons. It is especially adapted to infants and invalids, and may be used in various ways. Blancmange made from this is very palatable.

Wheat preparations possess nearly everything to sustain life except fat. They are prepared very much the same way as oats. These are desirable for infants when first fed upon cereal foods, as they contain a large proportion of albuminoids and very little starch, which is difficult for infants to digest.

Finely granulated wheat has the same effect as graham, which is much used for its laxative effect, and for some reasons is preferable. It is the gluten in the bran which largely produces this effect.

In the whole wheat preparations the bran coating is removed and the gluten only retained, hence there must be little or no irritation of the lining of the stomach, which is particularly advantageous in cases of weak digestion.

Rye is of great value as a general bread food, and is of use in habitual constipation. It can be satisfactorily combined with corn meal, and makes a good and easily digested brown bread, which is adapted to growing children.

Corn meal contains vital principles and is especially rich in nitrogen, is extremely nourishing, and easy of digestion. It forms flesh, and supplies heat and energy, and builds up strong muscular tissues. It must be thoroughly cooked, however, to be satisfactory.

Barley is an important cereal, and there are some excellent preparations which contain large quantities of nitrogen and mineral salts, which are required for the formation of bone and muscle. Some preparations can be cooked

in milk the same as rice, and are delicious when prepared in this way.

Barley flour is to be used for babies and children in gruel, mash, cakes, puddings, custards, &c. In an analysis made by Dr. Albert Leeds, Professor of Chemistry in the Stevens' Institute of Technology, 13.83 per cent. of albuminoids was found in a well-known brand. The average analysis is 11.16 per cent. This demonstrates why this cereal is of great value in the preparation of infant foods.

Rice, though rich in carbon, is one of the least nutritious of all the cereals, because it contains a large proportion of starch and is deficient in oil. It should be used in connection with foods supplying its deficiencies, as it is easily digested. It is a good summer food, as it possesses little oil.

Peas and beans contain more nitrogen than any of the cereals, and are as rich in carbon as wheat flour, which gives us starch, gluten, sugar, water, salt, &c.

The vegetable albumens are both nutritious and digestible, and they contain all that is needed for the nourishment of the body. As they are less stimulating than animal food, they are more suitable for children.

When cereals are given to infants, after an exclusive milk diet, difficulty in digestion is sometimes experienced. This can be avoided by the use of partially peptonised milk, until the stomach has become accustomed to the change. The return to ordinary milk should be made gradually.

The peptogenic powder used for peptonising milk can also be used in a very simple and satisfactory way by sprinkling upon porridge or any farinaceous food, using care to have the food just warm enough to eat, before putting on the powder. It is especially desirable to use in this way with rice for very young children, on account of the large amount of starch contained in the rice.

To increase fat in children, cereals should be used with cream. It is advisable in most cases to use salt instead of sugar, as the latter is liable to cause fermentation in the stomach.

## \* \* \* \* \*

### TRAINING CHILDREN TO A SENSE OF DUTY.

WITH all the modern improvements in methods of dealing with children—and these improvements are many and great—it is important to bear in mind that judicious discipline has an important part in the wise training of the young. Discipline is not everything in the sphere of child training; but discipline is much in that sphere.

Children ought to be trained to get up in the morning at a proper hour, for some other reason than that this is to be the "maddest, merriest day in all the glad new year." They ought to learn to go to bed at a fitting time, whether they are sleepy or not. Their hours of eating, and the quality and quantity of their food, ought to be regulated by some other standard than their inclinations. In their daily life there must be a time for tasks as tasks, for times of study under the pressure of stern duty, in the effort to train them to do their right work properly. It is not enough to have children learn lessons only which they enjoy, and this at times and by methods which are particularly pleasing to them. The chief advantages of the college curriculum are that it trains a young man to do what he ought to do, when he ought to do it, whether he wants to do it or not. Any course of training for a young person that fails to accomplish this much is part of a sadly imperfect system.

There are few if any children who do not need to be trained to apply themselves earnestly to occupations which they dislike. The tastes of some children are very good, and others are very poor; but nearly all children have inclinations in one direction or in another. They like

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

playing better than working or reading; or they prefer reading or working to play. Some prefer to remain indoors; others prefer to remain outside. Some want to occupy themselves always in mechanical pursuits; others would always be at games of one kind or another. Some enjoy being with companions; others prefer to be by themselves: yet others would attach themselves to one or two persons only, having little care for the society of anybody else.

In their studies children show, perhaps very early, a decided fancy for geography, or history, or mathematics, or the languages, and a pronounced distaste for other branches of learning. Now, whether a child's tastes are elevated or refined, in the direction of better or more undesirable pursuits, he ought not always to be permitted to follow his own fancies, or to do only what he likes to do.

The parents or the teacher must decide what pursuit or activity, or what branch of study, is best for each several child, and must train him to it accordingly. In making this decision, it is important to consider fully the tastes and peculiarities of the particular child under training; but the decision must rest with the guardian rather than with the child. Nothing is more important in the mental training of a child than to bring him to do what he ought to do, and to do it in its proper time, whether he enjoys doing it or not. The measure of his ability to do this becomes in the long run the measure of his practical efficiency in whatever sphere of life he labours.

No man can always work in the line of his personal preferences. He must do many things which are distasteful to himself. Unless he was trained as a child to do such things persistently, he cannot do them to advantage when they are upon him as a necessity. Nor can any man do his work best as well as he ought to, if he works always and only in one line. A one-sided man is not a well-balanced man, even though his one side be his right side. It is better to use the dextral hand than the sinister; but it is certainly preferable to be ambi-dextrous.

There is little danger that intelligent Christian parents or teachers will at this day refuse to consider duly a child's tastes and peculiarities in their effort to instruct and train them. While, however, they are making study attractive and life enjoyable to a child, parents should see to it that the child learns to keep quiet at specified times, and to be active at other times; that he studies assigned lessons, does set tasks, denies himself craved indulgences, that he goes and comes at designated hours—not because he wants to do these things, but because he must. Now, as of old, "it is good for a man that he bear the yoke in his youth."

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

22,188. Improvements in inhalers, and in acid to be used therein. ALBERT SEARL, 55, Chancery-lane, London. November 20th, 1893.

22,471. A new or improved truss. AUSTIN BROOKES, 33, Chancery-lane, London. November 23rd, 1893.

22,545. A new method of compounding medicine. EDWARD JOHN LLOYD and HAMILTON RANKIN, 14, Stanwick-road, West Kensington, London. November 24th, 1893.

## SPECIFICATIONS PUBLISHED.

17,782. CAZANZ, Treating a patient with

WHEN clouds are seen, wise men put on their cloaks.—Bacon.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln, [ADVT.]

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## NATURAL CURE.

By W. BEE.

IN chronic cases it matters little what may have been the cause that led to lessened vitality and depravity of tissues—whether malarial or other poisons, whether errors in diet, or mental anxiety, or overwork, all of which may have subverted the natural functions of the most central organs—the trend of the disease is the same, the general outline and indications for treatment are essentially the same, and it is certain that the individual will suffer until the cause, in a large part, has been removed and the nutritive function has been restored. And in proportion as the vitality of the individual has been lowered by a morbid nutritive process, the functional action of the entire organism will be correspondingly beneath its natural status.

It is probably the universal experience that in such conditions there is nothing in the realm of medicine that will place the individual in a short time in the possession of health, except as it works directly through the process of nutrition. Hence, there is no panacea outside the body, and the individual must depend very largely upon the natural curative power of the tissues themselves to reconstruct and bring about a state of health.

Often the physician takes too narrow a view of the chronic case, and is led to believe that if he can increase the action of the liver, bowels, and stomach, he will surely put the individual on the road to recovery. Recovery, however, in chronic cases means not only an increased action of the torpid organs, but it means a corresponding increase in the vitality of the system as a whole; and we must expect the process of repair to extend over a period of time in a measure commensurate with the length of time the individual was running down, governed, to a large extent, of course by the adaptability of the environment to the needs of the case.

The physician, then, will have to depend upon the natural power implanted within the individual to improve the grade of the tissue of the body, thus restoring the vitality to a degree that will admit of natural healthy function. Better vitality means better tissues, and better tissues means better vitality. Also better vitality means better cell life, as the possibilities of every individual in that respect are but the sum total of the minute cell life of the individual.

Thus an individual with a chronic disease might not inaptly be compared to a very old brick building, in which the brick in the walls in their relation to the building might be compared to the cells that make up the tissues of the body. If the mechanic were to make a new building out of the old brick building, and at the same time continue to use the building for the purpose for which it was designed, the only way would be to renew it brick by brick, the process, at the same time, being so slow as not to weaken the building at any period during the process of reconstruction. The only rational way to make the change would be to select, here and there throughout the building, the oldest and poorest brick, replacing them with brick of a better grade. During the process of time, after every brick had been renewed, you would then have a new brick building. Just so in building up a body that is subject to some chronic disease. As the body must be tenable during the process of reconstruction, its development must consist in a like change of the cell, the diseased cells being removed, and a better grade of cells put in their place; and after a sufficient length of time has elapsed for most of the cell tissues of the body to be changed, the individual can then present a better grade of tissue, from which he can receive a proportionately better grade of vitality.

Neither can we expect perfect health after a sufficient time has elapsed for one complete change of tissue, for the step from diseased tissue to healthy tissue is often too great to be accomplished with a single change. We must, therefore, expect to utilise sufficient length of time, in treating a chronic case, for the cell

tissues to have changed several times in the process of cure. Let us, therefore, conclude that the study of the role of the cell in the physical economy offers the only clue to the physiological development of the tissues of the individual from disease to health, and does, therefore, constitute the only rational method leading to a professional solution of the question, no matter what agents may be used in accomplishing that end.

A well-known doctor says on this point:—

"The modern science clearly establishes the fact that the treatment of disease is no longer to be considered as a mere process of empirical drugging, but a method of placing and maintaining the organism in a position the most favourable for Nature to effect the recovery. Having reached this conception, the necessity has arisen for a more accurate and exhaustive knowledge of those agents and agencies denominated Nature, in order that they might be intelligently followed and assisted as occasion demands. Indeed, it may be said that a large proportion of our former knowledge bearing upon the occult conditions of the organism in the presence and under the influence of disease, has been an approximate rather than a real knowledge. Influenced by this fact, investigators have, during recent years, undertaken to reopen some of these questions heretofore regarded as quite unsolvable. The result of this has been to add material facts to our general fund of information, and also to furnish us with a class of data which gives clear and distinct ideas in regard to the life, history, and behaviour of the body cells. From this it is learned that the cells are the seat of all the functions of the body, both nutritive and co-relative, and that health and disease must be considered as terms referring not to the organism as a whole, but to the cells or groups of cells in particular of which it is composed.

"From experiments made it has been demonstrated that it is the ultimate cells through their physiological activities, which resist, arrest, and cure diseases. From this point of view the body may be reduced to very simple elements—cells and intercellular substances or products. In the light furnished by these experiments, we may possess distinct conceptions of the working of the tissue in health or disease, the entire series being thus involved in conditions of the cell."

The question of greatest importance to the practitioner as well as patient must be:—Under what conditions can the cell and the cell function be improved? This question will open up the whole body as a field for exploration and perhaps experimentation, embracing a study in the physiological condition of the various organs, their relation to each other, and the outside environments that can in any way affect the system as a whole. To our mind the ground should be most carefully surveyed in the light of three vital processes:—

First, the elaboration of food elements.

Second, its appropriation in the process of cell building.

Third, the elimination of wastes.

All these processes of which are, of course, directly controlled by the vital powers of the individual, and the grade of each of the three processes will be measured by the vitality which the tissues as a whole manifest.

Then, by the nutritive, or natural, process of raising a chronic invalid to health, we mean—First, the careful adaptation of foods to the needs of the body, and of the various natural food elements the proper proportion, and that class of foods which will be adapted, not only to the building up of the tissue, but also to the digestive powers of the alimentary canal, in the interests of strict physical economy.

Secondly, the question of increasing the vital stimuli which govern the process of the change of the food to a better grade of tissue than existed before the change.

Thirdly, it can be expected that to the extent that the vital process of the cell itself is increased and the functions of the organs improved, to that extent also the eliminative process will be maintained as a consequence, and without special attention,—the same, then, of physiological development; for we believe that such is the process in chronic cases calls for that grade of stimulus from the hands of

the practitioner that will increase the activity of the tissues to build up a grade of tissue slightly better, and from which activity there will be no following depression. This process we would denote the nutritive or natural process, in which the fagging powers of the individual, aided by suitable physiological stimuli, increase the vital action up to a point less than actual strain of tissues; and we would add in this connection that the most natural stimuli, to our mind, are these natural agents, which do not tax the organs for elimination, examples of which are heat and cold, as in the proper use of water and electricity. These remedies stimulate the nutritive process, and if properly administered do not depress the tissues as do medicines. They are simple and can be administered by any member of the family. They therefore offer the most effective and natural means of stimulating the nutritive process, and consequently the most natural method by which the invalid can recover health.

## ASYLUM ATTENDANTS.

SILENT revolutions are always taking place in our midst, and certainly nothing has been done of late years more quietly, or to supply a greater need, than the raising of the status and the training of asylum attendants. If the presence of a gentle, intelligent, and refined nurse has proved of such inestimable benefit in the sick room and the hospital ward, surely the public can recognise that when the more terrible evil of mental illness has to be met it is of the utmost importance that the attendant should be thoroughly qualified and fully trained. Insanity in its passing or permanent forms, is often the result of nervous breakdown, of overstrained mental powers; it is frequently the curse of genius. And the old notion that when that finely-strung instrument the brain was injured or diseased the patient was to be handed over into the power of great coarse men or women whose height and girth were their only qualifications, is inexpressibly cruel.

We have all heard the stories of the whips and chains used in the old days, before the Commission on Asylums, instituted by Miss Lynde Dix on her visit to England in 1854, was held. In those times lunatics were regarded as wild beasts and had "keepers." But of the repression and torture from '54 onwards, of merely shutting all beauty and interest and amusement out of the lives of the mentally afflicted, we have few of us any conception. To treat the insane as prisoners, as creatures to be merely controlled, was only one step better than the wild beast system. But our silent revolution is bringing in a different era: in future the sufferers from mental diseases are to be regarded as "patients," and they are to be "nursed": the object in future will not be to "control," but to "cure."

A great step was taken in May, 1891, when the Medico-Psychological Association held its first examination of attendants on the insane, and issued a certificate to those who passed satisfactorily. Yet this certificate has hardly the calibre of those given in hospitals by the medical officers, directly under whose eyes the nurses have worked out their three years of probation. Still, the Medico-Psychological has this excellent point, that its examination is open to both male and female attendants, whereas the individual efforts made by managers of asylums have been too much directed towards the improvement of the female attendants only. At the Holloway Sanatorium, where there are twenty lady nurses, there are also several superior male attendants, who are capable of being companionable to their charges. For very often months of comparative sanity come between the outbreaks of patients, and during these intervals the lunatic is indeed hardly dealt with if he finds himself without interest or amusement, and under the orders of one whom he knows to be intellectually and socially his inferior. Humiliation is far worse than death, and to be locked up, to be watched, to be suspected, to be treated like a schoolboy, is not conducive to the recovery of an irritable brain. That the restrictions of the middle of the



century are as unnecessary as the brutalities of earlier days is demonstrated by the fact that at the Northampton County Asylum no doors are ever locked save those of the acute ward. The entrance gate stands open day and night, and no walls surround the grounds. There are no bars on the windows, the walls of the wards are covered with pictures, and the tables are bright with flowers and ornaments. Since the open door system has been used at Northampton there has not been a single case of suicide or escape. In some of the Scotch Asylums the same system is in force, and great care is taken to choose attendants who are naturally bright and cheerful, and who have a taste for music, acting, fancy work, carpentering, or any other amusement likely to benefit the patients.

The public is for ever praising hospital nurses, and founding for their benefit all sorts of associations and funds; surely it is time now that those who attend to the mentally ill should receive a little sympathy and aid. Work among the insane is very trying indeed, and the hours on duty, the length of holidays, the food and recreation of attendants, are far more burning questions than the so-called "hospital scandals" often exploited in the dead season. Why should the halo of a saint be imagined round the head of every woman who nurses the physically ill and never round the heads of those who nurse the mentally ill? The daughters of doctors, of clergymen, of farmers, are entering as nurses the enlightened asylums where lectures and classes and certificates are given, and these pioneers of a new movement should not be denied their need of public praise. No Crimean War has started this silent revolution, no Florence Nightingale has headed its band of workers, and without excitement and without some individual life to bring home to all the greatness of the work being done, it is hard to secure sympathy. All nursing clubs and institutions should throw open their doors to those attendants who have received three years training and have taken their certificates; and all future plans for the benefit of hospital nurses should include their fellow-workers in asylum wards. Educated and refined women who desire to earn an honourable livelihood cannot do better than to put their tact and their talents at the service of the insane, and do their best to assuage the sufferings of the most terribly-stricken of all human creatures.

In conclusion, is not this scheme no less worthy than the scheme which banished Sairey Gamp from our hospitals and introduced the modern doctor's handmaid?—*Globe*.

### WOMAN FREE.

"OH, to be alone!  
To escape from the work, the play,  
The talking every day;  
To escape from all I have done,  
And all that remains to do,  
To escape—yes, even from you,  
My only love, and be  
Alone and free.

Could I only stand  
Between gray moor and gray sky,  
Where the winds and the plovers cry,  
And no man is at hand;  
And feel the free wind blow  
On my rain-wet face, and know  
I am free—not yours, but my own—  
Free, and alone!

For the soft firelight  
And the home of your heart, my dear,  
They hurt, being always here.  
I want to stand upright,  
And to cool my eyes in the air,  
And to see how my back can bear  
Burdens—to try, to know,  
To learn, to grow!

I am only you!  
I am yours, part of you, your wife!  
And I have no other life.  
I cannot think, cannot do;  
I cannot breathe, cannot see;  
There is 'us,' but there is not 'me':—  
And worst, at your kiss I grow  
Contented so."

ANON.

## WHAT TO SEND THE SICK.

SUGGESTIONS AS TO WHAT TO DO  
WITHOUT OVERDOING.

By EMMA J. GRAY.

EVERYONE at various times asks this question, anxious to either take or send some token of especial remembrance, and yet fearing the well-meant gift will be utterly useless, if not indeed positively hurtful; the giver, in the meantime, under certain conditions, also incurring the criticism of ignorance or thoughtlessness, and learning, later, that whatever money had been expended, was worse than wasted. The altogether gentlewoman or gentleman will always look beyond the gift to the motive; but we must look at the world as it is, and not as we would wish it, and consider how few real gentlemen and women there are.

To those, therefore, who have sick relatives or friends, the first advice is to inquire as to the allowed bill of fare. This may be done so secretly and adroitly that those in attendance will wonder how the discovery was made that certain fruits or meats were prohibited, and that ice cream could be liberally eaten, or that vanilla flavouring was the patient's particular favourite.

So should it be discovered that the only nourishment allowed was a teaspoonful of rice or toast water once an hour, countermand the order that to save time had been prematurely given, and send that brace of partridges to old Mrs. L. — They will prove a luxury she does not often enjoy. Then wait until the typhoid fever friend is a positive convalescent before making him a like gift.

Even the adult sick would often risk their health to tickle their appetite, so it is not a safe rule to allow the sick one to determine what he should have, nor should he be troubled in the matter. Get information from the physician or nurse, and if there is any doubt, do not send foods of any description. When food is sent, use judgment as to the cooking beforehand. Any of the following are admissible:—Oatmeal gruel, beef tea, mutton broth, clam soup, jelly in variety; tender chicken, boiled, broiled, or baked, birds in variety; porterhouse steak, lamb chops, oysters, fresh milk, new-laid eggs, tapioca, sago, rice, and cornstarch puddings, all made plainly; oranges, tamarinds, grapes; possibly also baked apples and figs.

When a friend is ill for a long time, vary the gifts so that should the giver be admitted to the sick room, his presence will not indicate "something to eat." Occasionally go empty-handed, so that a pleasant surprise will be given, rather than "as of course you have something for me." A lady who does her own millinery might, when convalescence had come to her sick friend sufficient to permit the spending of some hours with her, take a bonnet to make, a hat to trim. The patient's eyes would take delight in watching the pretty silks or velvet, ribbons, and flowers—and thus wondering about the new fashions, forget her constant pain and weakness. When broken limbs or spinal troubles lay people aside from life's activities for months, and sometimes even for years, friends should study the tastes of the sick one, and do all they can to amuse them. Embroideries could be finished while visiting them; possibly allowing them, if strong enough, to arrange the silks or suggest shades and alterations; or a small picture in water colours could be made, showing it to the invalid from time to time, and thus drawing attention from herself and giving her the blessing of temporary forgetfulness.

Above all things, do not take any doleful stories to the sick; do not visit them at all except to bring them help. "She did me more good than my medicine," is a remark not infrequently made, as is also the counterpart, "I am so tired, and that pain is so severe now. I don't know why it is, but that woman always makes me feel worse." It is the old story, some folks seem just made of sunshine and music; they leave joy wherever they tread, their presence is ever a benediction; while others seem made of gloom and sorrow and discontent. There are people—and people.

The grumbling, doleful, cross-grained should never cross the threshold of the sick-room.

Books, magazines, papers, may be taken to the sick. Of course in this, as in other gifts, use tact and thought. Do not take any reading that would fatigue the brain, nor that which would fail to interest. Knowledge of the person will enable one to select. Picture books are always a delight to children, and when they are strong enough, give them old papers and magazines, and let them cut out the pictures. These will be the same to them as new "dollies." They will have miniature castles, grandpa's farmyard, the Atlantic ocean, everything their imagination would discover from such old worn-out papers as the giver would not take the trouble to look over. Real dolls may be taken to them, trains, and whatever other toys may seem desirable. One little girl was delighted, during a long illness, by an aunt bringing her snap-mottos. After they were pulled, the caps, rosettes, or whatever was inside, were pinned to the wall where she could watch them, and when the little girl was stronger she was bolstered up in bed and given a toy piano.

Flowers are almost holy in their ministry in the sick room. How often the feeble hand will hold a rose, turning it every way to watch the delicate petals, or if strong enough will take the flowers, examining separately each by itself; possibly talking of each one, surely thinking lovingly of the giver. Pansies make a beautiful gift, as they vary one from another, and imagination will find the bright Dutch faces. Lillies of the valley are sweet and pretty, as are also violets, mignonette, and heliotrope. Avoid the strong scented flowers for the sick-room. Bulbs may also be given. Very often invalids delight in watching their growth. Potted plants, such as cyclamen, marguerites, and fushias also make a suitable present.

Sometimes it is better, even when flowers are altogether odourless, to remove them from the invalid's room at night, bringing them back again the following morning after the patient is washed, breakfasted, and generally refreshed for the day.

Whatever is sent to the sick, let it be of the best that money can buy or love dictate. Better take one perfect rose than six ill-favoured ones. If any have the misfortune to be set down to tough, stringy meats, let it be those who rejoice in good digestion, not the beloved who have had the long fight with pain, fever, and weakness.

### HE WAS A HERO.

BUT HIS FAITH IN THE TENDER SEX  
WAS ALMOST TOO STRONG.

THE girls had seen a picture in an English paper of a life saving fire corps organised by the young ladies of an English town, and, as Tipton was lacking in any such association, they decided to form a similar brigade. The drill, says *Harper's Bazaar*, consisted in getting around a large blanket, and holding it as a net to catch unfortunates who jumped from the second or third stories of the burning dwellings.

Great enthusiasm was manifested among the damsels, and dogs, cats, and heavy weights were dropped successfully from dizzy heights. But the fair members of the corps wanted some real practice, but could not persuade any small boy or man to make a martyr of himself in the cause of beauty and science.

The brigade was very anxious to have somebody try it, so that they would be prepared in the face of real danger, and after much persuasion a young man, deeply enamoured of one of the members, was prevailed upon to fall into the blanket from the top of a barn.

The life-savers gathered one afternoon, attired in becoming uniform, and about twelve gathered around the blanket and took a firm grip. Then the accommodating youth, for love's sweet sake, climbed up on the roof of the building, made ready, and jumped!

Each girl was gazing upward, and at the terrible sight was so shocked that without thinking, twenty-four hands went up to a many eyes to shut out the view.



The brave young man is still confined to his room, but his engagement is announced, and his lawyer is endeavouring to collect his accident insurance. At the last meeting of the Tipton Debating Society it was proposed to bring up the question:—"Whether it pays to be a modern hero," but as all the men having seen the treatment accorded the invalid wished to speak in the affirmative, the question was dropped. The sad thing about it is that all the youths are now willing to fall into blankets from any height, while the corps has dissolved permanently.

## DANGEROUS FACILITY FOR DEATH CERTIFICATION.

**I**N a recent inquest in Lambeth, the coroner, Mr. Braxton Hicks, called attention to the dangerous fatality which appears to exist for obtaining medical certificates of the cause of death in cases which should be brought under the notice of the coroner.

In this case the infant child, aged three months, of a railway porter, living in Bird-street, Lambeth, was taken by its mother on November 10th, to the Royal South London Dispensary, where the resident medical officer prescribed for it, and told the mother to bring it again in a week's time. The mother accordingly took the child again on the 17th, when the doctor again prescribed for it. Two days afterwards, on the 19th, the child was found dead in bed with its mother, who in due course applied to the dispensary doctor for a certificate.

It is clear that this doctor, who does not appear from the evidence to have even examined the body of the infant, had no satisfactory evidence of the cause of death to justify him in giving a certificate. On, however, the strength of the statement of the mother that she found the infant dead by her side, he gave a certificate to the effect that the cause of death was "convulsions."

The registrar, having elicited the facts of the case of the mother, on application to register the death, very properly referred the case to the coroner. The result of a *post-mortem* examination was to show that death was due to "acute congestion of the lungs and brain, which might or might not have caused a convulsion." We entirely endorse the coroner's statement that "this was a case in which no certificate should have been given," as it was shown from the evidence that, as Mr. Hicks stated, the assignment of "convulsions" as the cause of death was a mere guess, the result of which would, except for the praiseworthy action of the registrar, have been to evade the inquest, which in such a case was undoubtedly necessary. Such mischievous laxity in giving medical certificates constitutes one of the gravest dangers in the present system of death certification. It seems very doubtful whether mere dispensary attendance should justify a medical practitioner in certifying the cause of death of a patient, at any rate without careful examination of the body after death, more especially in cases where the death occurs some days after the last attendance at the dispensary.—*British Medical Journal*.

## INCUBATION.

**D**IPHTHERIA, two to seven days; more often two.

Typhoid fever, eight to fourteen days; sometimes twenty-three.

Influenza, one to four days; more often three to four.

Measles, seven to eighteen days; more often fourteen.

Mumps, two to three weeks; more often three weeks.

Rubeola, two to three weeks.

Scarlet fever, one to seven days; more often two to four.

Small pox, nine to fifteen days; more often twelve.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles every where.—[ADVT.]

[SPECIAL ARTICLE.]

## FREQUENT COUGHING.

IT HAS A TENDENCY TO AGGRAVATE ALL BRONCHIAL AILMENTS.

**I**N all bronchial affections the paroxysms of the cough should be placed as far as possible under the control of the will.

The old idea that disagreeable sensations in the throat indicate the presence there of "something which ought to come up" has been entirely displaced by the more rational view that the continued and prolonged efforts to expel that "something" are often productive of more mischief than would result from its being allowed to remain.

There is attendant upon every disease of the bronchial tubes a greater or less amount of mucus, which exudes from the membranous lining of the tube. Of course there are the accompanying signs of inflammation—heat, pain, swelling, and redness; but it is the mucous exudation which is for the most part responsible for the disagreeable sensations which we instinctively attempt to alleviate by coughing.

Now it is certain that, in a great majority of instances, where the general health of the patient is not attacked, this exudation undergoes what is called resolution—that is, it is reabsorbed through the fine network of blood vessels about the tubes into the blood, where it is taken care of and complete recovery is effected.

On the other hand, let us suppose that we do not wait for resolution to take place; but that, on the theory that every particle of the exudation should be expelled as being of a poisonous nature, we strain to exhaustion every muscle of expiration, and, in fact, the whole system. What follows?

We may have accomplished our immediate object, or the seat of the inflammation may have been out of reach. In either event, if we could see the point at which our efforts had been directed, we should discover that they had not been productive of the results anticipated. Instead of the inflammation being in any way allayed, we should find that an effect had been produced similar to that which follows scratching an itching sore. The irritation has for the moment been relieved, but it is only a question of time when it will return with renewed energy.

The habit of endeavouring to expel more of the exudation than will come away with gentle and infrequent coughing is an exhausting and idle one.

## THE CANALS OF MARS.

**I**T is not generally known that the planet Mars is marked by parallel bands, the origin of which have been the source of endless controversy. From delicate measurements it has been established that these bands are from ten to a hundred miles in width, and it was at first supposed that they were atmospheric phenomena, but of late many incline to believe that they are canals or stupendous waterways.

The interesting theory that the "canals" of the planet Mars are actually the work of the inhabitants of that globe has perhaps never had so authoritative a recognition as has just been given to it by the distinguished French astronomer, M. Faye. It is worth while to read his own words on this subject, as he addressed them to the Academy of Sciences in Paris recently. Referring to the theory stated above, he said:—

"For my part I incline to adopt this view provisionally. I imagine that under the almost constantly clear sky of Mars, in the absence of fecundating rains and fertilising rivers, the construction of these immense canals

"A SIMPLE FACT ABOUT" KEATING'S COUGH LOZENGES. Ask throughout the world, in any country that can be named, you will find them largely sold. There is absolutely no remedy that is so speedy in giving relief, so certain to cure, and yet the most delicate can take them. One Lozenge gives ease. Sold in 134d. tins.—[ADVT.]

became necessary in order to conduct the slightly saline water of the shallow seas over the low-lying continents.

"I suppose that the labour of making those canals must have been singularly facilitated by the feebleness of gravity and the slight density of the superficial layers, which is sufficed only to scratch, so to speak, in order to make way for the water. But I am quite ready also to accept other views, if it is possible to make the numerous details that we possess upon this planet accord better with them."

The idea that beings resembling men should be able to construct canals averaging eighty miles in width, and thousands of miles in aggregate length has generally proved too staggering for acceptance; but M. Faye is a scientific astronomer, and it is at any rate interesting to learn that he does not see any insuperable objection to the hypothesis.

## A WORD TO FATHERS.

BY ALICE HAMILTON RICH.

**T**HERE was never as now a time when so much was said and written on the duty of mothers in the training and care of their children. One would almost think that the child belongs wholly to her, that the father has no rights in or responsibility for the care and conduct of the children.

In these days when mothers are finding out their mistake in confining themselves to cooking the food, making and mending the garments for their families, and are learning they must keep abreast with their boys and girls, by interesting themselves with them in this workaday world, its current events, literary pursuits, and philanthropic work, it is also time for fathers to take time from business and the world, to enter into the home, not taking mother's place, but their own.

How often we hear it said that the three sweetest words are, "Mother, home, and heaven!" I protest against leaving out the word "father," as if he had no place either in home or heaven.

Back of all love, and being, is God our Father. First in home as first in heaven, should be the father.

Is there any good reason why the father's and mother's duties in the care and conduct of the children, should be so divided that an impassable wall rises between, and as on a signboard is written, "Thus far shalt thou go and no farther!"

A child, when he first begins the study of geography, naturally thinks of the counties, or of the United Kingdom, as divided by a natural or supernatural dividing line. I remember looking for that line, when as a child I journeyed into an adjoining county. Then I learned they were imaginary lines. Is not that as true of the division of the father's and mother's care of their children?

I would like to see the time come when it would neither be unusual nor a subject of surprised remark, to see the father take the little two or three-year-old child, or even younger, to bed, while perchance the mother takes up the evening paper and reads the news, news, indeed, to her, although not to the father, who has heard much of the current events talked of, or about, in the office, on the street, or in the bus. It would no doubt be a delightful change to mother and child, after the child became sufficiently acquainted with his father to enjoy him; but it is with neither mother nor child I am chiefly concerned, but with the pleasure and profit it would be to the father. Think of the change from the clamor of outside business life, with its bustle and selfish jostling, to the quiet of the chamber and the innocent freshness of the white-robed baby! Children give their confidence most often at the bedtime hour. Think you a boy who until ten years old

**MAGIC!**—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glickon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893, "Glickon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d., 1s. 14d., all chemists; direct W. LOCKING & SON, Leeds (late Hull).—ADVT.

"The FAMILY DOCTOR may be recommended as safe and useful in all Households."—*The People*.



was accustomed to not infrequent talks with father, after he had retired at night, would be likely to get far away in his confidence from father in later years?

Mothers know the value of these bedtime hours, and much of the greater confidence usually given them is due to the wise use of these times.

The boy would not love his mother less than now, but his father more than it is possible for him to do when that father is largely known as the provider—a good provider though he may be—of the comforts of the household.

There is another reason for this. Sometimes the mother is called, it may be, to follow other members of the household who have entered into "the many mansions," and the family is known on earth as motherless. Blessed are the children who still have to some extent father and mother, in the father who learned to be a mother also to them, in the days when the circle was unbroken!

Oh! the children that might have been made happy, whose lives might have been useful and good, saved from wretchedness and crime, had it not been written on them, "They were motherless."

Fathers, you will lose no real dignity, but gain in nobleness and tenderness of character, if you will cultivate in yourselves the mother qualities.

One word to mothers, where many might be said on a much neglected subject. Teach your boys, while they are boys, to be fathers, as truly as you do your girls to be mothers. When the father becomes as a mother to his children, in watchful care and tenderness, and the mother as a father to them in matters of practical life and education, half orphanage will not be so great a misfortune, and the fathers and mothers who live to see their children grown, will find them, not like stunted plants, one-sided in their growth, but well-rounded in character, and well-grounded in the essential qualities of noble manhood and gracious womanhood.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### "HOW DELIGHTFUL, BUT IMPOSSIBLE."

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Many very interesting letters have appeared in your columns on the debated questions of figures, foot-gear, and last, but not least, earrings. Letters, some of them, containing such wonderful assertions that I crave your indulgence to ask one or two questions. First as to the figure. I have read several letters from fair correspondents, and not a few from members of the sterner sex, giving dimensions that are astounding—dimensions which seem to require "seeing" for verification. When I read I am tempted to exclaim "How delightful, but surely impossible!" I cannot help being sceptical when, notwithstanding the big sleeves, which should set them off, waists appear to be thicker day by day. So much so, that in the principal resorts of fashion one rarely sees what I may call a trim waist, much less that most fascinating object—a really tightly-laced one. Will any of your correspondents explain why this is, and why the possessors of well-trained figures never let us see them? Again, by the showing of your masculine correspondents, it would seem that "lacing" is on the increase with the male sex; but I ask how is it that one never sees a sign of it, and that slovenly loose figures are apparently on the increase?

With regard to the dainty heels, if they really are worn as high as your correspondents aver, it must be in the privacy of home, for in public they are certainly lower than they were a decade ago, and from observation I am sorry to say that the "sloppy" and unsuited flat foot is decidedly on the increase. There is fitness in all things, and no doubt for long walks and in muddy weather a good thick pair of low-heeled boots is a necessity, but why wear them at other times when the graceful Louis XV heels (the higher the better) add so enormously to the appearance of the wearer?

As to earrings, I fear that their doom is sealed. Take a walk any day and observe the ladies you meet, and you will see that while all those of a certain age wear their graceful appendages, not one in fifty of the sex under twenty-five even have their ears pierced. Why are ornaments which from time immemorial have added charm to the face been abandoned? Why are ladies so blind as to forego what are not only charming in themselves, but which add a lustre alike to the beautiful and to the less fair? The gentle sex certainly do not take less interest in adorning and making themselves look nice than formerly, as witness the trouble taken to dress the hair in the most becoming manner, and the revival of the art of touching up and improving the complexion. Certainly not. And, therefore, it is that I have ventured to trespass on your space and ask these questions.—Yours, &c.,  
A LONDONER.

## THE ORIGIN OF VEGETABLES.

SPINACH is a Persian plant.

Filberts came from Greece.

Quinces came from Corinth.

The turnip came from Rome.

The peach came from Persia.

The nasturtium came from Peru.

Hore-radish is a native of England.

Melons were found originally in Asia.

Sage is a native of the South of Europe.

Sweet marjoram is a native of Portugal.

The bean is said to be a native of Egypt.

Damsons originally came from Damascus.

The pea is a native of the South of Europe.

Coriander seed came originally from the East.

The gooseberry is indigenous to Great Britain.

Ginger is a native of the East and West Indies.

Apricots are indigenous to the plains of America.

The cucumber was originally a tropical vegetable.

Pears were brought from the East by the Romans.

The walnut is a native of Persia, the Caucasus and China.

Capers originally grew wild in Greece and Northern Africa.

Garlic came from Sicily and the shores of the Mediterranean.

Asparagus was originally a wild sea-coast plant of Great Britain.

The clove is a native of the Malacca Islands, as also is the nutmeg.

Cherries were known in Asia as far back as the seventeenth century.

The tomato is a native of South America, and takes its name from a Portuguese word.

Parsley is said to have come from Egypt, and mythology tells us it was used to adorn the head of Hercules.

Apples were originally brought from the East by the Romans. The crab apple is indigenous to Great Britain.

Cloves came to us from the Indies, and take their name from the Latin *clavus*, meaning a nail, to which they have a resemblance.

The onion was almost an object of worship with the Egyptians 2000 years before the Christian era. It first came from India.

The cantaloupe is a native of America, and so called from the name of a place near Rome, where it was first cultivated in Europe.

Lemons were used by the Romans to keep moths from their garments, and in the time of Pliny they were considered an excellent poison. They are natives of Asia.

**THE SENSIBLE WOMAN.**—A sensible woman begins very early in life to show her prevailing characteristic. As a child she can be reasoned into obedience when she cannot be coerced or driven, and though it would be idle to attach undue importance to the bachelor's opinions, it is wise to remember that wise impulses may be changed to bad ones by improper training. The sensible woman does not allow self-gratification to persuade her to do that which is contrary to reason or sound judgment. She never loves a man so dearly, notwithstanding his bad habits, which she despises, that "she cannot give him up." Her good sense tells her that love is shortsighted unless fed on respect, and also that an affection which is weaker than a bad habit is scarcely worth having. The sensible woman never does a thing simply because every one else is doing it, but because she has decided she may safely do it.

**A SERIOUS CONDITION.**—Old lady: Doctor, do you think there is anything the matter with my lungs? Physician (after a careful examination): I find, madam; that they are in a normal condition. Old lady (with a sigh of resignation): And how long can I expect to live with them in that condition?

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## A SUGGESTION.

AN important part in laying the foundation of a child's education is the development of a taste for history and biography, especially that which relates to his own country. Patriotism, like many other traits necessary to make a good citizen, needs to be fostered. A little care and thought given by the careful mother from time to time to the instruction of her children by means of stories of our national holidays, stories of our great men on their birthdays, the history of our flag and its meaning, will not only develop love of country, but lay a foundation for unselfish service of that country.

This instruction must begin in the nursery, and how? It is not to be expected that a child two years old will listen with interest to the story of the landing of Saxons, no matter how simply told, unless he has had some previous training in listening to stories. A kindergarten suggests for a beginning, talks and stories of events in child life; stories told by the children of the good things they have done; anecdotes from the lives of children; stories and talks about the childhood of good men and women the children know; stories from the lives of good and great men and women; stories, pictures, and incidents at places of special interest to children.

In preparing for the story of Christmas there may be conversation about Nature; attention called to the trees, which have put off their summer clothes, and how the wind has helped them; talks about the squirrels storing away nuts and corn for winter. When the children notice a change in their own clothing, let it be an occasion for a talk about the season which causes it. As the talks continue from day to day, the child should be encouraged to draw the objects of, like the little empty homes the birds have left, the corn and nuts the squirrels have stored away, and mamma's preserves. When the child is given a pencil and encouraged to draw, he will soon have an avenue for expression almost equal to language, and which means more to the child than words.

The story of the first Christmas is a good historical one to begin with. Pictures of the scene in the stable are available to all. After the children have heard the story as they see it in pictures, take away the pictures and illustrate it.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

**LEGACY.**—Several months ago a relative died in the North of England, and I hear left me a small legacy. I have had no intimation from any of the trustees. What should I do?—T. S.

### ANSWERS.

**SANITATION.**—All you can do in such circumstances is to approach your landlord with a view to a deduction being made from your next quarter's rent. He may think it enough to have to pay for new drains, of which you will have the immediate advantage, if any, and as you must sometimes expect to be inconvenienced by his coming in to do repairs, you may receive a positive refusal from him to make any recompense. You could only sue him, if at all for unreasonably interfering with your quiet enjoyment of the premises.

**HOW TO MEND A KID GLOVE.**—A neat way to mend a kid glove is by using a piece of court plaster on the inside. It may be necessary to darn first, but the court plaster will hold the darn firm and prevent the threads tearing out.

**CONCEAL** not the meanness of thy family, nor think it disgraceful to be descended from peasants; for when it is seen that thou art not thyself ashamed, none will endeavour to make thee so.—*Cervantes*.



**DR. DUNBAR'S ALKARAM;**  
or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

#### ALKARAM.

If inhaled on the first symptoms of Catarrh,  
Will at once arrest them, and in the severest  
cases will generally cure in a single day.

#### ALKARAM

Contains no narcotic, the smell is  
agreeable and reviving, and relieves headaches;  
in fact, it should be on every toilet table.

#### ALKARAM

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Address DR. DUNBAR, care of F. Newbery and  
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"SIR.—The other night, when my voice would have  
otherwise failed, I was able to accomplish my duty  
to the very last in "Othello," which I owe entirely to  
your Voice Lozenges."

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11s., or will be sent direct, post free, for 1s. 2d., 2s. 9d.,  
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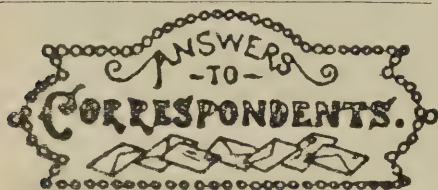
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paid, for 3s., to any part of the United Kingdom; and  
those who fail to procure it of chemists may thus  
readily obtain it from the Sole Proprietor.



Correspondents will in every case be answered as early  
as space and time will permit.

It is particularly requested that all communications  
may be distinctly written and concisely expressed, and  
marked "ADVICE GRATIS" over the address on the  
envelope.

All communications should be addressed to the EDITOR  
of the FAMILY DOCTOR, 18, Catherine-street Strand,  
London, W.C.

#### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this  
column must be marked outside as directed above or  
they will not be noticed.

Any of our Subscribers or Readers who desire to  
have their answers inserted in the earliest number

#### HUDSON'S EXTRACT OF SOAP

AND

#### HUDSON'S DRY SOAP.

# RECOMMENDED

For the preservation of lawns, laces, beautiful washing  
fabrics, underwear, fine linen, shirts, sheets, &c.,  
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DRY SOAP are recommended. Instead of the offensive  
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leaves the linen actually sweeter and fresher than  
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well made."

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proper attention to them as the paper goes to press on  
*Friday*. The answers to these will therefore appear  
in the issue of *Saturday week* following. The sums  
we receive in this way will be sent to one of the  
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City of London Hospital for Diseases of the Chest.	St. Thomas's Hospital.
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PRURIGO—You had better get all your clothes scalded and  
otherwise disinfected, and apply an ointment containing  
equal parts of carbolic and white precipitate ointments.  
Keep the bowels free, and do not scratch.

130th Thousand Post free of Author, 2s. 6d.

## THE CURE OF CONSUMPTION

CHRONIC BRONCHITIS, ASTHMA, & CATARRH.

By E. W. ALABONE, M.D., Phil., U.S.A., F.R.M.S.,  
Late M.R.C.S. Eng., late Consulting Surgeon to the  
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By the success of this discovery all barriers have  
been broken down, and it is now an acknowledged fact  
that CONSUMPTION, BRONCHITIS, and ASTHMA ARE  
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SPECIAL OFFER.—To prove its efficacy, 1s. 9d. bottle will be  
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SENCILLAS.—You are suffering from prostaticorrhea, which is  
due in your case to irritation set up by acid urine. That  
condition is also responsible for the necessity of micturating  
so frequently when you have taken but small quantities of  
fluid—as the urine is then more concentrated, and conse-  
quently more strongly acid. The discharge consists—not of  
what you suppose it to be, but of urate and phosphate  
crystals due to the same cause—namely, indigestion. You  
must flush the parts with neutral fluids—milk, cocoa, or  
barley-water—drinking two or three pints of fluid, including  
soup, per day. Eat your food slowly; avoid coffee, sugar,  
beer, and tobacco. Take the following mixture half an hour  
after each meal: Bicarbonate of potash twenty grains, sul-  
phate of magnesia half a drachm, tincture of lemon half a  
drachm, water to half an ounce.

CEAN.—If you are already under treatment you had better  
direct these questions to your medical man, as he is far more  
capable of informing you than we are who have never seen  
you and know nothing of your state of health or present  
condition. You do not say how long you have been under  
treatment, &c.

CAPTAIN CUTLER.—If your hereditary tendencies are in the  
direction of less, no amount of study in diet, &c., will  
make you fat. With regard to one other matter, that is a  
perfectly natural state of affairs, and need cause you no  
anxiety whatever. There is no reason why you should not  
marry to-morrow, other things being equal.

J. F. G.—The reason for the frequent desire to pass water is  
that the bladder is still slightly inflamed. Be careful to keep  
the bowels free, and take the following medicine: Benzoate of ammonia two drachms, tincture of belladonna  
half a drachm, infusion of buchu to six ounces. One sixth  
part three times a day. The best treatment is by washing  
out the bladder, but that would require the presence of your  
doctor.

SELINA.—Take the following medicine regularly: Bicarbonate  
of potassium two drachms, aromatic spirit of ammonia one  
and a half drachms, infusion of gentian to six ounces. One-  
sixth part three times a day. Take the sulphate of soda two  
or three times a week, and instead of the ointment you are  
using now, use ordinary white precipitate ointment with six  
drops of creosote to the ounce.

GRATEFUL.—You had better add one drop of creosote to the  
solution of the powders you have been using. If this is used  
regularly, and you take Farish's Food, you ought to  
get better.

ANONYMOUS SCOTCHWOLD.—These cases are exceedingly  
common; we hear from half a dozen every week. We reply  
to your questions briefly and categorically, since detail is  
undesirable. 1. Yes. 2. Probably not. 3. Yes, certainly.  
4. Not if the agents are healthy. 5. No, not unless you  
unbosom yourself.

LABOURING MAN.—You had better go to a chemist and ask  
him to supply you with some preparation to use for this  
purpose, together with advice as to the manner of using it.  
There are several preparations, but we should advise you to  
select a vegetable dye in preference to a chemical one.  
C. A. BALDWIN.—You must avoid all beer, wine, and spirits,  
also much standing or walking about. Keep the bowels  
freely open by means of caecarsa sgragada taken every night  
at bedtime. Eat light nourishing food, and take the fol-  
lowing medicine: Oil of sandalwood three drachms, mucilage  
of gum acacia four drachms, sweet spirit of nitre two  
drachms, tincture of hyocyanus two drachms, infusion  
of buchu to six ounces. One sixth part three times a day  
immediately after meals.

PHENIX.—The only advice we can give you in the absence of  
an examination is, that you go on with the pills, taking two  
pills a day, one night and morning, with a dose of the mixture  
after your mid-day meal. Keep off alcohol as much as  
possible, and generally live a regular steady life, a custom  
which, we know from experience, is not the prominent  
characteristic of a sailor's life.

G. MILNER.—We should advise you to leave it alone and  
take no notice of it whatever. If you handle or manipulate  
it the chances are you will do a great deal more harm than  
good.

MALRION.—We should advise you to live an ordinary regular  
healthy life, wrapping yourself up warmly as a protection  
against cold, taking care to keep the bowels freely open and  
avoiding draughts. We should advise you to take something  
of the following nature: Bromide of potassium one drachm,  
ammonia citrate of iron one drachm, spirit of chloroform one  
drachm, cinnamon water to six ounces. One-sixth part  
three times a day.

SORBIQUE.—You must look after your general health and  
keep up your strength as much as possible by regular and  
nutritious feeding, and taking plenty of active outdoor  
exercise. Thin delicate hair is generally due to the same  
condition of body. You had better take some internal tonic,  
such as Farish's Food and use a little scented nitrate of  
mercury ointment for the hair. Any chemist will make it  
up in necessary proportions.

SUTHERLAND.—1. No. 2. No. 3. It does not matter if it is.  
4. Yes.

SWAD.—You had better follow out the directions we have  
already given.

#### FREEMAN'S BATHING SPIRITS,

A never-failing remedy for Rheumatism, Sprains,  
Bruises, Cramp, &c. 1s. 3d. per bottle, post free, duty  
included.

**TIBB'S BRONCHIALINE,** for Irritation and all  
Affections of the Throat. 1s. 3d. and 2s. 9d. per bottle  
post free, duty included. Free sample on application.  
Prepared genuine only by FREDERICK TIBBS, 30  
Parkhurst Road, Holloway, London.

#### THE ACID CURE.

A Safe, Simple, Inexpensive, Efficient Family Remedy.  
**RHEUMATISM.**—Mr. Pascal writes: "The Acid  
has cured me of rheumatism and Sciatica."

**NEURALGIA.**—Mr. Diffey writes: "The Acid  
an excellent thing; by it I have cured two  
Travellers of Neuralgia."

**BOTTLE ACETIC ACID,** 1s. 3d. **SPONGE ON HANDLE,** 6d.  
Sold by all Chemists and Pat. Med. Vendors. Pamphlet,  
"The Acid Cure." Gratis by 4d. Postal Wrapper.

F. COTTIS & SONS, 6, GT. EASTERN ST., LONDON, E.C.



# PURE-BREWED Vinegar



**A FOOD.**

AN EMBROCATION. AN ANTISEPTIC

## R. & N. POTT.

GUARANTEE AS TO PURITY

ATTACHED TO

ALL CASKS, BOTTLES, AND INVOICES.

Established 1641, over 250 Years.

68, SUMNER ST., SOUTHWARK,  
LONDON, S.E.

**B. H.**—The one we generally recommend is as follows: Spirit of rosemary three drachms, tincture of cantharides six drachms, dilute acetic acid one and a half ounces, tincture of nux vomica two drachms, tincture of capsicum one drachm, aqua mellis two drachms, rose water to six ounces. To make a hair tonic. Use every night and morning, by means of a small sponge, to the bald spot.

**VITALUS.**—You may try the following, but we suspect you will have to put yourself under the care of some specialist, in which case you had better enclose a stamped addressed envelope. Try this first: Dilute phosphoric acid one drachm, sulphate of quinine six grains, tincture of perchloride of iron half a drachm, tincture of cantharides fifteen minims, tincture of nux vomica half a drachm, chloroform water to six ounces. One-sixth part three times a day, immediately after meals. Take plenty of active out-door exercise, keep the bowels freely open, and see that you have your meals regularly, and that they consist of light nourishing articles of diet.

**HOPEFUL.**—You should take a cold or tepid bath every morning, and get plenty of active out door exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, followed the next morning by a mild dose of aperient fruit salts. Your meals should be taken regularly, and the diet should be as light and nourishing as possible. Take the following medicine: Dilute nitric acid one drachm, sulphate of quinine six grains, tincture of nux vomica half a drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**GRATEFUL ONE.**—If you cannot get to sleep the best thing you can do is to take ten grains of sulphonal at bedtime. For the heartburn take a dose of the following: Subnitrate of bismuth one drachm, magnesia three drachms, bicarbonate of soda two drachms, infusion of gentian to six ounces. One-sixth part three times a day, or when necessary. We are glad to hear we have done you so much good.

**A GORDON.**—This secretion is a perfectly normal one, and has nothing whatever to do with your former attack. Cleanliness is what you require. Everybody is effected in the same way.

**WM. BALL.**—You have been replied to.

# Rowland's Odonto

A Pure, Fragrant, Non-Gritty Tooth Powder, and contains no injurious acids or astringents. It Whitens the Teeth, Prevents Decay, Sweetens the Breath, and being Exquisitely Perfumed is a Perfect Toilet Luxury for all who value the Appearance of their Teeth. Sold Everywhere at **2s. 9d.**

## WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

AN IDEAL BEVERAGE FOR FAMILY  
USE. STRONGLY RECOMMENDED BY  
THE HIGHEST MEDICAL AUTHORITY.

**SEE MEDICAL TESTIMONY  
AND ANALYSIS.**

ORDER TRIAL SAMPLE CASE FROM  
YOUR GROCER OR WINE MERCHANT,

BE SURE AND OBTAIN WHEATLEY'S,

OR WRITE DIRECT TO

## WHEATLEY & BATES

(LIMITED),

### SHEFFIELD,

Who will have pleasure in sending Pamphlets  
and Particulars, post free.

**C. H. P.**—There is nothing to worry about, as very young children do not as a rule suffer severely from the complaint. Keep the baby to the breast, and let the mother take an occasional dose of castor oil during the progress of the complaint.

**B. BARTON.**—To the pint of water add two drachms of dilute sulphuric acid (B. P.), together with twenty grains of quinine and two ounces of Epsom salts. That will make a mixture which will not constipate, and you may take an ounce of it three times a day.

**SPINSTER.**—We think you had better see a doctor, who can examine your throat and tell you definitely whether there is anything there or not. It is useless for us to attempt to prescribe without knowing the exact state of affairs.

**COPPETTA.**—We should advise you to take a cold or tepid bath every morning, and to get plenty of active out-door exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of Dunn's fruit saline. Your diet must be light and nutritious, and you must exercise greater moderation. Take the following medicine: Dilute phosphoric acid one drachm, sulphate of quinine six grains, tincture of cantharides fifteen minims, tincture of nux vomica half drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**JABORANDI.**—You must not think of using this drug on your own account, as it would be most dangerous. If you wish to use it, you had better see an aural surgeon and ask his advice as to its value. Probably the chemist would not sell it to you without a prescription.

## CALVERT'S

Awarded  
60 PRIZE MEDALS  
and DIPLOMAS.

**NEWTON CRANE,**  
Esq., late U.S. Consul,  
Manchester, says:—

Your Carbolic  
Tooth Powder is the BEST I  
EVER USED. In this opinion  
I am joined by all the members  
of my family."

6d., 1s., and 1s. 6d. Tins, at  
any Chemist's. Sample 1s. tin,  
post free in United Kingdom,  
for value in stamps sent to—

**F. C. CALVERT & Co., MANCHESTER.**

## Proctor's Hemorrhoidal PILE CRYSTAL.

The only remedy known that will absolutely Cure Piles. Thousands of persons have been cured by its aid. It is a perfectly safe and certain remedy, and will certainly cure pile, whether of constitutional tendency or arising from a sedentary habit. Sent to any address post paid for 16 stamps by R. PROCTOR, Chemist (to His Grace the Duke of Norfolk) 61 OSGOOD. Or any Chemist will obtain it from any of the following Wholesale Agents:—London: Messrs. BARGLEY, NEWBURY, SUTTON; LYNCH & Co.; BUTLER & CRISP. Liverpool: EVANS & Co. Manchester: WOOLLEY & Co. York: W. BLEASDALE & Co. Edinburgh: INMAN & Co.

"To breathe 'Sanitas' is to breathe Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

**Prevents and Cures**  
**Bronchitis, Influenza, Diphtheria,**  
**AND ALL**  
**Lung and Throat Affections.**

**DIRECTION**  
**INHALE and FUMIGATE with "SANITAS OIL."**

**PAMPHLETS FREE ON APPLICATION.**  
**THE SANITAS CO., Ltd., Bethnal Green, London, E.**

"Sanitas" Oil, 1s. Bottles; Pocket  
Inhalers, 1s. each.  
Fumigators, 3s. 6d. each.  
"Sanitas" Eucalyptus Disinfectors,  
1s. each.  
"Sanitas" Eucalyptus Oil, 1s. Bottles.

**HARRY WOODBURN.**—He may use this instrument as long as he likes, he will not produce any change in the shape of his legs, any more than on a skeleton. As you say, he stands a chance of either breaking his legs or dislocating the knee or ankle joints.

**RAJAH.**—We not only want you (some time) to go to a doctor but to the right one. We can tell you what to do, but you could not do it. You would require some anatomical knowledge.

**ANNE BEIRNE.**—We could not possibly undertake to prescribe for you in the dangerous condition in which you are. You had better call in a medical man at once.

**JAMES BEIRNE.**—The best thing for you in your nervous irritable condition is to take ten to fifteen grains of bromide of potassium two or three times a day. Be careful about your diet, and refrain from eating anything heavy or indigestible. Get plenty of outdoor exercise.

**CONSTANT READER.**—If you get all this pain and distension after drinking tea, why do you drink it? You should avoid much liquid in any form, and get a fair amount of exercise, so as to cause greater activity of the intestines and other organs. When the bowels require opening we should advise you to take four grains of calomel, at bedtime. This is the only drug that acts efficiently on the liver. There is no harm in your eating boiled bacon. It is more likely to be the hot liquids that affect you. Take the following medicine: Bicarbonate of soda one drachm, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day between meals.

**NERVES.**—You must be careful to avoid sleeping on your back when you lie in bed. This may be prevented by tying a cotton reel in contact with the back, so that pressure upon it will awake you.

**PENLEC.**—We should certainly advise you to select a gravelly soil, which is more porous. The best treatment is to wrap up warm in woollen garments, avoid beer and wines, though a little whisky may be taken. With regard to food, there need be few restrictions, provided it is light and nutritious. Keep the bowels open and take the following medicine: Salicylate of soda one and a half drachms, bromide of potassium one drachm, chloroform water to six ounces. One-sixth part three times a day.

**WETBED.**—We presume he is very rickety. You had better let some doctor examine him, and endeavour to ascertain the cause. There may be some local reason for it. Any low medicine is not the best thing to try.

**TOMMY.**—1 No. Not injurious during the first seven months. 2 Once a week, or at the outside twice. 3 Yes. A very useful article of diet for a breakfast, but had better occasionally be set up irritation of the skin. 4 Yes. The medicine named is one of the safest agents.

**SALUS.**—I you refer to our advertisement columns you will see that the address of the manufacturer of the preparation in question is Mr. J. Sellers, 57, Farringdon-road, London, E.C.

**GOBLER.**—What you desire is not easily done. There are two methods which may be tried; the one a temporary plan by repeated dyeing of the corneal jacket; the other, the improvement of the nourishment of the scalp in the affected spots by the application of a stimulating wash, such as the following: Blistering fluid four drachms, tincture of capsicum two drachms, Eau de Cologne six drachms, water to six ounces. To be rubbed into the scalp on alternate nights.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those who have been unable to get suitable glasses elsewhere), should consult Mr. Bluett, who has had thirty years' practical experience in making and adapting Spectacles for every form of Defective Eyesight, and for which he has received numerous unsolicited testimonials. The Eyes Carefully Examined and Sight Tested FREE, Spectacles from 1s. 6d. per pair.

**F. BLUETT, Specialist in Spectacles,**  
**8A, GREAT PORTLAND STREET, W**  
[FOUR DOORS FROM OXFORD STREET.]

## LEUCOL, OR INDIAN OIL, A SPECIFIC CURE FOR RHEUMATISM,

Sciatica, Lumbago, Neuralgia, Pains in the Joints. Its effects are marvellous—a single application in most cases completely removes the pain and stiffness, and restores the joint or limb to perfect health. In bottles 1s. 1½d., and 2s. 3d., post free 2d. extra, from the Sole Agent,  
**J. SELLERS, 57, Farringdon Road, London, E.C**  
Or from Chemists, Stores, &c.



**POULTERER.**—It is of no use your getting straps to prevent this. The best plan is to have a higher table or support to work on. Then you will not find it necessary to stoop so much. You ought to be able to obtain the palatinoids at any chemist's, but if you fail you had better write direct to the manufacturers, Oppenheimer & Co., 14, Worship-street, E.C.

**ORFAN.**—You must try and get out and see your friends as much as possible, it is not good for you to live so much alone. Keep the bowels freely open, eat plenty of good, nourishing food, and take the following medicine: Bicarbonate of soda one drachm, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day.

**THROAT.**—The recent treatment for this is a quarter of a sheep's sweetbread twice or three times a day, eaten raw, finely minced up. However, you had better take her to see a doctor, and obtain his advice on the subject.

**COOPER.**—We are unable to tell you the name of the acid. What is the name of the preparation you wish to make?

**ROMPOND.**—We could not explain the method of massage to you properly by correspondence; you must have a practical demonstration. You may use the battery to your back, but you had better get some medical man to show you how to use it. Take a sixth of a grain of rhosphide of zinc in pill.

**MISERY.**—The cause of the pain is congestion of the ovary. Place a small portion (half) a mustard leaf over the painful spots in the abdomen; take a dose of compound liquorice powder every evening, and take as much rest on your back as possible.

**P. J. WITTON.**—You will be able to obtain all the information available on the subject on applying to Burgoyne and Burdidge, Coleman-street, London E.C. It is not much used, possible, and take the following medicine: Salicylate of soda one and a half drachms, aromatic spirit of ammonia two drachms, chloroform water to six ounces. One-sixth part three times a day. 2. We must know more about what you want and your condition before going into a detailed description of these subjects. Keep the bowels freely open and live regularly in every way.

**LIFE A MISERY.**—You are suffering from dyspepsia, owing to irregular feeding for improper diet. You must be very careful to keep the bowels freely open by means of palatinoids of cascara sagrada, and avoid, at any rate for the present, all beer, wines, and spirits, also much tea, especially if it be hot and strong. Take a little bread and bacon for breakfast, some ordinary roast or boiled for your midday meal, and a little fish, beef tea, or bread and milk about an hour before going to bed. Get plenty of exercise in the open air. Your position as housekeeper would have a tendency to keep you too much within doors. Take the following medicine: Bicarbonate of soda one drachm, aromatic spirit of ammonia one drachm, tincture of rhubarb half a drachm, infusion of gentian to six ounces. One-sixth part three times a day.

**RONALD.**—This may be due to bad sight, overwork of the brain, or to liver complaint. The best thing you can do is to take him to some good medical man and have him examined with a view to treatment. Be careful to keep his bowels open, and don't let him have too many sweets, &c. Plain, simple, regular, ample feeding is the best for boys.

**AN APPRENTICE.**—You are suffering from indigestion, caused probably by eating your food too rapidly, and in too great a quantity. Take less dinner, eat it very slowly, drink only after the meal is done. The blushing is due partly to the same cause and partly to the fact that you are a victim of the bashfulness common to young men of your age. Take the following medicine half an hour after each meal: Tincture of belladonna six drops, brocade of potassium fifteen grains, bitter infusion to half an ounce. Be careful to keep the bowels free, and to take plenty of open-air exercise.

**RUSTICUS.**—Take one of Oppenheimer's laxative palatinoids every night, and one of the Terson's carbonate bipalatinoids twice a day with or after meals. You must take plenty of outdoor exercise, and eat your food slowly, avoiding sugar, gas, coffee, and tobacco.

**POOR MAN.**—You might have expended your money more profitably. It is quite impossible for you to treat the stricture yourself, and as you say you are unable to pay a fee, you would do wisely to consult one of the surgeons at St. Peter's Hospital for Urinary Diseases, Henrietta-street, Covent Garden. You need not restrict yourself materially in the matter of diet, but you must be careful to keep your bowels free, and to avoid any excess in the matter of stimulant tobacco.

**J. T. W.**—You are suffering from pleurisy, not pleurisy, the result of indigestion. Possibly, you eat your food too quickly, or drink in the middle of or before each meal. Correct these habits, place a belladonna plaster nine by six in. tightly over the painful part, and take the following medicine half an hour after each meal: Carbamate of ammonia four grains, bicarbonate of soda twenty grains, chlorodyne ten drops, tincture of gentian half a drachm, water to half an ounce. Make sure that the bowels are acting regularly each morning.

**BREGERIA.**—You have "migraine," in part the result of nervous exhaustion. Avoid the causes of such exhaustion, and the day before an attack is expected take three or four times during the day a pill containing quinine one grain, arsenious acid one-tenth of a grain, tincture of roses enough to make a pill. Be particularly careful to keep the bowels free, and avoid eggs, coffee, and sugar during the three or four days preceding the days named.

**F. T. C.**—If the watery running from the nose necessitates the constant application of a handkerchief, it is not unusual that the continuous friction involved in the process may give rise to a certain redness. It is undoubtedly may arise from indigestion. In which case you must be very careful to keep the bowels freely open and to take the following medicine three times a day immediately after meals: Dilute hydrochloric acid one drachm, tincture of nuxvomica half a drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**A KELT.**—It is all your liver. You must get that into regular working order before you will find any improvement whatever in your condition. You had better take the following pill every night at bedtime: Blue pill one grain, powdered rhubarb one grain, sulphate of quinine one grain, to make one pill to be taken every night followed by a dose of fruit saline next morning. Take also the following medicine: Acid tartaric of potash two drachms, infusion of shiretta to six ounces. One-sixth part three times a day between meals. Do not indulge too freely in bacon, salt fish, eggs, &c. Boiled fresh fish is much better for you. Try and get as much active outdoor exercise as possible.

**ONE IN GREAT PAIN.**—You are making some mistakes in your diet, though what they are we are unable to judge. If you get pain after eating anything you ought to conclude that for the time being that thing is unsuitable to you. You cannot have anything more digestible than boiled bread and milk, or broth and bread. So long as solid food causes you pain you should take liquid food, only the latter requires to be taken more frequently. The bowels should be kept open by palatinoids of cascara sagrada. Take the following medicine: Bicarbonate of potassium two drachms, infusion of gentian to six ounces. One sixth part three times a day immediately after meals.

**DESPONDENT.**—It will be much the best for you to keep under your own doctor who has seen you and take his advice. We are unable to speak about these matters in detail in a public paper.

**M. A.**—You cannot do anything for this, it is probably due to congestion of the liver and spleen. There may, of course, be something left by your former attack, but we are not prepared to say anything definite without a proper personal examination.

**CARACTHUS.**—1. The best thing is to have it tied, that will cure it if done thoroughly. Of course it can be done at home, and the fee of the surgeon will depend upon his standing and ability; the time you will have to lie up, will depend also upon the kind of thing done and the method of doing it. 2. This question we are unable to answer, but we could say probably not.

**CAFOYU.**—1. We do not know any book of the kind. There are plenty of books on diseases of children, but none that limit themselves to that minute portion of time during which the human individual is called "baby." Besides there can be no rules on the subject, as every baby differs from another in glory. 2. Our personal knowledge of picking onions is absolutely nil, but we call the following: Onions should be chosen about the size of marbles, the silver-skinned sort are the best. Prepare a brine, and put them into it hot when quite dry, put them in clean, dry jars, and cover them with hot pickle, in every quart of which has been steeped one ounce each of horseradish sliced, black pepper, allspice, and salt, with or without mustard seed. In all pickles the vinegar should always be two inches or more above the vegetables, as it is sure to shrink, and if the vegetables are not thoroughly immersed in pickle, they will not keep.

**LIVERPOOL.**—Your constipation is doubtless dependent upon the kind of food you eat and the amount of exercise you take. You had better take light food, like boiled fish and fowl, avoid too much farinaceous diet, such as pastry, biscuits, regular bread, &c. The best thing to keep the bowels regularly open is a palatinoid of cascara sagrada: Bicarbonate of soda one drachm, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day between meals.

**ANXIOUS.**—1. We should advise you to give her some citrate of iron and quinine, five or ten grains, three times a day. This is simply due to nervousness. See that she eats well and gets plenty of outdoor exercise—no over-work. 2. There is nothing that will effect this beneficially.

**AJAX.**—1. There is if you can place yourself under proper treatment immediately. 2. Send a stamped addressed envelope and we will tell you whom to see. 3. Yes. 4. No general advice; the treatment is purely local. 5. Much exaggerated in some things, but not in all. 6. Yes.

**E. P. C.**—We should advise you to take the following pill every other night: Blue pill one grain, powdered rhubarb one grain, sulphate of quinine one grain, to make one pill, followed the next morning by a salidiz powder. Avoid all beer, wines, and spirits, and see that your food consists of the lightest articles, and is regularly taken. Get as much active outdoor exercise as you can possibly obtain. Bicarbonate of potash two drachms, aromatic spirit of ammonia, one drachm, infusion of gentian to six ounces. One sixth part three times a day.

**GEORGE DAVIS.**—No doubt you are a little bit pulled down after your recent illness, which apparently has not entirely left you yet. As soon as you get permanently rid of this you may take some tonic, when you will doubtless soon gain weight. We cannot advise you in this matter, because we do not know what the local condition is due to. There may be something which requires special treatment. There may be 1284—The best thing to improve your circulation is to dress warmly and to take plenty of active out-door exercise. Eat plenty of good nourishing food, keep the bowels freely open, and take some iron and quinine wine three times a day.

## CAUTION!!!

The Public are warned against spurious imitations made by Confectioners and others. Our Tablets contain valuable medicinal properties that cannot be successfully imitated.

Price 1/1½ per pkt., or 1/3 Post Free.

Sold by all Chemists, or direct from—

**FRAZER'S TABLETS, LIMITED,**  
8A, KIRBY ST., HATTON GARDEN, LONDON, E.

**BLOOD** **DURING** **CONSTIPATION**

**ALL**

**SEASONS**

**FRAZER'S TABLETS**

**LIVER** **ARE** **THE** **BEST** **MEDICINE** **FOR** **COMPLEXION**

## A POSITIVE CURE GUARANTEED FOR ALL DISEASES.

WITH OR WITHOUT PAY FIRST.

I can positively Cure all Diseases most rapidly. No matter what may be your Disease, or illness, it shall be eradicated from your system by a New Method. The Greatest Remedy and Discovery for Curing all Diseases on earth. By this the most emaciated and delicate sick one, old or young, are restored to health. This may seem a big lot to claim, but my remedy has proved itself to be all I claim for it. Testimonials from well known ministers and other gentlemen in England will be sent to you, showing it to be invaluable (priceless). Thousands of most serious cases, suffering from all forms of Diseases and Complaints have been cured by it. It will soon become the One Great Universal Remedy and Cure for Everybody. No suffering one need despair of being Cured. It positively keeps a person in robust health, and makes the body proof against all Diseases or catching Colds, Bronchitis, Asthma, Influenza, Consumption, and every other Complaint. It is a positive Cure for Consumption. Your blood will soon be made as pure as blood can be. It is the only true scientific natural cure on earth for Indigestion, which it cures almost like magic, and the very oldest chronic cases. The same for black, troublesome, bursting veins (Varicose Veins). Diabetes is said to be cured, but this remedy will cure the very worst case with surprising rapidity.

I am soon about to open Healing Homes for the cure of all diseases in one of the most healthy spots near London (35 minutes by train). First, second, and third class. The charges are very low.

The Drink Crave and Drunkenness Positively Cured, either at a person's own home, or one of my Healing Homes. A Cure all positively found at last.

Call or write for particulars and testimonials. Agencies: 9, Hare Street, Calcutta, India; 9, Gertrude Street, Melbourne, F. Australia; New Zealand, Rev. T. Fee, Wesleyan Minister, Wellington; London, 14, High Holborn, W.C.

JOHN HERN, PROF. H.T.

## NATURE'S REMEDY FOR CATARRH

Having tested "Dr. Lane's Catarrh Cure" in thousands of cases without a failure, I deem it advisable to send a Trial Sample by post on receipt of 1s., knowing that it will produce such beneficial results as to induce a continuance of its use until a complete and permanent cure is effected. Send a Postcard for Brown's Illustrated Shakespearean Almanack for 1894.—Address

**PROF. BROWN,**  
61, Chandos Street, Covent Garden, London.

**HACKETT'S**

**SWANSDOWN FLANNELLETS.**

Fast Colours. Unshrinkable. Beautifully soft. Superior to Flannel, at one-fourth the cost. Also Extra Width for Nightdresses, Night-shirts, Ladies' Underwear, &c.

**PARTS FREE, CARRIAGE PAID.**

The "Queen" says:—"singularly inexpensive."

**YARD.** **CARDIGAN WORKS,**

**HIGH STREET, BIRMINGHAM.**

## CORNS! BUNIONS! NAILS!

And all Diseases of the Feet successfully treated, without pain, by MR. GARDNER, 85, REGENT STREET, W. Highest surgical testimonials (Sir Wm. Jenner, &c.). Also testimonials from Prince M. de Bismarck, Bishop of London, Earl of Devon, Christian, &c. CORN, BUNION, and Chilblain Ointment absolutely cures gouty and all painful affections of tender feet, soft corns, stiff and enlarged toes, joints, &c. Post free 15 stamps.

**GARDNER'S SOAP,** the Best Emollient. Promotes healthy action and softness of the skin, also gives great purity and delicacy of complexion. 13 stamps.

## A Pure Norwegian

oil is the kind used in the production of Scott's Emulsion — Hypophosphites of Lime and Soda are added for their vital effect upon nerve and brain. No mystery surrounds this formula—the only mystery is how quickly it builds up flesh and brings back strength to the weak of all ages.



## Scott's Emulsion

will check Consumption and Bronchitis and is indispensable in all wasting diseases.

Prepared by Scott & Bowne, Ltd., London.  
Sold by all Chemists and Vendors of Medicine at 2/6 and 4/6.

## ECZEMA.

SIR.—After TEN YEARS suffering and irritation your "VELVETA" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS FOVANT.

"VELVETA," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury. Please mention this paper.



# SUNLIGHT SOAP COMPETITIONS.

## 232,000 PRIZES OF BICYCLES, WATCHES, & BOOKS, VALUE £41,904.

The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

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No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under—
1	IRELAND.
2	SCOTLAND.
3	MIDDLESEX, KENT, & SURREY
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.

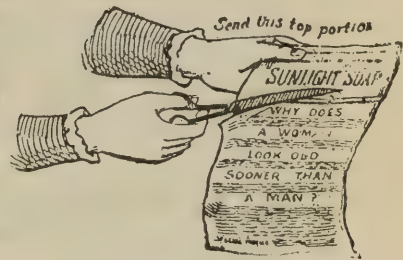
The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—

Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Safety Pneumatic Tyre Bicycle, value £20. . . . .  
 The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. . . . .  
 The next 200 Competitors will each receive a Book, published at 5s. . . . .  
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Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.		
£	s.	d.	£	s.	d.
100	0	0	9600	0	0
84	0	0	8064	0	0
50	0	0	4800	0	0
52	10	0	5040	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
			41904	0	0

### RULES.

- The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.
- Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.
- A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Halfpenny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.
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No. 460.—VOL. XVIII. SATURDAY, DECEMBER 23, 1893.

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**REVELATIONS IN PHYSIOLOGY.**

**THE NOSE.**—By A FRENCH PHYSICIAN.



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## CONTENTS.

PAGE.	PAGE
Revelations in Physi- ology (Illustrated) .. 257	The Mother's Page .. 263
Editorials .. 258	Mothers and Their Duties .. 264
Saving Eyesight .. 258	The Bright Side .. 264
The Future of Feet .. 258	The Turkish Bath .. 265
Revelations in Physi- ology .. 259	How the Poor are Nursed .. 265
Charms of Diseases .. 259	The Linen Store .. 266
Cookery .. 259	A Column for the Young .. 266
The Mastery of Pain .. 260	Healing Wounds by Mental Suggestion .. 267
The Weather in Rela- tion to Prevalent Diseases .. 260	Consumption in Infants .. 267
Reviews .. 261	Acidity of the Stomach .. 267
Hints to the House- wife .. 261	Rickets in Children .. 268
Recipes for the Table .. 262	Notes & Queries .. 268
Recent Patents .. 262	Answers to Corre- spondents .. 269

## EDITORIALS.

THE medical world, says a contemporary, is occupied with yet another microbe-killer in bacterine, a liquid which, injected under the skin, ferments in the tissues. Dr. de Backer has proved that a culture of pure ferment surrounds and kills the microbe, and he has employed his formula with success in the hospitals. He claims nothing, but is content to be judged by results. The treatment is said to be innocuous. If antiseptics administered internally, says Dr. de Backer, have hitherto failed (and it cannot be denied that many patients have been sent to their graves impregnated with gaiacol and creosote), it is because they are *necrosants*. They kill the greater animal before killing the smaller ones. Fermentation, on the contrary, is in the order of Nature, it is transformation and life. Dr. Gorini of Pavia, Dr. Smets of Liège, and other eminent bacteriologists have visited Paris to take note of this new departure in therapeutics. This treatment, like all others depending on inoculation, is of necessity attended with the risk of introducing, with the manufactured liquid, a subtle substance into the venous system. Medical men everywhere appear to be smitten with a love for inoculation, and are in no ways repulsed by the calamitous failures which have recently attended other paraded inventions to kill consumptive microbes, or cholera microbes, or influenza microbes.

It rarely happens in London that the deaths exceed the births in number, but this was the case for the week ending December 9th, the figures being 2556 and 2446 respectively. The former total is 870 above the average of the last ten years, or, in other words, rather over 30 per cent.—and if we except corresponding periods of influenza visitation quite 50 per cent.—above the normal. The record of deaths directly ascribed to this cause for the last four weeks is

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highly insignificant, the numbers being 22, 36, 74, and 127. In addition to this, the fatal cases of chest-disease for which influenza was largely responsible rose from 737 to 841, which is more than double the corrected average.

**HOT WATER DRINKING.**—There are four classes of persons who should not drink large quantities of hot water. These are as follows:—1. People who have irritability of the heart. Hot water will cause palpitation of the heart in such cases. 2. Persons with dilated stomachs. 3. Persons afflicted with "sour stomach." 4. Persons who have soreness of the stomach, or pain induced by light-pressure. These rules are not for those who take hot water simply to relieve thirst, but as a means of washing out the stomach. Hot water will relieve thirst better than cold water, and for that purpose is not to be condemned. But hot water is an excitant, and in cases in which irritation of the stomach exists, should be avoided.

**PERFUMES HYPODERMICALLY INJECTED.**—There was quite a rage some years ago in the East for perfuming the skin. Some physician discovered that the hypodermic injection of certain perfumes, such as white rose, lilac, or violet, under the skin, caused the perfume to be exhaled from the whole body, and even from the breath. All the ladies wanted to be perfumed. The operation had to be repeated about once a week in order to secure the desired results. But, unfortunately, two or three of the perfumed ones suffered subsequently from blood poisoning, and one or two died. That put a quietus on the hypodermic injection of perfume, and the whole matter dropped.

THE Austrian authorities have issued a rescript in which they call attention to the law that physicians' prescriptions shall be written in a legible hand.

FOUR members of the Imperial College of Physicians at Pekin, who failed to give a proper diagnosis of His Majesty's indisposition recently were punished by having a year's salary taken away from them.

**SPECIALISTS** on throat diseases are beginning to take unusual interest in culinary methods. They advise a kitchen quarantine on wash days and boiled dinner days, giving a reason that the steam from boiling clothes and pickled meats that require much heat produces many illnesses of the respiratory organ and aggravates slight or chronic diseases of the nose, throat, and lungs. Patients are advised to vacate apartments having dark or ill-ventilated kitchens, and to keep all babies and ailing children out of the kitchen when cooking is going on.

**VEGETARIANS SUFFER NO THIRST.**—Professor John Mayor said recently:—Vegetarians suffer little from thirst. Marching under a burning sun, puddling before a blazing fire whilst their mates swill gallons of water or some more fiery cordial, our friends toil on, brisk, nettlesome, unwearied, and never thirsty. How is this? Are we made of other clay? By what spell are we set free from cravings which the world without hears as the voice of instinct, strong, imperious, inexorable? Our secret is an open one. We never provoke thirst by the sting either of nicotine or high-seasoned dishes and sauces. . . . Some among us, content with the juice of fruits, and the water hidden

A RACE FOR LIFE is taking place in our midst every day, and too often, alas, the result ends in death. People, as a rule, are apt to look upon some slight ailment which may overtake them with contempt, and they thus ignore the simple remedies which would speedily restore them to health. When too late they see their error, and bitterly bewail the folly which brings them to a premature grave. Holloway's Pills, if taken in regular dose, according to directions, enrich and purify the blood. Disease is thus prevented from weakening the system, and the blessing of a sound constitution is enjoyed. At this season, when fevers, dysentery, and stomach disorders are common, this wonderful medicine is specially useful.

in our soups, vegetables, and porridge, need no cup or glass. For myself, some thirty years ago I discovered that tea, as a separate meal, is a sheer thief of time. Dinner was then at 4.30 p.m., and I wanted nothing and took nothing between that and the next morning's breakfast. I now, when at home in college drink but once a day, at half (now 7.15), and that rather from habit than to slake thirst. My beverage is lemonade, for in my vegetarian days I have never put to my lips the fashionable hot draughts—coffee, tea, cocoa. I buy no drink whatever, except milk at railway stations, and that in the interest of temperance, and to encourage the dairy at the expense of the brewery.

## SAVING EYESIGHT.

THE following rules for the care of the eyes conform to well established laws of eye physiology:

Avoid reading and study by poor light. Light should come from the side, and not from the back or from the front.

Do not read or study while suffering great bodily fatigue or during recovery from illness.

Do not read while lying down.

Do not use the eyes too long at a time for near work, but give them occasional periods of rest.

Reading and study should be done systematically.

During study avoid the stooping position, or whatever tends to produce congestion of the head and face.

Select well-printed books. Correct errors of refraction with proper glasses.

Avoid bad hygienic conditions and the use of alcohol and tobacco.

Take sufficient exercise in the open air.

Let the physical keep pace with the mental culture, for asthenopia is most usually observed in those who are lacking in physical development.

## THE FUTURE OF FEET.

MAN as we all know, says the *Globe*, is tending slowly, but inevitably, to a toothless and hairless condition. He is also, if we are to place credence in the statements of a paper recently read at the French Academy of Sciences, gradually undergoing other serious modifications. His little toe is disappearing: its average size has decreased materially in the last two centuries, while the nerves and joints controlling it are slowly becoming useless. What we should like to know, however, is this—are our feet as well as our little toes becoming smaller? The seriousness of this question may be estimated from the fact that our bodies—judged by the unanswerable test of medieval armour—are undoubtedly bigger than those of our remote forefathers. And if, while our bodies grow bigger our feet grow smaller, pedestrianism in the dim future will obviously become a difficult matter, and the need for wings will be enhanced by the altered relation between the parts of the frame.

It was just the other way with the ancient Picts, whose feet were so large that it was impossible to fell them on the field of battle. Their figures, in fact, resembled a capital L, and the kilt was a physical necessity. Was it not of a Pict that the story is related how a foe presented him with a pair of breeches, and then slew him as he was endeavouring to put them on over his head? In this connection, however, it is worthy of notice that the Chicago girls—the World's Fair sex, as they might be called—still excite the attention of their jealous compatriots on the score of their immoderate feet. Thus the latest story is of a fair maid of Chicago who insisted on throwing her shoe after a newly-married couple. The carriage is a total wreck; the bride and the horse are under medical treatment, and large numbers of men are searching the ruins for the missing bridegroom.



## REVELATIONS IN PHYSIOLOGY.

## THE NOSE:

## ITS SHAPE AND OUTLINES.

By A FRENCH PHYSICIAN.  
(See Frontispiece.)

IN examining the nose broadly, the first thing is, as we have already remarked, to observe the length or shortness of the organ. It is necessary to note this first because it at once classifies the human kind into two distinct categories. One has a long or a short nose even as one has a tendency to hats with curled brims or flat brims. Does this imply that every long nose should infallibly hoist the type of hat already mentioned, and that every short nose should be invariably compelled to wear a hat with a flat brim? Certainly not; the sole analogy we endeavour to establish between these differences is that both characterise equally, by their directly opposed nature, the permanent struggle that is met everywhere and always in Nature between two antagonistic principles, the *active* and *passive*.

The long nose, like the hat with curly brim, is a verile symbol of the whole strength and evidence of the ego; both indicate tension of fibre, concentration of thought, active will, reflection, power, and endurance. The short nose like the hat with a flat brim, is the feminine symbol as opposed to the male prerogative—it is passive. It indicate relaxed fibre, dissipation of thought, inactivity, inspiration, sentiment, inconstance, and eccentricity. Here is then a primary classification into *active* and *passive*, that a thousand details may complement, creating a kind of hierarchy in each category.

Having then considered the nose in respect of its size, we must now study its curves and outlines; whether a nose be long or short, active or passive, it is none the less true that the curve of its principal lines may entirely modify the expression and physiognomy.

All things unite and disperse to make an identity which all conspire to break or differentiate, and it is this perpetual movement of making and breaking of equilibrium which constitutes the universal system of Nature. "What an ingenious arrangement of Nature!" says Montaigne, "if our faces were not similar one could not distinguish man from beast, if they were not dissimilar we should not know man from man: thus everything is held together by some resemblance. If the nose, by its predominant characteristic, groups men broadly, by its numerous other qualities it divides and still further classifies them.

Here are six types none of which resemble the other. I have chosen three short noses (1, 2, 3,) and three long noses (4, 5, 6,); coupling and comparing 1 and 4, 2 and 5, 3 and 6, we can gain an idea of long or short noses, in *concave* lines 1 and 4, *convex* lines 2 and 5, or in straight lines 3 and 6. These are the three large classes that we can establish in each category, as we have placed them in our preliminary remarks, thus:—

1. Between the straight and the curved there exists the same relation, and between strength and weakness, firmness and flexibility, intellect and emotion.

2. Concave lines are more defective than convex lines.

In conformity with these principals we shall not fail to recognise at first sight, that there is more rectitude, good sense, honesty, fine energy, gay and sparkling spirit, in straight lines, level and stretched, as in nose 3 which rises a little at the end, than in the concave lines of nose 1, which, by the strength of its root and its expanded extremity inclining lightly towards

the upper lip, indicates ideality and passion, and becoming weaker exactly in the middle (logic) indicates a flagrant absence of equilibrium and weight.

It is the same if we compare noses 4 and 6. There is, without doubt, more energy, more perseverance in nose 6. But nose 6 has certainly less swift and lively conception than nose 4.

The most remarkable of all these types is undoubtedly number 5. It is that of the celebrated President Matthew Mole, who struggled so energetically with Mazarin, and who, when the insurgents threatened to besiege his house, courageously ordered the doors to be opened, saying "The house of the first President should be open to the whole world!"

There are some noses which have no shape at all—heavy, massive, obliterating by their masterly development the face which bears them. Barely delineated, of undecided shape, they seem not to be in their right place, but declined for some work of statuary greater than Nature. This amplitude, without formation, is the indication of a mind without tact and sense, and denotes gross material appetite. These noses suggest imbecility as a sequel to their present state of foolishness. If the facial angle, instead of following a straight line, is curved outwards and presents a gentle, graceful bend, it is generally the mark of great vitality and a sign of authority. The authoritative noses form, in their projects and ardent in pursuing them, have a tendency to domineer, but they are generous, eloquent, magnanimous, and illuminate with their intelligence the nobleness of mind and heart.

It is not necessary, however, that this kind of nose should be wanting in the characteristic of delicacy and form, of which we give two fine specimens.

If the outline of the nobbed nose is heavy and striking, if the nostril is not supple and well-chiselled, if the whole hangs towards the mouth, it is the indication of tyrannical and brutal mastery, the expression of brutal vanity, of sensuality, and of gross appetite to which noble feeling is sacrificed.

If the skeleton of a long nobbed nose is prominent, and seems like the spine of the poor man wishing to burst through the skin; if the principle line deviates to the side, and the nostril is narrow and cartilaginous, it is the most certain mark of sordid avarice and low cunning. These noses, recurved like the beak of the sparrow-hawk or vulture, go with long fleshless thumbs and knotty, crooked fingers. They belong to greedy Jews and traitors; incapable of any devotion, tenderness, or compassion, they steal, destroy, ruin, but cannot create.

The curve, instead of bending outwards and bend in, thus from convex to concave. This disposition is an obvious sign of weakness. Whether they be long or short, these noses turn with every wind, they are true weathercocks. They are as diffuse as the others are concentrated, and if they have any energy it is unreasoning headiness. If the short *retroussé* nose is markedly obvious, they have passions of which the turbulence renders them capable of anything for five minutes!

Finally, there are noses which are neither long nor short, large nor small, *retroussé* or crooked. They have no character, no marked inflexion, no sensible traits, no striking undulation. These neutral noses always signify a marked failing of individuality. They have no vices nor virtues; they may be honest, but there is nothing distinctive about them.

We have thus given a *résumé* of a general glance at the nose, with regard to its length and lines. Having done this, we can hardly enter into an examination of the details without running the risk of misguiding one's judgment. This is what we must do if we study the nose in its relations with morality, intellect, and feeling.

MAGIC!—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glickon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893, "Glickon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d, 1s. 14d., all chemists; direct W. LOCKING & SON, Leeds (late Hull).—Adv't.

## CHARMS FOR DISEASES.

LISTS of potions, decoctions, and remedies resorted to not only by Dyaks, Finns, and Badagas, but by Greek philosophers such as Serapion and Alexander of Tralles are by no means attractive, says the *Saturday Review*. It is sufficient to say that they are the quintessence of everything noxious, repulsive, and nasty. Eye of newt, toe of frog, and the liver of blaspheming Jew are savoury and delicate in comparison. But no one could find fault with this ancient prescription for a good physician: He should be truthful, of a calm temper, not peevish with an irritable patient, hopeful to the last day of his patient's life, and rigid in seeing that his orders are carried out.

In China, whether the family physician possesses the above qualities or not, his salary is stopped as soon as the householder falls sick. The difficulty of this situation is enhanced by the rule that after feeling the pulse and looking at the tongue, the physician is not to ask any troublesome questions nor may the sick man volunteer any information. An old Roman was not above the use of what are called magic songs, but which seem pure gibberish. A dislocation was to be reduced by the utterance of the formula, "Huat, hanat, pista, ista, damniato, damnaustra."

Not much more civilised are such Anglo-Saxon phrases as the following:—To remove dust or particles from the eye, you should spit thrice and say three times, "Tetunc resocon, bregan gresso;" to staunch blood say the words, "Sisyuma, cucuma, incuma, cuma, uma, ma, a," and to cure the toothache spit in the mouth of a frog and say, "Argidam, margidam, sturdigam." For quinsy, however, you need only press the throat with the thumb and the ring, and the middle fingers, cocking up the other two, and tell the disease to be gone.

## COOKERY.

THE Cookery and Food Exhibition has come and gone. Has it done any good? Has it left behind it any beneficial result? From the year 1851 onwards it has been recognised that the *raison d'être* of an exhibition is the power which it is supposed to possess of educating the taste of the people, and of advancing and encouraging improvements in the manufacture of the articles exhibited. If these ends be not attained, the exhibition has been held in vain. Artisans are supposed to be benefitted by what they see of the productions of others, and through them advantage is brought to the general public. Nor can it be doubted that the various exhibitions and international expositions that have been held in different towns and countries during the last forty years have proved largely beneficial to the industries that have been represented in them. Tried by this utilitarian standard of benefit to the particular industry concerned, what can we say regarding the practical result of the Cookery and Food Exhibition that has recently come to a close.

No precise categorical answer can, of course, be given to a question of this kind. It would be unreasonable to expect it. You cannot calculate the net results when you have shut your doors, as you can calculate the pecuniary profit or loss. But at the same time there can be no good ground for doubting that the Exhibition that has now closed has been an effective factor in a process of education that has been going on among us for a considerable time. The mere seeing of highly finished articles, such as were lately shown, has of itself, if the seeing has been at all intelligent, a distinct educative value. The awarding of prizes to those who are able to show superior workmanship is known to exercise a healthy stimulative influence. And the lectures that were delivered at the Cookery Exhibition, on various branches of the subject, could not fail to bring enlightenment to many, and to suggest hints and "wrinkles" even to

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour.      Restores the Growth.  
Arrests the Fall.      Cleanses the Scalp. —Adv't

MRS. WINSLOW'S PENNYROYAL PILLS.  
Established Over a Quarter of a Century. Peoples' Remedies Co., Sole Proprietors. Testimonials from all parts of the World. Invaluable to Ladies. Remove all Obstructions to Health. Boxes, 1s. 14d., 2s. 9d., and 4s. 6d. Of Chemists and Medicine Vendors, or per post (in plain wrapper), for Stamps, from the Manageress, The Arch Laboratory, Putney Bridge, Fulham, S.W. Wholesale: Barclay, Sanger, Lynch, &c.—Adv't.



those who may have been inclined to regard themselves as already so accomplished in the art as to be beyond the need of instruction. In manifold ways and directions the Exhibition is bound to tell for good on the industry the welfare of which it was intended to promote.

We must not, indeed, expect to see any immediate or striking results. The process of education is a slow one. If you have counted on seeing your leg of mutton, or your beefsteak, or vegetables, not only better cooked to-day than they were a few weeks ago, but perfectly finished specimens of the culinary art, very likely you have been disappointed. Mary Jane has not yet acquired all the skill and grace of a *chef* at the club. Rome was not built in a day. The long-descended habits and ways of a people are not to be changed by hearing a few lectures glibly delivered, and by looking on at a few practical demonstrations, however skilfully conducted. We must wait, in hope and expectation, but not in idleness. A beginning has been made, but it is little more. It must be followed up patiently, yet vigorously. There is still a great deal to be done before cooking can take, or regain, its place among us as one of the fine arts. We were dubbed long ago by the leader of the French people a nation of shopkeepers; and although we do not desire to be known as a nation of cooks, yet it must be frankly admitted that in this branch of the art of living we are a long way behind our neighbours across the channel.

It might be a curious and interesting subject of inquiry to try to find out how it has come about that we have been left so far behind. For there was a time, as Dr. Traill has recently been showing us, when the two peoples were virtually at the same stage in nearly all that concerns both the comforts and what may be called the elegances of life. They dressed in the same fashion; they lived in the same fashion; no doubt, also, they cooked and ate much in the same fashion. Readers of "Ivanhoe" will remember how Wamba instructed Gurth at once in the mysteries of the dinner-table and in the science of linguistics. That sage counsellor called the swineherd's attention to the fact that, as long as the objects of his charge were battenning in the woods, they were Saxon swine, but when they came to the table they were transformed into Norman pork; and that, in similar fashion, sheep became mutton, oxen became beef, calf became veal, and deer was changed into venison. And, as there was so much that was common to the peoples on the two sides of the channel, so far at least as the upper classes were concerned, it might be considered a nice point to determine how the French maintained their ground in the matter of cookery, while the English fell so woefully into the rear.

But it is more useful to look at the possibilities of the present and the future than to discuss the causes which may have led to the situation as we find it. Of this, however, there can be little doubt, that our across-channel neighbours have retained their superiority because they have regarded cookery as a business to be learned, like any other, while we have treated the art either as one that comes to women by Nature, or at least as one that can easily be picked up in any haphazard fashion. The idea of learning it by a regular apprenticeship, as one learns the art of baking, or tailoring, or engineering, is one that has hardly yet presented itself to the ordinary British mind. But until this idea is thoroughly mastered, and adequate measures are taken to have it realised, we need scarcely hope to see any substantial progress made in a branch of education which has an interest for every member of the community. When so much attention is being given to the imparting of technical instruction, it will be a profound mistake to neglect so important a subject as cookery. And it ought to be taught systematically; first in elementary schools, and afterwards in regular training institutions, where the learner would have the opportunity of studying it practically, under good masters, for a series of years.

It should be unnecessary to emphasise the

extreme importance of this matter, in its bearing on the health and the general welfare of the community. Food is the ultimate basis of growth and strength; so that there is truth, as well as epigrammatic force, in the saying that nations are what they are fed on. And while it is needful that the food be wholesome it is just as needful that it be skilfully and attractively prepared. Women know this, but they do not lay it enough to heart. It must indeed be said for them that it is not at all of themselves that they think when they give the needful attention to the subject. When the men are out of the house for the day the women will be content with anything, or with nothing, for their own dinner. What they think about most is "what the gentlemen will like." And although it may sound selfish for the men to insist on it, yet it is really of the utmost consequence for the health of the people that more attention should be paid to definite and systematic instruction in cookery than the subject has yet received amongst us. It is a mistake to imagine that this will entail greater expense. The skilled cook is in the long run the most economical. But even if more efficient cookery required a larger expenditure, it would soon be found that the money had been wisely and beneficially spent.—*Sanitary Record*.

## THE MASTERY OF PAIN.

LECTURE BY SIR B. W. RICHARDSON.

THE Sunday lecture at St. George's Hall last week was a discourse by Sir Benjamin W. Richardson, M.D., on "The History and Development of Anæsthetics in Surgery." He predicted at the outset that nothing in the coming centuries would be regarded with more historic interest than the discoveries in this of the means of mastering pain. The discovery of anæsthetics would leave an influence on the world superior in point of permanent good to that effected by railways, telegraphs, the phonograph, electricity, and the rest. No one under fifty years of age could form a conception of what surgery was like before the advent of ether and chloroform. He could remember the scenes in hospitals on operating-day fifty years back, in his student days—the cries for help, the entreaties, alternately silenced and renewed. No surgeon was so hardened by experience that he could face operating day without dread. And then suddenly, almost, all this terrible torture ceased; science claimed the mastery over pain. Anæsthetics were not a new idea. Classical authors recorded that the Greek physicians used what was called "Moria," or death-wine. It was an infusion of mandrake—the native Greek variety, not the English plant—in weak wine. This was in common use up to the twelfth century, and then its use expired.

He had made some of this "death-wine" according to the recipe by Pliny, and found that it was a narcotic which acted exactly as the ancients described. It produced at first excitement, then sleep so intense for several hours that the subject was quite insensible to pain. It appeared that in ancient times there were people who over-indulged in mandragora, just as now people did nowadays in opium, chloral, or chloroform. They were called mandragorides, and the effect of the potion on awakening was to cause extreme excitement and terror for a time. The awakened sleepers screamed aloud; hence the tradition of the "screaming mandragora," an idea erroneously applied to the plant itself. The narcotic was given on a sponge at crucifixions under the Romans, and so deathlike was the coma produced that the victims were always pierced with a spear before being taken down from the cross to ensure that death really took place. This mandrake wine was the sleeping potion referred to in "Romeo and Juliet." No one had explained why its use in surgery ceased after the twelfth century.

After detailing various intermediate surgical proposals for deadening pain current last century, Dr. Richardson described the steps which led up to the discovery of nitrous oxide gas early in the century through the chemical investigations of Boyle, Priestley, Humphry

Davy, and others. Although quite early it was proposed to use this nitrous oxide, or "laughing-gas," as it was called, for an anæsthetic, nothing was done with it for forty years. Faraday, however, discovered that sulphuric ether acted very much like laughing gas in this respect. However, in 1844, a lecture was delivered by a Mr. Colston, at Hartford, Connecticut, U.S.A., on laughing-gas which attracted the attention of a dentist named Horace Wells, who used it on himself while one of his teeth was removed by a surgical friend. Two American surgeons, Messrs. Morton and Jackson, took the subject up and produced a patent fluid they called "Læthea." It was soon found out that this was merely ether, and the use of that spirit as an anæsthetic spread with great rapidity through the hospitals in the United States. It was introduced into England in 1846 by Drs. Boot and Robinson. Amongst those who were keenly interested in its success was Louis Napoleon, then living in King-street, St. James-square.

The lecturer gave a dramatic account of how the discovery reached the medical school at Glasgow. In a few days the discovery ran like wildfire over the Continent. Chloroform came into use in 1847 with a singular history. An American chemist distilled what he called "chloric ether" from a mixture of alcohol and chloride of lime. Later on a Mr. Bell of Oxford-street, who made the ordinary ether, suggested chloric ether to Sir James Simpson, the eminent surgeon, as a substitute. This crude chloric ether was purified and the chloroform separated from the alcohol mixed with it. Sir James used it with great success, and in a few weeks Europe was ringing with the news. Dr. Snow, of Gerard-street, took up the subject theoretically, and elaborated the basis of modern anæsthetics.

The lecturer referred to external and local anæsthetics, in particular his own method of numbing parts by ether spray; also of his new anæsthetic, methylic chloride. He concluded with a review of the remarkable impetus given by the discovery of anæsthetics to surgery, and predicted that the time would come when all medicines would be inhaled and diseases cut short by methods of this sort.

## THE WEATHER IN RELATION TO PREVALENT DISEASES.

GREAT and small mankind throughout the country have during the past few weeks been in sore trouble from the effects of "cold." The term is a familiar one, and all of us, whether medical or not, profess to understand its meaning; but cold, nevertheless, is not altogether such a simple matter, either as regards its causes or its characters. When we include the latter within a briefly descriptive term, or blame the weather as alone accountable, we do not exhaust the possibilities of argument. Cold, so called, in these days implies more than a mere physical contraction of vital temperature—a chill. Take, for example, the case of an inflamed throat; the sufferer attributes it to exposure, and no doubt rightly, but he often forgets that over and above mere atmospheric action there exists another ever-potent source of mischief. So long as the tonsils, like watchful janitors, await within his fauces the ingress of minute foreign particles, they must arrest much detrimental matter. The morbid result may not, indeed, be diphtheria, but neither is it, save in common phrase, a cold of purely catarrhal type. Again, we have to record in the recent history of disease a fresh outbreak of that versatile and irrepressible disorder, influenza. So far we are happily able to describe the outbreak as not severe. Nevertheless, it exhibits as much as ever the evidences of a truly infectious malady. It is more than a cold. Singularly enough, however, it presents in a greater degree than in its former invasions the characteristics of an ordinary catarrh. The tenacity with which it

FOR BOTH SEXES. Personal visit not necessary. CORSETS and BELTS made to order. For health and neatness. Satisfaction guaranteed. Instructions for self-measurement given to every address.—FORD AND PARR, 141, Stockwell-road, London, S.W., Practical Corset-makers, Estab. 1851.—Adv.

TO TOBACCONISTS (containing).—Times, 1893, 400 pages. "Post Free." How to Commence. £20 to £1000 Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager F.W. Myers. Est. 1866. Smoke "Pick-Me-Up Cigarettes."—Adv.



clings to the air passages and the alimentary tract is a feature which no careful practitioner will overlook, and which has, times without number, proved the source of graver troubles. Cold of the usual type—that is, catarrhal inflammation unconnected with a specific febrile state—is another of the legacies which we owe to an unhealthy autumn and an early winter. In respect of its management we cannot do better than emphasise the caution just given with regard to influenza. There can be no question that the weather, though not solely accountable, has had much to do with the propagation of each of the diseases above enumerated and of others which partake of their characters. An exceptionally dry and warm summer has been succeeded by a humid autumn, and this again has been the forerunner of a bleak and stormy season, broken by days of deceitful mildness. The combination, as we have seen, has borne somewhat hardly upon the weak points in many constitutions.—*Lancet*.

## REVIEWS.

### THE WIFE'S GUIDE TO HEALTH AND HAPPINESS.

By GORDON STABLES, M.D., C.M. 2s. 6d.  
London: Jarrold and Sons.

THERE is a long-felt want supplied by the publication of this, the fourth volume of Dr. Gordon Stables' health manuals. It is written in the Doctor's cheeriest and brightest style, and his treatment of a most difficult subject is full of tact and wise suggestion. The author in his preface points out that his book is not written with the view of enabling the young wife to dispense with the service of the family doctor, but there are hundreds of little odds and ends that she may wish to know with which she cannot think of troubling him. The doctor adds that his advice may be deemed none the less valuable in that he is a married man himself, and as far as family goes very much married.

He devotes a long chapter to that serious ailment of hysteria so prevalent among females. Speaking of the treatment to be adopted, he says:—"I have already mentioned a number of ailments that hysteria may simulate, but each and all of them must be treated by the lady's own medical man. I have only to give here the most rational treatment during the hysterical fit. Calmness in the attendants is of first importance. Do not alarm the neighbourhood; you know what is the matter, and that there is no real danger, and you may remember also, that if the fit has been led up to by the lady herself, for any reason, that it will gratify her to know she is causing a sensation. A doctor speaks of the case of a lady who had created very great alarm in the minds of her friends, by threatening to put an end to her miserable life by leaping out of the window.

"When I visited her," he tells us, "she was strapped down to a bed, and was being supplicated by half a dozen people in the room not to kill herself, to which prayer she energetically replied that she would. I loosened the straps at once, opened the window, and told her to jump out. She walked to the window, looked out for a moment, and then, after applying a by no means very polite epithet to me, went back to bed, and I heard no more of her suicidal tendencies."

"The plan usually adopted to restore a hysterical patient at hospitals, when she has been carried in from the street, probably on a stretcher, is to hold her head under the water tap for a few seconds. This will hardly do in private life, but water may be dashed in the face, or the face may be flicked with a wet towel. Lay the patient flat on her back, with her head about on a level with the body, and loosen the dress completely. Water may also be dashed upon the upper part of the chest. Strong smelling salts must be held to the nose now and then, and as a draught, if she can swallow, some water containing a dram of the ammoniated tincture of valerian, or fifteen grains of bromide of potassium.

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youthful colour, gloss, and beauty.—*Advt.*

"This must be put into the mouth by teaspoonfuls, even through the clenched teeth.

"The patient should have plenty of air, and be prevented from injuring herself.

"In the intervals of attacks of hysteria, whether these are helped on by the lady or not, great attention should be paid to the state of the general health. As a rule, the diet should be nourishing, but if plethora is present too much food must not be taken. In this condition of the system, for example, it would never do to allow beer or stout. A little claret would suit best, if indeed any wine at all be needed.

"The cold bath will brace and tone the system, especially with friction.

"Sometimes a course of massage, or electro-massage, will do much good.

"Exercise must be taken daily, and I repeat that pleasurable occupation of mind and body is most essential.

"As to medicine. Well, we have valerian, zinc, quinine, iron, and preparations of asafoetida. But I think I am wise in saying that the less medicine taken the better. Leave its choice to the doctor, and you will do well."

*London Rookeries and Colliers' Slums: A Plea for More Breathing Room.* By ROBERT WILLIAMS, A.R.I.B.A. W. Reeves. 1s.

THE object of the author has been to protest against huge "dwellings," and to plead for more room and better homes for working men. An object we as medical men are heartily in sympathy with, and one THE FAMILY DOCTOR has continually advocated.

## HINTS TO THE HOUSEWIFE.

TRY, TRY AGAIN.

SOAKING a wick in vinegar, and drying before using, to prevent smoking.

SPIRITS of salt for ink stains on mahogany.

A SLIP of ivy started in a hanging glass bowl of water.

A WEAK tea of tobacco water, for insects on plants.

WASHING potted plants, pots and all, in suds, and rinsing in tepid water once a week, to kill insects.

RESTING half an hour before dinner.

THREADING a needle from the end of the thread last cut from the spool.

### IT IS WELL TO REMEMBER THAT

Too small a figure in wall paper destroys the effect.

A BREAD cloth should always be sweet and clean, and never used for any other purpose.

SPOTS and dirt may be removed from paintings and chromos by using a cup of warm water to which a few drops of ammonia have been added.

A GOOD broom holder may be made by putting two large screws—nails will answer—into the wall about two inches apart. Drop the broom between them handle downward.

ANY woman doing her own work may so systematise it that it will be the easiest possible for her. She need not follow any other person's methods, unless they are the very best for her own conditions.

IT pays well to do the mending before the article goes into the wash since the processes to which it is there subjected materially enlarge the holes, and it is better and more agreeable to wear if the washing follows the mending.

THERE is a false economy which costs more than it returns; such as saving old medicine bottles, partially used prescriptions, the tacks taken from the carpet, or working days to save or make that which can be bought for a few pence.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 2s. 6d. (the latter contains three times the quantity) of all Chemists, sent anywhere on receipt of 10 or 24 stamps by the Maker, E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]

THERE is nothing which the average husband better appreciates than a tidy, well-ordered home, with a place for everything and everything in its place. On the other hand, there is no more potent source of domestic unhappiness than disorder in the living apartments.

A DRESSING for cuts, sores, scalds, &c., is made by boiling together one pound of resin and three ounces of clarified beef suet; then add two ounces of beeswax, boil half an hour longer and allow to cool.

DID you ever smash your watch glass just when you could not possibly replace it? When it happens again shake out the broken glass, open the little rim that holds it—the bezel—lay over the face a piece of tissue paper and shut the bezel. This will save the hands from catching in things and not interfere with the going.

FLOUR, like butter, absorbs odours readily, and should not be kept in a place where there are onions, fish, vegetables, or other odorous substances, nor in a damp room or cellar. Keep it in a cool, airy, dry room, where it will not be exposed to a freezing temperature nor to one above 70 degs. Always sift before using.

SIMPLE DISINFECTANT.—A simple plan of disinfecting rooms consists in putting a saucerful of salt in the middle of the room and pouring on it a drachm or two of sulphuric acid. The fumes that arise do the work of disinfection.

RICH BED COVERING.—Ladies interested in needlework are giving much attention now to bedspreads; white coverings are no longer sufficient for people with luxurious tastes; some of the recently finished appointments for bedrooms have a real significance; in the first place the bed stands on a dais and commands the room, and in addition to its own richness of carving and inlay of precious woods, it is hung and covered with the richest of stuffs; a very elegant covering for one of these regal beds is of canary-coloured Tussah silk, embroidered with straggling branches of the wild rose, wrought with embroidery silk and fine crewels; the combination of the silk and crewel is a very happy one; the lining of the spread is turquoise blue silk, and the edge finished with a heavy blue silk cord.

A NEW TOILET ARTICLE.—A "massage stone" is coming into use in England that is made of unglazed china, and provided with a sort of dorsal lump for holding in the hand, and has the rubbing surface slightly undulated, not to say ridged. The stone is white, and even when used on recently washed skin it soon becomes darkened, showing that it squeezes a good deal of material from the pores.

TO CLEAN CARPETS AT HOME.—It is often the case that accidents happen when one is far away from a cleaner's, or when perchance the carpet may not be worth the expense of the professional's service, but would be extremely useful if put in good order. A simple and effectual means of cleaning is to rip the breadths apart, if the carpet is large; take one breadth at a time over the kitchen table or wide board and scour with prepared soapsuds, if necessary, or naphtha. If that substance is to be used, scrub the carpet thoroughly with an ordinary brush. If the washing is done with soapsuds, it is well to rinse the carpet thoroughly, which may be done by throwing on pailsful of water and scrubbing it out with the brush to rid the fabric of the sud as nearly as may be. If the carpet shows symptoms of fading, or if the colours threaten to run, it is quite worth while to go over it again and again with the brush and with soft cloths and remove the water as rapidly as possible, meanwhile having the broad table tipped at an angle so as to allow all surplus water to drain away as quickly as it can. This is rather slow work and hard work; but if well done, the result will be a carpet entirely cleaned, perfectly wholesome and quite good enough for an upper room or for the rugs and pieces that are required in every house.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln. [ADVT.]



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

### SOMETHING ABOUT SOUPS.

#### SOUPS IN GENERAL.

**S**OUPS: "Be sure there is plenty of soup," says Miser Lovegold in the play, and the skillful cook might take this direction as a motto, though not for the reason given by the miser for laying down such a principle in his kitchen. There is no part of the dinner of more importance than the soup, and none other gives to the cook a better opportunity for the display of sound judgment and educated taste.

We wish to consider the soup in three ways: first, in itself; secondly, as an accessory of the elaborate dinner; thirdly, as the main dinner dish, a nourishing and satisfactory article of food.

Chemistry is usually regarded as an abstruse, uninteresting subject, but the chemistry of the creation of a bowl of soup is full of interest, and can be understood by the least scientific of housewives. It plainly shows why certain rules are all-essential in soup making.

All meat contains three soluble elements: the albumen, which is soluble in warm water and coagulates at a temperature of 104 deg. F.; the essence, which is soluble only in boiling water, and the osmazone which dissolves in cold water. The osmazone is the most important element, for it is what gives to soup its flavour. In the baking of meats, it is osmazone which gives the crisp brown on the outer surface. This element exists abundantly in the flesh of full-grown animals, and generally in all those having dark-coloured fleck. It is found in very slight degree in veal, young pigs, or poultry. The manner of making a good soup, which is here detailed, can be seen to depend upon the chemical facts just given.

First, the meat to be used, and the bones, must be placed in cold water. The meat should be cut into pieces of moderate size and the bones should be broken. The bones are used with the object of adding the flavour of the marrow to the soup; the fat yielded by this element is to be skimmed off later. As all fat must be taken from the soup in the process of making, there being no severer condemnation of the dish than to pronounce it "greasy" only lean meat should be used. Heat the whole slowly to draw out the albumen before it coagulates. Part of the albumen is combined with the other extracted elements; the rest floating on the top in the form of a film must be skimmed off when the water has reached the boiling point. Then add the vegetables and the spices needed to flavour the soup, and let all cook gently, simmering, but not boiling, for several hours. When the vegetables are done they should be taken out, for what the soup wants is the flavour of these, and not any part of their dissolved substance. It is a custom, also, of skilled French chefs to put the spices in a gauze bag, and allow them to remain in the broth long enough to impart their flavour, but not their full strength. When done, the soup should be taken from the stove, thoroughly skimmed again when partially cooled, and then strained through a fine hair sieve. Broth so made is the foundation of all good soup. The French call it bouillon; the English name for it is soup stock. It can be kept a long time in a cool place, and in preparing it for the table its combinations are endless.

Before adding the vegetables to the hot water and meat, it is a good custom to stir them for a few minutes in a hot skillet with melted butter, till they are a little browned on the surface. This adds to the pleasing flavour of the soup. It should not be forgotten that all

vegetables used in soups should be cut up into small dice before being placed in the water. The rule of Soyer, the famous French chef, was to brown the meat and vegetables all together in butter in the soup kettle, as the first step in soup making, then to fill up with cold water and carry on the process according to the plan just detailed.

The rule of Professor Blot was, three pounds of good, lean beef and six ounces of broken bones to two quarts of water. For this proportion he allowed five hours' simmering. The usual list of vegetables to be used in stock are turnips, carrots, celery, onions, and parsnips, with a little garlic and thyme. Some chefs do not use garlic even in small quantity, because, they say, its strong taste destroys other flavours. Professor Blot interdicted the use of parsnips or of thyme for the same reason. An old rule of cookery-books, to add a burnt onion to give an amber colour to the soup, has also been rejected as a detriment to the flavour of the dish.

Every good cook knows the manifold uses and value of the stock pot, or broth, in making all forms of soup and stews. Professor Blot says that "Broth is to good cooking what wheat is to bread."

Soup, properly prepared, is easier of digestion than any other food. It is from a sound physiological reason, therefore, and not through mere caprice, that this dish has been adopted as the first course of the dinner in all civilised countries.

If the stomach is weary, for this, being a muscular organ, sympathises with any exhaustion felt by the other muscles of the system—the soup, being readily assimilated by its vessels, refreshes and invigorates it, and prepares it for the tasks of digestion about to follow. It not only thus tests the internal mechanism to see that all is in good working order, but it wakes the appetite with a promise of good things to come. It is like the overture to an opera, foreshadowing the impending pleasure of the senses.

The rule of all good cooks is to first select the bill of fare, and, when that is known, to decide upon the kind of soup. The dinner and the soup should never both be "heavy," as the phrase is. If a heavy fish, such as salmon, trout, or any other of the oily fishes, is to be served, or if heavy joints and entrees are to follow, a light soup should always begin the dinner. But when the dinner itself is to be on rather the light order, a rich soup should be brought on.

For a large dinner-party, one light and one heavy soup should be provided, that all tastes and degrees of appetite may be suited. An excellent authority on cooking, T. J. Murray, says: "There is as much art in arranging a bill of fare, and in harmonising the peculiarities of the various dishes, as there is in preparing the colours for a painting, and the soup represents the pivot upon which harmony depends."

Soups may be divided into four classes or kinds, as follows: Clear soups, thick soups, purees or bisques, and chowders. Clear soups include all modifications of the bouillon or broth. Thick soups have for their foundation the consommé, or rich broth, which is usually the bouillon reduced by boiling—whence the name, signifying perfected or improved—and with a thickening ingredient added. Consommé is a very rich and nourishing dish, and is to old men, says Professor Blot, what milk is to babes. It may be said generally, that a cook who can make a good consommé can make any kind of soup.

A puree is made by cooking the vegetable ingredients of the soup soft and rubbing them through a sieve. A bisque is simply a puree of fish. Chowders are quite different from other soups, being compounds of any fish, flesh, fowl, or vegetables, in such proportion as may suit the ideas of the cook; the compound when complete should be thick, highly seasoned, and

palatable, but the ingredients should not be cooked to the consistency of the puree.

Bouillabaise, the famous French dish, which so delighted the palate of the famous novelist, Thackeray, that he composed a poem in its praise, is a chowder. We are told that there are no less than one hundred recipes known in France for making this famous dish, and as many ways of spelling its name.

In making soups of all kinds, the slow, even, prolonged simmering, not boiling, must be observed as all-essential to the good result. The French say that the soup pot should only "smile"; that is, it should never show any bubbles on the surface, but should cook slowly, at an even heat just below the boiling point. It is because our cooks and housewives cannot, or rather will not, understand this rule, that the soup of the average household is such "a mere pretender to the name." It is not enough, as certain blunders seem to fancy, to keep the constituents of the broth hot for several hours; it must cook incessantly, never stopping for even a moment's time. Furthermore, all the water needed for the soup should be put into it at the beginning; a serious loss of flavour is risked if more water has to be added during the process of cooking.

A good, clear soup should be of a fine, brown colour. The use of the best of materials, and prolonged boiling, will ensure this attractive colour, but should these be lacking, several ways may be tried to supply the deficient hue. Brown gravy from a roast may be added, but this even when strained is apt to impair the clearness of the broth. A better way is to use a little caramel or burned sugar; or a very excellent preparation to be kept on hand for the purpose of colouring soups, may be made as follows:—

Take an earthen jar and fill it with alternate layers, first of moderate-sized onions, a clove stick in each, then a layer of brown sugar, and a small piece of butter, and so on, till the jar is filled. Put this into the oven in the evening, when the fire is going down, and leave it there overnight. Repeat this for a number of successive nights, till the onions have cooked down and a dark syrup is formed. Then put the jar aside and use its contents, a few drops at the time, to colour soups and gravies.

If a simple straining does not make a soup as clear as desired, it should be clarified with the whites of eggs. The white of one egg is enough for three pints of broth. It should be stirred unbeaten into the cold soup, and the shell of egg, crushed, should be thrown in also. Then put the soup on the fire, bring it to a boil, and let it boil rapidly for from five to ten minutes. Then take it off, let it cool for a few minutes, then strain it through a flannel bag. In straining soups as in straining jellies, in this way, the bag must not be squeezed, but must be suspended, allowing the liquid to drip slowly through.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

- 22,761. An angle attachment for dental engines. RUFUS GOLDSMITH STANBROUGH, Bank Buildings, George-street, Sheffield. Nov. 28th 1893.
- 22,791. Improvements in horse bandages. ROBERT RAMPFEL, 23, George-street, Southampton Buildings, Chancery-lane, London. Nov. 28th, 1893.
- 22,890. Pneumatic crutch-head appliance. DUNCAN McILKIE, 12, Camden-street, Belfast. Nov. 29th, 1893.

### SPECIFICATIONS PUBLISHED.

- 18,777. KROHNE. Inhalers. 1893.
- 19,010. SPRICK. Administering medicines. 1893.

**ASTOUNDING!**—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the precise words, "they are worth a guinea a pill." For Diarrhoea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. Is. 1/6d. 2s. 9d. 4s. 6d., at chemists; direct, W. LOCKING & SON, Leeds (late Hull).—ADVT.

SECOND EDITION OF 100,000 COPIES, free on receipt of post-card or bill-heading, LINDALE'S HOUSEWIFE'S PASTRY BOOK, containing a very large number of Practical Recipes and Instructions for the Preparation of Table Dainties of various kinds, by a Practical Cook and Confectioner. Invaluable to clubs, hotels, and restaurants. E. F. Langdale, essence distiller, 72 and 73, Hutton Garden, Roiborn Hill, London, E.C. Established A.D. 1777.—[ADVT.]

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]



# THE MOTHER'S PAGE.

## NURSING OF SICK CHILDREN.

MOST people know when a child is not well, says Dr. A. Clarke Newton, in his handy book called the "Doctor's Corner." In health its countenance denotes serenity; it springs in its mother's arms, seems happy or even merry, and laughs constantly but perhaps aimlessly. A child of more advanced years is constantly on its feet, handling everything, shouting, singing, or laughing loudly. By turns it is quiet, then perhaps there is some mischief going on—the doll's arms are being twisted off, or the paper picked off the wall. As smiles and laughter denote health, so do cries make trouble known, and it will be well for all having the care of children to study what such cries mean. The nurse must recognise the cry of temper, hunger, or pain. The cry of pain is only too often mistaken for that of hunger. A baby with a pain in the stomach will cry loudly, passionately, and persistently, or, stopping for just a minute or so, will draw its legs upon the stomach, and then recommence to cry more vigorously than ever, extending the limbs again as the pain passes over. If affected with pain in the chest, its cry is not so loud, and it is without tears. The cry is sometimes suddenly suppressed, as if the little sufferer had no more breath to complete it, or was aware that the effort of crying was increasing the pain. If the pain is in the head, the cry has a peculiar sharp, shrill, piercing character, with intervals of low moaning or complete tranquillity, ending, perhaps, in sleep, until the pain causes the child to wake up and cry again.

Without any attempt at classification, we will now jot down what may prove of practical importance in the nursing of sick children. The sick-room should generally be kept cool. Do not trust to your own feelings; the thermometer should be your guide (cost one shilling), hung free from draught, and not near the fire. The heat of the room should be from 55 to 60 degrees. You will find your thermometer very useful also in ascertaining the heat of the warm bath. Too much importance cannot be attached to the maintenance of an even temperature, and the eye of the nurse should be ever on the thermometer, regulating the heat of the apartment according to its readings. If the illness requires a darkened room, let it be produced by drawing down the blind and closing the curtain before the window, shading the gas or lamp, or turning round the child's cot, so that his face shall be turned from the light, and not by cutting off the invalid's supply of fresh air by closing the shutters or drawing the curtain round the bed. Quietness—let this be general all over the house as well as in the sick chamber. It is astonishing how quick a child's hearing is, and how much the noise of conversation in an adjoining room, or on the staircase, or at the front door, will irritate it. Whispering is worse than the tone of a low voice. We cannot express sufficient contempt for the mother or nurse whose thoughtlessness or vanity prompts her to wear a noisy silk dress in a sick-room. Walking on tip-toe is irritating, and really disturbs more than a moderately firm step. Look to the window rattling with the wind, and to the door handle that prevents the door shutting without a bang. Place a wedge in the window and tie back the handle, and do not wait until someone goes for a wedge; get a piece of firewood and make one for yourself, or place a strong kitchen knife in the offending window.

A child should not be allowed to look all day at his bottle of medicine or packet of powders; they should be placed with other sick-room requisites (such as spoons, glasses, &c.) on a small table, out of sight. All the nurse requires should be placed on this table, so that she may not have to run about the room for what she wants. Only fancy! the

arrowroot in the closet, the spoon on the table, the sugar on the mantelshef, the cup on the chest of drawers, and the kettle downstairs.

It will be found an excellent plan for the nurse to keep a diary, so that the medical attendant may see accurately, and at a glance, what has been done for the patient, and what has been taken since his last visit. Such a method saves time and the noise and excitement of conversation in the sick-room, nor is anything forgotten. The following may serve as a model:—1 p.m., three tablespoonfuls of beef-tea; 1.45, medicine; 2.30, a small cupful of warmed milk and one arrowroot biscuit; 2.35, poultice changed; 3.0, bowels acted freely; 3.45, vomiting returned; 4.0 to 4.30, 5.30, medicine, &c.

Medicine will often be readily taken by a child if given just as the patient awakens, whilst he is half asleep. Powders may be given in gruel, arrowroot, or barley water. Stir well in case any little lump be present. If the powder is coloured or very nauseous, mix it well with a little bread and milk in a spoon, and cover the contents of the spoon with a little more soft bread. It is not always advisable to give powders in jelly, as sometimes the acid of the fruit acts chemically on the medicine. Need we remark, medicine should not be mixed in the presence of the patient? Castor oil is best administered well beaten up in warm milk or coffee, the former being flavoured with a little stick cinnamon, the latter with just a drop or two of lemon juice. The warmth of the vehicle is a decided advantage, as it removes the lumpy character of the oil. Some degree of firmness should be maintained on the part of the nurse when a child refuses its medicine, but no fighting or struggling must be permitted, otherwise the excitement and exertion may do more harm than the medicine does good; and persuasion, not deception, should be adopted, for a child often finds out the latter, and it destroys that sense of trust and reliance upon the affection of the mother or nurse that has so much to do with recovery.

The position of a sick child is often neglected. If the patient breathes with difficulty his head and shoulders should be elevated with firm pillows—that is, he should lie on a carefully graduated inclined plane. A child lying flat on its back or side cannot take a deep breath, and such positions tend to a flow of blood to the head or lungs. It is an immense relief to occasionally change a child's position, turning from one side to another.

Many children when ill have a horror of a warm bath, and no wonder, for we generally find the nurse prepare the same in the room; the child sees the scalding water poured into the bath, and fears the steam rising in great clouds. Have the bath prepared out of the sick-chamber, and brought in with a small blanket thrown over it; and if the patient is a very nervous little fellow, place him upon this blanket and gradually let him down into the water. Occasionally a young child will have his fears calmed by placing a cork or two in the bath for him to play with.

In cases of extreme exhaustion or weakness following such complaints as fever or diarrhoea, great caution should be observed not to move the patient unnecessarily; an attack of faintness or convulsions may result from lifting a child out of bed under such circumstances; it should be turned from side to side, and so attended to. Many a child has died in its mother's arms from such indiscreet nursing, who otherwise might have recovered. If you do take it up, keep the head low. Again, after much suffering from some malady, especially diarrhoea, a child may fall into a kind of stupor, which is really extreme exhaustion. The ordinary nurse will observe that now all desire for food, or even drink, has passed by, and the child sleeps on for hours. Probably all hope is abandoned, and food is presently entirely withheld, but it is at this point that the skilful nurse is most vigilant, for she recognises the true condition of the patient, and never ceases to watch an opportunity to give some nourishment. She knows that the child may refuse food one moment, yet will take it a few minutes

after. She understands, too, the value of a "little food and often," and is happy if her charge takes even one small teaspoonful of milk or beef-tea once or twice an hour. If the child takes even so small a quantity as this, hopes left, and she perseveres. Knowing well that, without some food, the stupor must increase, and end fatally, she will even rouse the child to give it food, from what, without nourishment, would be the sleep of death. How many little people have we seen lost from their attendants growing discouraged, and not remembering this first of nursing maxims, "A little food and often."

If your child is feverish, with a dry and parched tongue, cold water may be given *always*; it is cruelty to withhold it, but give it in limited quantities, a teaspoonful at a time, and repeated; also, if the patient is feverish, how can you expect him to take a cupful of hot steaming mutton tea? Give it new milk, warm or even cold. Sometimes a child will *drink* cold mutton tea made with barley only, not too strong, and sweetened and strained through muslin, when it will not look at it in any other form.

It often takes [more real religion to stay at home to care for a baby than to preach an eloquent sermon.

THERE are various powders prepared to keep fleas away from children. None serve better than the application about the clothing of the child of some substance of strong aromatic odour, as oil of cloves or some strong perfume. A house infected with fleas can usually be rid of them by thorough fumigation. When once the poison of these insects has entered the blood, perhaps there is no better way of treating it than to apply a soda paste and to abstain from irritating it as much as possible.

WE can suppose cases in which the moderate use of baby soothers would be a blessing. There is no doubt that the constant use of this commodity is entirely unwholesome, principally, however, because it is unwholesome for the child to hold rubber in its mouth constantly, and from the liability of the soother to become infected with germs and other unclean matter. We do not believe that a moderate use of the soother will affect the digestion. If used constantly, it is liable to tire the glands that furnish saliva, and hence impair the quality of the same. The use of a soft baby soother we do not believe will injure the shape of the mouth. There is not so great liability of this result in the use of the soother as in sucking the thumb.

## DEFINITIONS OF A BABY.

A POPULAR London periodical some time ago offered a prize for the best definition of a baby. The last one of the following took the prize:

"The bachelor's horror, the mother's treasure, and the despotic tyrant of the most republican household."

"The morning caller, noonday crawler, and midnight brawler."

"The only precious possession that never excites envy."

"The latest edition of humanity, of which every couple think they possess the finest copy."

"A native of all countries, who speaks the language of none."

"About two inches of coo and wiggle, writhe and scream, filled with suction and testing apparatus for milk, and automatic alarm to regulate supply."

"A quaint little craft called Innocence, and laden with simplicity and love."

"A thing we are expected to kiss and look at as if we enjoyed it."

"A little stranger with a free pass to the heart's best affections."

"That which makes home happier, love stronger, patience greater, hands busier, nights longer, days shorter, purses lighter, clothes shabbier, the past forgotten, the future bright."

"A tiny feather from the wing of love, dropped into the sacred lap of motherhood."

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere please observe the **EE** in Steedman.—Adv.



[SPECIAL ARTICLE.]

## MOTHERS AND THEIR DUTIES.

By LADY COOK (*née* Tennessee Claflin)

THE position of a mother is so onerous and entails so many high responsibilities, that no one should undertake it without much thought and a full assurance of being worthy and capable. No other office on earth is so sacred as this, no calling involves so much. For she has not only to build up and nurture the highest organism, but she has also to mould its character. Her physique will control her child's; her emotions will be communicated to it; her mental and moral capacities will be largely transferred. Her conduct will give a perpetual bias to its life. It is impossible, therefore, to exaggerate the importance of a mother's influence.

An immense proportion of women, however, undertake the duty without the least forethought or consideration, without weighing their own fitness for mothers, or that of their husbands for fathers. Hence arise much misery, many unhappy homes, and wrecked lives. Hence, too, a weak progeny is to be found in so many households; some physically, some mentally, and others morally deficient. Capacity for marriage is the last thing thought of in entertaining it. Good looks, an amiable or sprightly manner, a sufficient income, stand first. These are all well in their way, but may be followed by the evils mentioned.

An idiot may beget a child; an imbecile may become a mother. The function of reproduction is common to all forms of life—to the lowest as to the highest. But the most perfect of each class must be the fittest for the perpetuation of their species. A well-proportioned body free from organic and hereditary disease, a sound and well-balanced mind, a serene and generous disposition, combined with a good moral and mental training, go to make up the requisites for a good mother.

No mother can evade any of her responsibilities without injury to her offspring. No part of them can be advantageously delegated to another. So long as she is true to Nature, Nature is kind to her and hers. But the universal mother avenges herself on all who disregard her laws; first by pain, and afterwards by extinction.

In savage life, instinct will supply almost all a mother requires; but in a high state of civilisation like ours, instinct must be supplemented by careful training. The earliest civilised people—the Egyptians—provided little girls with dolls just as we do. But it is only recently they acquired that name. Not many years ago they were called babies. Every little girl, therefore, had her baby whom she handled and dressed, fondled and provided for, and whom she still affects to regard as a living being. The instinct of maternity is thus exercised early. But when the dolls are put aside, the free conversation with her mother on marital topics which existed formerly when she was old enough, has become "indelicate" in these later and more fastidious times. The daughter of the wealthy or high-born classes, had first a foster-mother whose milk nourished her. Now, rich and poor alike, instead of the mother or foster-mother, resort to a combination from a cow and a pump. The child of any class sees little of its mother. The nursery or the street, the school or the workshop, keep them apart. The daughters grow up to early womanhood with too much knowledge of sexual matters or none at all. And those who are accounted the best mothers are those who withhold from their young daughters all the invaluable stores of information which their experience has provided ready to hand, and which, if discreetly communicated, would save thousands of girls from ruin or disgrace.

Practical philosophers have recommended that women on the way to be mothers, should exercise the greatest care not only in what they eat and drink, but also in what they feel and think that they should give way to no excessive emotion, and should read books of history, or other lofty thought, in a word that they should

try to feel, think, and do, whatever was worthiest. It is well-known that children have been born idiots through the mother having used stimulants to excess; that they have been produced deformed through her having been ordinarily frightened, and even with broken limbs from the fright of thunder or a cannonade. Her emotions, therefore, are proved to affect her unborn child more than herself.

Every mother who is able should suckle her own child. The reasons for this are too many to enumerate, and should be obvious to any intelligent woman. The practice of wearing tight clothing over the bosom should never be indulged in by girls and young women, as it checks the growth of the lactiferous glands as well as the beauty of the bust. Non-use for generations will eventually reduce them to mere embryos.

Every mother should also give her child a fair share of her companionship. What can we expect from children if they are left almost entirely to menials of mercenary nursing? The death-rate of the little ones is enormously high. May not this be largely owing to the want of a mother's loving care and watchfulness? It is only in the case of a foolishly indulgent or a wickedly severe mother that the child is better off with a sensible nurse.

The training of a child should begin with its earliest intelligence. Good horse-breakers say, that to acquire perfection in training, the colt or filly must be taken in hand from a year old. Puppies cannot be trained well after that age. Six months or earlier is usual. The more intelligent child must be soon educated. This is no work for an ignorant girl. If nurses must be had, they should be women of education, character, and experience, and at least equal to the mother in sentiments and polish.

For the foundations of the child's character are now being laid. An ill disposition may be corrected or improved, and a good one may be irretrievably spoilt at this stage. Its nascent intelligence may be directed into noble or ignoble channels, its thirst for knowledge wisely gratified or ignorantly supplied. It is here that no care can equal that of a prudent mother, and no other's influence prove so lasting. How many of our greatest men have been proud to confess that it was at the knees of their mothers that they received the guiding impulses of their lives, that it was to their wisdom they owed their own.

In the case of girls especially, it is the duty of the mother to be the guardian and instructor of their youth. She should cultivate frankness in her little daughter, and before the latter is old enough to be demoralised she should teach her all that is necessary to prevent the imprudences of ignorance. No false modesty should restrain her from explaining to her child the mystery of maternity and the duties pertaining thereto. Thus armed and equipped by the hands of love, the virtuous maiden can step into the world and encounter the foes of innocence without fear or shame, for she is protected by an invulnerable moral panoply of modesty and intelligence. As Spencer said of such a one in his "Epithalamion":—

"There dwells sweet Love, and constant Chastity,  
Unspotted Faith, and comely Womanhood,  
Regard of Honour, and mild Modesty:  
There Virtue reigns as queen in royal throne,  
And giveth laws alone.  
The which the base affections do obey,  
And yield their services unto her will;  
No thought of things uncomely ever may  
Thereto approach to tempt her mind to ill."

LEGEND OF THE SEVEN STARS.—To the naked eye, six of the Pleiades or "Seven Stars" seem to be of about the same magnitude, while the seventh is very dim. The dim star, the legend says, is Merope, one of the seven daughters of Atlas and Pleione, and her paleness is a punishment visited upon her for having married a mortal. The young sisters all married gods: Aloyone and Celaeno married Neptune; Electra, Maia, and Taygeta were wedded to Jupiter, and Sterope to Mars. Poor Merope united herself with Sisyphus, a common mortal, and was doomed to eternal dimness for her rash act. Besides this, her husband must throughout all eternity, roll a huge stone up a hill. As soon as it gets to the summit it rolls back, and his never-ending task is again resumed.

## THE BRIGHT SIDE.

By M. D. STERLING.

IN the moments of despondency that come to every life—when cherished plans seem likely to fail, when disappointment instead of success caps our best endeavours, when "everything goes wrong" and all the world looks blue to us—how exasperating the advice, "Look on the bright side; all will yet be well!" This advice we must take, however. It is the people who cultivate the good habit of looking on the bright side that ultimately are successful. For, to mope over misfortune is to be conquered by misfortune; to grumble at our fate is to invite a repetition of fate's frown; to live in the shadow of adversity is to droop and dwindle and die. Our only hope lies in a struggle toward the sunshine.

To every mistress of a household is a bright outlook upon life especially valuable. Not only does it cheer herself, but is also the source of inspiration to all within her influence. If "the hand that rocks the cradle moves the world," surely it is desirable that that hand should pulse with the energy of a courageous, not faltering, heart! "Forward" is the watchword of youth, but when youth is tempted to fall back, then is the mother's opportunity; she points her children to the bright side, she urges them to persevere in well-doing, she keeps them true to their aspirations. So with the good man of the house. Wearied, discouraged, disgusted often, with the burdens, defeats, and trickeries of business life, he is half-minded to give up the struggle. He has been honourable, and honour doesn't seem to count; he has been honest, and honesty "don't pay." Well for him if in this crisis his wife can be his good angel, holding him back from despair, healing his wounded spirit with the balm of hopeful words, and restoring his faith in the right, so that he is enabled to "try again."

That there is a bright side to the darkest of our affairs, let us never doubt. The very failures that seem most appalling bring to us, if we will have it so, the stepping-stones to success. Only let us not yield to despondency, and from every trial we shall gather strength, from every denial, patience, and from every defeat, experience. Strength, patience, experience! These three are invincible helpers to life's best guerdons, and they come gladly to the aid of those stout-hearted folk who persist in walking on the sunny side of the daily path.

GOETHE.—Those who read his works at all will read them over and over. Here is a literature which nourishes; here are books which may become bosom friends. Here are high views put forward modestly, grand and large ideas which will not disappoint those who try to reduce them to practice; precepts which are not merely earnest but, what is so much rarer, serious. . . . He is not like Scott, but rather like Wordsworth and Shakespeare compounded together. But before our conception of him can be complete, we must recognise another great quality that he possesses. Goethe is a perfect Solomon for proverbs; they pour from him in floods. He has such an abundance of them to communicate that he is often at a loss to find room for them, and puts them recklessly into the mouths of personages who cannot reasonably be credited with such a rare talent for generalisation—the practical Therese, the tender and unhappy Ottilie. The knack of coining pregnant sentences is so remarkable in him, that when we see it so strangely combined with a lyrical talent and a love of natural science, we are irresistibly reminded of the ancient description of Solomon, which says that he "spoke of trees, from the cedar which is in Lebanon to the hyssop which springeth out of the wall; also he spake three thousand proverbs, and his songs were three thousand and five." He is a sage as truly as he is a poet, and never, unless in Shakespeare, has such another combination of the generalising with the imaginative faculty been witnessed.—*Professor Seelye.*

ENTHUSIASM is the genius of sincerity, and truth accomplishes no victories without it.



## THE TURKISH BATH.

By CHAS. H. SHEPARD.

THROUGHOUT antiquity, moral purity was symbolised by purification of the body; even baptism is symbolic of the bath. Cleanliness was made a virtue among the Pagans, but because great license of manners prevailed at the public baths, many primitive Christians condemned cleanliness of person, and taught that the longer one went without washing, the fitter he was for the kingdom of Heaven. "St. Athanasius relates with enthusiasm, how St. Antony, the patriarch of monachism, had never, in extreme old age, been guilty of washing his feet."

In primitive ages, superstition centered about thermal springs, as if they were the manifestations of some supernatural power, and through the teachings of their priest-physicians, they came to be considered sacred, as though presided over by some particular divinity, and later came temples, erected beside or enclosing the springs.

The prevailing habit of thought was to attribute all bodily infirmities to the malign influence of some divinity, so, for relief, the people sought the interposition of supernatural power; hence thermal springs were dedicated to some god, principally to Hercules, as the god of strength.

### HOT BATH AMONG THE GREEKS AND ROMANS.

From Homer we learn that the hot bath was in use among the Greeks, and it was in all essentials similar to that now popularly known as the Turkish bath. The baths were adopted by the Romans and so much valued that wherever Rome bore her civilisation the bath accompanied her.

In time a lavish luxury prevailed in the erection and embellishment of Roman baths, which increased with the growing wealth of the city. To immortalise themselves the emperors built baths which were the grandest constructions that architectural genius ever created. The Augustan age was an epoch conspicuous for the development of sanitary measures for the promotion of public health; and officials of high dignity were appointed for the management of the baths. The area embraced by one of these immense establishments was equal to about one mile in circumference. The largest was constructed by Diocletian, and capable of accommodating 18,000 bathers at one time. The Pantheon, now serving as a church in modern Rome, was originally built as a vestibule to the baths of Agrippa.

Ample opportunities have been afforded for acquiring a thorough knowledge of Roman customs in this respect, notably through the excavations at Pompeii, between 1824 and 1825, when complete sets of public baths, in a good state of preservation, were brought to light.

In the historical novel, "The Last Days of Pompeii," Glaucus is made to exclaim: "Well, let us to the baths. Blest be he who invented baths!" "But tell me, Glaucus, are the baths at Rome really so magnificent?" Glaucus turned, and recognised Diomed, and, suppressing a smile, replied: "Imagine all Pompeii converted into baths, and then you will form some notion of the size of the Imperial Thermae of Rome, but a notion of the size only. Imagine every entertainment for mind and body, enumerate all the gymnastic games that our fathers have invented, repeat all the books that Italy and Greece have produced; suppose places for these games, admirers for all these works; add to these baths of the vastest size, the most complicated construction; intersperse the whole with gardens, theatres, porticos, and schools; suppose, in one word, a city of the gods, composed of but palaces and public edifices, and you may form some faint idea of the glories of the great Thermae of Imperial Rome."

In the reign of Tiberius there were nearly 600 public and private baths in Rome alone, while the villas and homes of the rich were provided with costly bathing apartments.

Previous to this time the diseases of civilisation were scarcely known among this people,

but after the conquests of the Romans extended beyond Greece, and over Asia and Africa, sources of unbounded wealth and luxury were opened to them, and the refinements and corruption of a higher civilisation changed the aspects of Roman life.

In the seventh century Alexandria rivalled Rome in the splendour of its public edifices as well as in the number of its magnificent baths, of which there were 4000 when the city was taken by the Moslems. The Turk, having a keen relish for all that could minister to tasteful enjoyment, adopted the baths, and when the great library was burned the books supplied the baths with fuel for six months.

Sources of the decline of the baths are traced to the establishment of Christianity at Rome, because the baths were looked upon as heathen temples, and the thermal springs being dedicated to heathen deities they were abandoned by the Christians and the use of the waters held to be sinful. The removal of the seat of the empire from Rome to Constantinople, which followed the conversion of Constantine, deprived the baths of the imperial patronage necessary to sustain them; and the irruptions of the Northern nations are partly responsible for the destruction of many of the baths. Throughout Western Europe the very knowledge of them was obliterated for some 1400 years, though the baths survived in other lands.

At Constantinople the Greeks preserved them and the Turks, after acquiring that city, soon learned to appreciate them as an invaluable sanitary institution, whence comes the present name, Turkish bath.

### INTRODUCTION OF THE BATHS INTO ENGLAND.

Through the energy and perseverance of David Urquhart, the Turkish bath was introduced into modern civilisation. While a member of the British Embassy at Constantinople, he became enamoured with Turkish life and customs. Already the author of several books, he then wrote one entitled "The Pillars of Hercules," in which was embodied a chapter dilating upon the virtues of the Turkish bath, and relating the advantages that would accrue from its use. Some years afterward he came in contact with Dr. Richard Barter, who was conducting a water cure in the South of Ireland. Mr. Urquhart gave Dr. Barter his book, the perusal of which convinced him that it was the one thing needed to make his institution complete, and soon these men constructed the first Turkish bath of modern times at St. Anne's Hill, within a mile of Blarney Castle. After that Dr. Barter established several baths in different parts of Ireland, and Mr. Urquhart promoted the erection of a bath in Jermyn-street, London, which is to-day a monument to his genius and foresight. Charles Bartholomew was also an early friend of the bath, and by Mr. Urquhart's encouragement was instrumental in establishing and popularising the baths in England.

Erasmus Wilson highly endorsed it in a book published more than twenty-five years ago. Sir John Fife, Senior Surgeon to the Newcastle Infirmary, introduced the bath to that institution, and edited the *Turkish Bath Manual*, an authority on the bath. Sir Benjamin W. Richardson testified to the importance of the bath, and the broad field that was thus opened to the practitioner in the treatment of disease, particularly of rheumatism. Sir Edwin Chadwick, perhaps the greatest sanitarian that England has produced, personally gave his hearty endorsement of the bath in 1865.

### ATTITUDE OF MEDICAL MEN.

One naturally would suppose that the medical profession would be among the first to welcome its powerful aid, but this has not been the fact. This profession, as a body, has never given it encouragement. Individuals alone excepted, they waited for the people to demonstrate its value and to commend its use. Years ago a physician said, "The public, in this matter, is far ahead of the profession." As none but those who had travelled abroad knew anything about the bath, or had even taken one, it was sometimes very difficult to induce a person to enter it. One professor in a medical college said he would not go inside the hot room for

pounds! Another on entering said he hoped he would not be incapacitated from calling on his patients the next day! Such was the nervous dread of it by those who knew nothing of the process. In fact it has been more difficult to convince the physician than the layman of its virtues. With a few highly honourable exceptions, and in spite of a multitude of witnesses, those who control medical teaching and practice go on in the same old fashion, and are likely to do so until an enlightened public shall command the new and better way. To the people at large we are indebted for the success of the bath.

The universal use of the bath during thousands of years in every part of the civilised world, furnishes a stronger proof of its value than would any theorising. If we would have our people powerful and progressive, as a nation, we must look first to their physical welfare. We should at least, in this nineteenth century, be as wise as were the Romans.

It is an encouraging fact that preventive medicine is constantly growing in the estimation of the medical world. The prevention of disease is a thousand times more desirable than its cure. It will need but a generation to blot out many diseases, and through sanitary science, put a new and cleaner face upon mother earth herself.

### ERA OF CLEANLINESS.

The dawn of the era of cleanliness has set in. Unfortunately is the person who cannot enjoy a Turkish bath, for it evidences an abnormal condition of the system. With most such cases the shortest road to restoration would be through a wise and persistent use of the bath. Daily I see persons borne down by unnecessary suffering, who by a timely use of the bath, and a slight deviation in their habits, would not only be saved this suffering, but they would place themselves upon a higher plane of health.

Every man, woman and child would be the better for taking a Turkish bath once a week during his or her life, for such a course would promote their highest interests. The young would develop more perfectly, the middle aged would have less sickness and suffering, and increase in years less perceptibly, while the aged would grow old more gracefully, and the period of old age be indefinitely postponed because saved many of the discomforts of advanced years. There is no more important factor in personal hygiene. With external cleanliness thus secured comes an internal cleanness, a good circulation of blood, and the best conditions of health, which are naturally followed by a prolonged life and a larger degree of comfort. Of course, this desirable habit should be concomitant with obedience to physiological laws. Indulgence in stimulants and narcotics, or any form of what is called high living, can never be made compatible with a clean life. A few generations living in this way would bring about a higher standard of health and a new order of life.

## HOW THE POOR ARE NURSED.

AN inquest held at the Poplar Town Hall, on December 2nd, showed afresh the evils connected with the lack of accommodation for the sick poor in the metropolitan workhouse infirmaries, to which we have so frequently called attention. Miraculously, separate infirmaries, with proper nursing and appliances, are provided for the sick, but these are not large enough for the purpose, and so it happens that a considerable number of sick are still treated in the workhouses themselves, where the nursing, as we showed and as his case shows, is of a very inferior character. The evidence went to the effect that the sick asylum was full, and that the son of the deceased, being informed of his condition, found him in the workhouse seriously ill and delirious, and that, although he stayed with him two hours and a half, no one went near him during that time except one or two inmates. The next day he died.

Able-bodied paupers in a workhouse are likely to be either idlers or imbeciles, and yet



to these people is committed a share in the nursing of the sick and dying. It was stated at the inquest that the patient made no complaint, on which the coroner commented thus: "The fact of the matter is they are afraid to speak to the authorities. There is a feeling among the inmates that if they complain they are punished." It seems to us to be utterly wrong that a man's chance of recovery should depend upon the mere luck of there being a vacant bed at the infirmary. The public conscience years ago revolted at the idea of dying people being in their last days subject to the tyranny of pauper nurses, and, as a consequence, separate infirmaries were erected in various parts of the metropolis. The public conscience thus was satisfied and went to sleep, but it had small reason so to do, for there yet remains nearly six thousand sick beds in the London workhouses, the patients in which are denied those advantages which it was declared years ago it was only right that they should have. —*British Medical Journal*.

## THE LINEN CLOSET.

BY one of those household usages which, no one knows how, have become laws to housekeepers, the winter months following the holidays have been set apart as the season for inspecting and replenishing the stock of bed and table linen.

By a sort of practical licence—as it cannot be called a "poetical licence"—we naturally speak of the clothing of a bed as part of the household stock of linen, though it may be that there is scarcely a linen thing in the collection. The decidedly more comfortable as well as less expensive cotton has taken the place of linen for sheets, pillowcases, and other articles with which the body must come in contact, and a very agreeable change it is. The mere thought of a pair of linen sheets in cold weather on a bed standing in a cold room is enough to send shiver's running both ways at once along one's spinal cord; while their frigid, slippery, repellant surface has nothing attractive for the ordinary mortal—though a few persons will still be found who delight in nothing so much as a linen outfit for the bed. These persons are entitled to be humoured in their fancies, but the great majority would much prefer cotton, even were the cost equal. As it is, the expense of linen is several times as great, while the durability is by no means equivalent.

The best fabric for sheets and pillow cases is unbleached muslin of a good quality. That for the sheets can be obtained of full width, making a much more agreeable article in use than when a seam runs lengthwise through the middle. The yellow or creamy tint of the unbleached cloth may not be wholly pleasing to the eye; but its use is recommended on the ground that the fibre is invariably more or less injured by chemical bleaching, detracting correspondingly from the wearing quality of the goods. Where the question is one of appearance simply, and the economical consideration is not to be taken into account, the bleached cloth will be found most satisfactory. But after a short period of use the "brown" muslin will be found to have bleached to the satisfactory shade, while it will throughout have given more pleasing service. There is a warm, gentle softness to the brown cotton goods which is never possessed by the bleached variety, and certainly not by the linen. "Snowy linen" may be a poetical term, but the article itself is as cold and comfortless as its adjective would indicate.

One thing which should be made a fundamental principle of all bed clothing, and which the beginner, especially, should not overlook is the matter of ample dimensions. What more exasperating than to wake in the middle of the night in a strange bed and find that the sheet has gone in one direction, the covering in another, and that the poor sleeper has been—well, in a condition over which it is proper to

draw the veil, also some bedding. Sheets for full-length beds should be made not less than two and three-quarters yards long, while the width must depend upon the dimensions of the bed, being not less than two and a half yards for a double bed.

Generally speaking sheets are made up quite plainly with simply a narrow hem at the top and a wide one at the bottom; but an agreeable diversity comes with the employment of some simple ornamentation, a wrought or hem-stitched hem, or a cluster of tiny tucks near the upper end, which when turned over in the making of the bed very well dispenses with the use of pillow shams or other ornamental fittings. In case the sheets have this extra finish, the pillow cases are to be finished to correspond.

Bed linen should be classified, marked, and have in its appropriate place in the closet, so that any article which is required may be obtained, even in the "darkest night," without the use of a lamp—it is an unsafe place to which to take any light. That which is to be used upon the beds of children and servants will naturally have harder usage and a shorter life than that which serves in other portions of the domicile, and should properly be made of strong and durable fibre; not because the children or the servants do not "deserve as good as anybody," but from a just observance of the laws of compensation.

A recent writer gave a very good suggestion regarding the use of sheets, when she said:—"In looking over the supply, articles that show thin places when held up to the light should be darned with fine linen floss and laid aside for use during sickness, or when a surplus is needed. Those who have ever had illness in the family know from experience that it is impossible to have too much bed linen at such times. And sheets and pillowcases that have grown soft from usage and frequent washing are by far more agreeable to sensitive invalids than the rougher, new ones. Those that were last year marked 'New' are this season classed with the 'Partly Worn' and last year's 'Partly Worn' are this year to be placed on the sick-room list."

It is sometimes found practicable where sheets wear thin in the middle to cut them lengthwise, and joining the margins which were formerly the outer edges, to secure a renewed wear; but this is only feasible where the wear is pretty near the middle and decidedly marked, which is not apt to be the case where, as is very common in this country, two persons occupy the same bed.

There is perhaps no department of the household which more unflinchingly indicates the thrift and house-wifely ability of the mistress of a home than the provision which is made regarding her beds and bedding. Tidiness in keeping, completeness of outfit, system in arrangement, pride in perfect appointment; these together make up the sum of perfect housekeeping in that direction. And it is also doubtless a fact that there is no department connected with the home life which exerts a greater influence upon the temperament of the members of the family, than that which we may properly call the department of the bed chamber.

"If a child does not obey," wrote John Abbott, "his mother's commands, no matter how insubordinate or unmanageable he may be, the fault does not, certainly, indicate anything at all wrong in him. The fault is in his training. In witnessing his disobedience, our reflection should be, not, 'What a bad boy!' but, 'What an unfaithful and incompetent mother!' This is fundamental. As long as a mother imagines, as so many mothers seem to do, that obedience on the part of the child is, or ought to be, a matter of course, she will never properly undertake the work of training him. But when she thoroughly understands and feels that her children are not to be expected to submit their will to hers, except so far as she forms in them the habit of doing this by special training, the battle is half won." You will need, dear mother, to train yourself never to command your child but once, and then to secure compliance with your command, with gentleness, but unwavering firmness.

## A COLUMN FOR THE YOUNG. A SANTA CLAUS SHOW AND A BIT OF "TRUTH."

By LUCY HENRY.

"I WISH I lived in the hospital," said a lovely, healthy-looking child, pointing to a large rocking horse at the *Truth* Toy Show, held last year in the Albert Hall.

"You wish you were in a hospital, child! You do not know what you wish," answered a gentleman who had overheard this remark.

"Come with me my little man, one day to a hospital, will you?"

Oh! mother, let me go. Do, then I shall see the toys again."

The mother consented after a while, for the stranger gave his card to her, and she knew him to be one of the most renowned physicians in London.

So one day in January, Dr. P—— called for the little boy to take him to the hospital to see the sick children.

Arthur Murray was seven years old, and was constitutionally healthy, strong, and merry. Although he had been much indulged by fond parents, they had never yet given him a rocking horse.

He held the doctor's hand as he walked through the ward, and, stopping of his own accord by the bedside of a boy who was crying, he said, "Why do you cry? I never cry."

No answer, but the child continued crying.

"Are you hurt?"

"Yes," he sobbed.

Little Arthur looked up at the doctor, "Do make him better," he said.

Stooping over the bed, the doctor whispered something.

"Please, please," he answered excitedly, as his face brightened.

"Nurse, kindly fetch the rocking-horse, and this little visitor will ride on it."

The rocking-horse was brought in, and the doctor placed Arthur on it. He seemed delighted as he rocked backward and forward, singing and whistling; all the little patients sat up in bed—at least, those who were able—to look at the bright little boy; he was the picture of health; his fine eyes sparkled with excitement; young as he was, he felt he was giving pleasure.

"Oh, this is grand," he shouted, as he sprang off the horse, and ran again to the child who had cried. "Are you better now; you are laughing, so the pain has gone. What other toys have you got?"

"A scrap book all to myself; it was sent to me by Santa Claus; my name is inside it, look, you see it is mine." And he hugged his book, which was always under his pillow, and his face glowed with pleasure.

"That is one of the presents from the *Truth* Toy Show," the doctor explained to Arthur, "and now, my little friend, I must take you home, and would you like to take the rocking-horse with you?"

"No, no, I could not, the little sick boy likes to see it," he softly said. "Oh, but doctor, look at that big doll; she is on a chair by the bed." Arthur caught the doctor's hand to draw him across the ward to get to a little girl's bed. The nurse was sitting on the bed supporting a pale, delicate-looking child, while she persuaded her to eat some bread and milk.

"One more mouthful, dearie, the Princess wishes it."

And feebly the child nodded her head, and took one more mouthful, looking fondly at the "Princess," which was the name of the lovely doll dressed in white satin.

"Nurse," she said, faintly, "do you think the 'Princess' would be glad if I try to finish it?"

"Yes, dearie, try," and the nurse pressed the child closer to her, she knew how ill the child was, and was very anxious about her.

There was perfect silence in the ward as the poor little patient mechanically swallowed the bread and milk.

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"There, 'Princess,' I am tired," said the poor exhausted child, as she lay back on her pillow, and, closing her eyes, she soon fell asleep.

"Nurse," the doctor whispered, "don't cry," for the nurse was quite affected. "The little one will get better now, thanks to 'Princess.' When she wakes feed her again, and to-morrow we shall find her stronger."

During the return home, little Arthur confided to the doctor what he meant to do next year for the poor sick children. The Great House of Pain had laughed much, and perhaps it could teach to many more if they were to visit the hospitals to see the benefit *pleasure* gives to those who suffer pain, for it takes so little to please a poor sick child.

## HEALING WOUNDS THROUGH MENTAL SUGGESTION.

MANY of us are familiar with accounts of the wounds inflicted by African der-vishes on themselves; but the statements which the narrators make, they do not inflate and may be quite healed in twenty-four hours, tends to discredit their truthfulness. Delboeuf's observations made two or three years ago make these stories more plausible. It is well established that in certain hypnotic subjects a suggestion made during a hypnotic sleep, that if to a part of their body a cautery or a blister is applied, will produce, after due lapse of time, an actual reddening of the skin. The hallucinatory feeling of inflammation produces in these persons a genuine inflammation. M. Delboeuf argued from this, that the feeling of pain, however useful in other respects, must itself be an irritant, and goes on to infer that the abolition of it from an actual wound ought to accelerate its healing. He immediately thought of some hypnotic subjects whom he had made insensible, and in whom he had often admired the rapidity with which the marks of punctures and pinchings disappeared, and proceeded to more systematic experiments to verify his observations. On a young woman whom he could make insensible by suggestion, he marked two corresponding spots, one on each arm, and made on each an identical burn with a hot iron, announcing to the patient while in a trance, that the one on the right should not be felt. The suggestion took effect; and the next day, when the bandages were taken off, and the left arm presented a sore with an inflammatory area three centimetres in diameter, the right arm showed only a clean scorch of the skin of the exact size of the iron, without redness or inflammation. On another subject similar results were obtained with burns and blisters, the spots chosen being near together on the same arm or on the neck. M. Delboeuf, suggesting to a very sensitive subject that she should not feel a severe dental operation, was assured by the dentist that what he found most extraordinary in the whole performance was the absence of the salivary secretion which would usually have accompanied it.

Similar experiences are by no means uncommon in every schoolboy's life. If he is hurt

in any fray and snaps his fingers at the pain and says it's nothing he recovers in half the time he would had he nursed the injury. The popular belief that we may harden ourselves that it is nothing, and it becomes only a trifle.

So, too, if a man eats certain foods with the belief that they will hurt him they will often produce the effect he has suggested, and if he eats the worst of foods with a contrary belief they will harm him less because he has suggested it, and the suggestion is bound to produce its effect.

We have a friend who two or three years ago wanted some money and sold his overcoat to get it, and made up his mind that overcoats were useless, and declares he got on even better than ever before. He still continues his practice. It is fair to say he is a young man, and in far better health than he was five years ago. He has aroused his nervous system to a higher degree of activity, and thus infuses more life into his body which keeps it stronger and healthier.

## CONSUMPTION IN INFANTS.

TUBERCULAR infection is now known to be most frequent as a cause of death in infancy. At this time it is the brain and other lymph glands and the meninges that are involved; in childhood the bones are prone to be attacked. In adult life it is the lungs.

Taking tuberculosis in every form as a cause of death, Professor Hugo Holsti, of the University of Helsingfors, has compiled interesting facts showing the relation of age to this disease.

During the years 1882-1889 there died in the Swede-Finnish district of Helsingfors 1771 persons of tuberculous diseases. The mortality rate of 10,000 living persons is much the greatest during the first two years of life (2.5 per cent.). It rapidly falls until between the ages of six and fifteen it hardly exists. It then steadily rises until the decades thirty-one to forty, forty-one to fifty, and fifty-one to sixty, where it remains at about 6 per cent., and then falls again.

Males are more subject than females in the proportion of 909 to 781, but this holds true more for adult than infant life.

Prof. Holsti's tables show in a striking way identity of the period of greatest mortality from tuberculosis with the time when children are fed on milk.

May it not be that after all the cow is at least one of the great enemies of mankind, and that without her there would be far less tuberculosis? The history of Japan, which is a cowless country, favours in a measure this view. Science seems to be pointing toward the conclusion that there are two great and potent poisons constantly infused among civilised people, and these may go in milk and water. Not that these substances are essentially bad, but they are simply the medium for carrying them into the system. The true remedy would seem to be in the first place to attend more carefully to the hygiene of our cows, and in

the second place to find out some substitute for milk which is equally valuable as a food and free from its dangers. Here is a field for our vegetarians. They have been of immense service to mankind by insisting on the larger use of cereals, whole-meal bread, a larger use of fruit. Now let them give us a perfect substitute for milk, or something better than milk. We believe it can be done.

## ACIDITY OF THE STOMACH.

A NOT uncommon disease is acidity of the stomach and it is also very annoying. It has lately been decided that it generally has its cause in the nervous system rather than in the stomach itself and especially accompanies hysterics and nervous exhaustion, there being constant irritation of those nerve centres which control digestion. A chief symptom is vomiting, generally at least once a day, often at night or early in the morning, of a quantity of almost pure gastric juice, unmixed with remains of food, but often bile stained. It occurs chiefly in young persons or those below middle age, often periodically, without any apparent cause, the patient waking in the night with heartburn and severe cramping pain in the stomach, thirst, &c., succeeded shortly by copious vomiting. There is often headache, restlessness, and altered expression of the countenance. The attacks may last for twenty-four hours or a few days, and in some hysterical cases for weeks or months. The acidity of the vomited matter varies from .08 to .4 per cent. in different cases (average normal gastric acidity during digestion = .2 per cent.). It digests albumen well, is free from organic acids and presents all the characteristics of almost pure gastric juice. There is usually increased appetite and a frequent craving sense of hunger, compelling the patient to eat frequently during the day, and even to rise at night to satisfy it, increased thirst, heartburn, and pain in the stomach, particularly at night. When the disease lasts for any length of time there is wasting and anæmia. The disease is rare, according to Reichmann, he having only noticed six cases amongst several hundred examined with the sound. Treatment consists in washing out the stomach so as to free it for a time from its acid contents.

The hygienic treatment should consist first in quieting the nervous system by bathing the head and back of the neck in cold water on rising, a good deal of friction to the skin to bring the blood to the surface, abstinence from food for at least two or three days, meantime

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drinking freely of pure cold water, and after this for at least one month, only one meal daily, consisting of stale bread, poached eggs, baked potatoes, a little milk if it agrees. A glass of hot water may be taken a half hour before the meal. One meal a day may seem unwise to many, but it gives the nervous system time to adjust itself to natural conditions and no harm need be feared.

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regulated by judgment, purity, perseverance to overcome, patience, submission to Divine law. The best types are those among the great teachers, rulers, and leaders of mankind who have done most to regulate the society in which they lived.

The Chinese idea of culture is that which was put forward by Confucius, the cultivation of personal virtue, and the endeavour to regain, as far as possible, that perfection of character belonging to the natural man which has been so fully exemplified in many of the lives of the sages and sovereigns of antiquity.

The points to be insisted on for the development of the coming man are an honest endeavour to carry out the truth and to eliminate from our characters all that is false and corrupt.

The best counsel for the young men of to-day is—think less of themselves than of how they may best do good to others; be temperate, pure of heart, and moderate in all things.

The finest quality in human nature is a love of truth for truth's sake.

## RICKETS IN CHILDREN.

RICKETS is due to an insufficient supply of lime salts to the body, in consequence of which the bones become soft, the joints enlarged, and the legs bowed. It is principally due to giving the child unwholesome food. Sweets clog the stomach and destroy the appetite, so should never be given to a rickety child. Another very prominent symptom is the sweating in the head at night times. Great care should be bestowed upon the clothing: see that it is flannel which comes next the skin. If salt water cannot be obtained to bathe the child's limbs with night and morning, add table salt to the water, for this has been found of great benefit. Fish, eggs, and milk are all wholesome nutritious substances, and should form the principal items of the diet. For remedial measures some concentrated form of nourishment should be given, such as a teaspoonful of Oppenheimer's Cream of Malt with Cod-liver Oil and Hypophosphites. Cod-liver Oil has been found of great benefit in these cases. The great drawback has always been the difficulty of administration to young children, but in this form with the Cream of Malt it is regarded more in the light of a sweetmeat, and is readily taken. From the above it will readily be seen that it is necessary to furnish the system with that which it lacks—viz., the lime salts. In the above preparation these are present in the Cream of Malt and in the Hypophosphites. Besides which, the malt acts as a slight laxative, keeping the bowels in order, and enabling the system to absorb the starchy foods, which in these cases are frequently the cause of the constipation. All precaution should be taken to prevent the child taking a chill—avoidance of draughts or sudden change of temperature. If these measures are carefully followed out a beneficial change will soon be noticed. Above all, do not feed the child upon diet which is given to people beyond their years. This is bound to prove harmful, and is the cause of most of the minor complaints found in children and not a few of the more serious ones. Careful attention to these matters cannot be too forcibly impressed upon mothers with delicate rickety children.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

## EYESIGHT PRESERVED.

MR. AITCHISON, Oculist Optician, should be consulted in all cases of Defective Vision  
47, FLEET STREET, LONDON. E.C.

**DR. DUNBAR'S ALKARAM**  
or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

### ALKARAM.

If inhaled on the first symptoms of Catarrh, Will at once arrest them, and in the severest cases will generally cure in a single day.

### ALKARAM

Contains no narcotic, the smell is agreeable and reviving, and relieves head aches; in fact, it should be on every toilet table.

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Is sold by all Chemists at 2s. a bottle.  
Address DR. DUNBAR, care of F. Newbery and Sons, 1, King Edward Street, London, E.C.

## DOUGHTY'S VOICE LOZENGES

KEEP THE VOICE IN TONE.  
From Signor TOMMASO SALVINI, the Eminent Tragedian.

"Theatre Royal, Drury Lane, May 23, 1875.  
"SIR,—The other night, when my voice would have otherwise failed, I was able to accomplish my duty to the very last in "Othello," which I owe entirely to your Voice Lozenges."

ASK YOUR CHEMIST FOR THEM.  
Sold in boxes by all chemists, 1s., 2s. 6d., 5s., and 11s., or will be sent direct, post free, for 1s. 2d., 2s. 8d., 5s. 4d., and 11s. 6d. Sample boxes 6d., post free 7d.  
FRANCIS NEWBERRY AND SONS,  
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Established A.D. 1746.

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FOR  
HEADACHE  
AND  
SEA SICKNESS.

"BRAIN SALT."  
(title registered in Great Britain and America) is sold at 2s. 9d. per bottle, and cannot be obtained of dealers in cheap medicines for the low prices sometimes accepted for articles similarly priced. See on all bottles of genuine "Brain Salt" the Government Stamp, bearing the words "F. NEWBERRY AND SONS, 125 years in St. Paul's Churchyard, London."

F. NEWBERRY and SONS, 1 and 3, King Edward Street, Newgate Street, London, E.C. (established A.D. 1746), send "BRAIN SALT" postage paid, for 3s., to any part of the United Kingdom; and those who fail to procure it of chemists may thus readily obtain it from the Sole Proprietor.

## QUESTIONS.

EXCHANGE.—Is the rate of exchange from China and the Straits Settlements likely to improve; if so, when?—"Chang."

## ANSWERS.

"Anxious"—I am very sorry that I cannot say what treatment would be suitable for the cat, but Dr. Gordon Stables gives advice with regard to diseases in cats for the nominal fee of five shillings. His address is Gordon Stables, Esq., M.D., R.N., Gordon Grove, Twyford, Berks.—"Thomas Wilton."

SUCCESSION DUTY.—If you have a profit rental from a leasehold you must, of course, pay succession duty. Refer to the Act, and you will find the table showing the duty which is payable by successors of any age. If the lease should expire in your lifetime you would, we think, be entitled to claim a return of a certain part of the duty.—C. W.

"VERITAS"—You are correct, we do believe in the immortality of the soul, but cannot discuss in the columns of the FAMILY DOCTOR topics foreign to its purpose. Our paper is entirely devoted to the dissemination of Household, Medical, and Sanitary knowledge.

# Rowland's Macassar Oil

Best preserver, and beautifier of the hair, prevents it falling off, and is the finest Brillian-tine; it is most beautifully perfumed, and is a perfect luxury for the toilet table of everyone; also in a golden colour for fair hair; sold everywhere; bottles 3/6; 7/-; 10/6 equal to 4 small.



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AND ALL  
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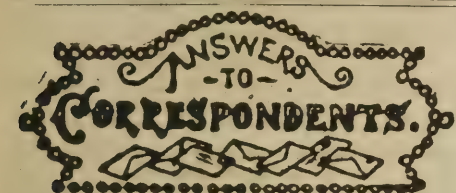
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Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of THE FAMILY DOCTOR, 18, Catherine-street Strand London W.C.

Just published, 1s., post free 1s. 1d.  
THE PHYSICIAN. A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, etc. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience.

Offices—18, Catherine Street, Strand, London, W.C.

### ADVICE GRATIS

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:—

Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incur-
London Temperance Hos-	ables, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospi-

**AFFLICTED ONE.**—Take a cold or tepid bath every morning and let your meals be more free from potatoes or bread, oatmeal, &c. in any quantity. Eat lean meat, boiled fish, and green vegetable to your heart's content. You should take plenty of active outdoor exercise, not merely walking. You will always have trouble in this respect, and so you must be always taking something to relieve you. Many people take a dinner pill, something like the following: Dried sulphate of iron one grain, extract of watery aloes one grain, extract of nux vomica half a grain, extract of belladonna half a grain, to make one pill, to be taken every day at dinner time.

**ONE IN DISTRESS.**—Your wife is alright. You must avoid all beer, wine, and spirits, and refrain from intercourse. Take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, infusion of buchu to six ounces. One-sixth part three times a day after meals.

**HEMICA**—1. This is easily relieved by your emptying your bladder. 2. This is the natural effect of cold air: there is nothing abnormal about it at all.

**MARTIN.**—We cannot tell you why some people get them and others do not, and their cause is not altogether clear in some cases. There is no known method of dissolving them. We are in the habit of prescribing the following pill every night: Blue pill one grain, powdered rhubarb one grain, sulphate of quinine one grain. To make one pill, taken every night. Also the following mixture: Aoid tartaric acid two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

**DISCOURAGED.**—We fear that your hair will not grow again as the cause is probably hereditary. In the other matter you had better take the following: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part every four hours.

**HANNIC.**—It is not the habit so much as the results of the habit that are likely to be of consequence, should you think of marrying. You have forgotten to give us any information as to the present actual state of things, as regards power, &c. You have therefore not placed us in a position to express any opinion that would be of value. If you will send us a full statement we will endeavor to advise you as far as may be possible without examination.

**J. ROCK.**—Yes. Continue the bathing and relinquish all bad habits, avoiding suggestive literature of all kinds. Take a scruple of bromide of potassium night and morning in water, eat plenty of fresh fish, and take meat but once a day. Plenty of open-air exercise and direct your attention to some healthy hobby.

**ALPHABETA.**—Perceive with the medicine which has done you so much good. We meant the tendency to excessive frequency—or at a certain age, it is usual to expect an accident of the sort once or twice in a month. You may with benefit bathe the parts night and morning with cold water, and take as much open-air exercise as convenient.

**S. L. W.**—Yes, until the seventh month. 2. Once a week. **CONSTANT READER.**—You are suffering from indigestion with pleurodynia, and have neither pleurisy nor disease of the heart. You drink too much tea—give it up. You probably eat your food quickly—moderate the speed, and drink only when the meal is finished. Take the following mixture after each meal: Subnitrate of bismuth twelve grains, mucilage of acacia half a drachm, chlorodyne five minims, tincture of gentian half a drachm, water to half an ounce. Let us hear how you are in three weeks' time.

**W. P. J.**—As a rule the family medical man either does not understand, or does not know how to treat such cases. He has seldom the time to devote to careful study of them, and even had he the time his cases would probably be too few to give him the necessary experience in that special branch of medico-surgical work. You are wise to avoid the cheap, or indeed any advisers, and the best course is to go straight away to a thoroughly reliable specialist, who would examine and be able to give you a definite opinion as to your condition. See reply to "J. Rock" and others in these columns.

**LEX.**—At seventy years of age, it is risky to order internal treatment for a cough and expectoration without seeing you. There can, however, be no reason why you should not use an inhalation of Stern's solution of pinus pumilio, fifteen drops to a pint of boiling water, twice or three times each evening. You may take a moderate quantity of spirit, but should avoid beer. So long as the ventilation of your room is essential, we do not think this petroleum stove will be harmful, provided the fire leads into the chimney, and you keep a dish of water always in the neighbourhood of the stove.

**BRUTUS.**—Do not eat sugar, pastry, or raw green stuff—salads. You need not abstain entirely from alcohol, but the quantity should be strictly moderate. Keep the bowels acting, and every morning use an injection containing two tablespoonfuls of salt dissolved in half a pint of warm water, to which an equal quantity of fresh quassia infusion has been added. Retain as long as possible and wash the result.

**MEOS.**—See reply to "Brutus," and carefully follow the instructions given to him. We thank you for your kind wishes.

**LILLIAN J.**—You have forgotten to say how old you are, and whether you are married or not. You may take a grain pill of aloes and iron twice or three times a day for two months. Avoid taking another chill, and let us know how you are at the end of the time.

**SYMPATHISER.**—Yes. Circumcision would be the best thing possible under the circumstances. The operation is not a serious one, and might keep the patient confined to his couch for a week or ten days. If you wish us to recommend him to a specialist in these matters, we will do so on receiving a stamped addressed envelope, with a reminder of the case.

**JULIA.**—The chemist who you used to make up the prescription is a little too fastidious. You should show him the number of the journal containing it, and we have no doubt he will dispense it without hesitation. If not, try another chemist. By all means use the ointment, and write us a report of your progress in a month's time.

**REPRESENT.**—You should have thought of these things earlier than just before the time at which you intend to be married. However, you may try the following mixture: Tincture of perchloride of iron twenty drops, bromide of potassium twenty grains, solution of strychnine two minims, water to half an ounce, after each meal. Keep the bowels free with an occasional dose of Epsom salts.

**TIM REARDON.**—Send a stamped addressed envelope and we tell you whom to go to.

## WHEATLEY'S HOP BITTERS

(OR HOP ALE).

FERMENTED NON-INTOXICATING BEVERAGE.

THE REPUTATION WHICH THIS ARTICLE HAS ATTAINED HAS BROUGHT FORTH A HOST OF IMITATIONS. CONSUMERS ARE THEREFORE EARNESTLY REQUESTED TO NOTE THAT

BOTTLES BEAR **WHEATLEY'S LABEL,**

AS INFERIOR AND LOWER-PRICED ARTICLES ARE BEING OFFERED.

GOOD ON DRAUGHT.

TO BE HAD OF WINE MERCHANTS BOTTLEERS, & GROCERS EVERYWHERE

OR FROM

**WHEATLEY & BATES**  
(LIMITED),  
**SHEFFIELD.**

**MARY.**—Take this mixture half an hour after each meal: Subnitrate of bismuth twelve grains, mucilage of acacia half a drachm, tincture of cardamom half a drachm, peppermint water to half an ounce.

**ZEBRA.**—Try the following mixture night and morning: Bromide of potassium twenty grains, tincture of hops one drachm, sulphate of magnesia forty grains, peppermint water to half an ounce. Take as much outdoor exercise as possible, and give up coffee, sugar, and pastry.

**RAB NAM.**—We are unable to give an opinion with regard to this feeling without examining you to discover a cause. Perhaps you are in some way exposed to draught or chill, or do not obtain sufficient outdoor exercise. You must keep the bowels freely open and live regularly, avoiding much beer and spirits. The best thing you can do is to go and see a good medical man.

**ATROPOS.**—You are suffering from indigestion now. You should take the following medicine: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, syrup of ginger one drachm, peppermint water to six ounces. One-sixth part three times a day between meals. Do not try walking immediately after meals, and let your diet be light and nourishing and eaten deliberately without haste. Use plenty of soap and water to the rash on back and breast.

**S. N. T.**—Yes, we think the occupation decidedly unhealthy, and as you have the choice we should advise you to stick to your father's business, provided you have opportunities of taking a sufficient quantity of open air exercise.

**THOS WATTS.**—The lumps (glands) in the neck are secondary to the sore on the head. Wash off all the crusts each night, and apply an ointment containing equal parts of zinc and boracic ointment, taking care that the patients do not scratch, and that the bowels are made to act regularly every day.

**MINO.**—Take the following mixture: Dilute phosphoric acid ten minims, bromide of potassium twenty grains, tincture of nux vomica eight minims, water to half an ounce. Three times a day for four weeks.

FOR INFANTS AND INVALIDS.

# Swinborne's Isinglass

Is the Best.

A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.  
IT IS MOST NUTRITIOUS.

"The FAMILY DOCTOR combines an unusual variety of Hints on General Medical Subjects."—Lloyds.



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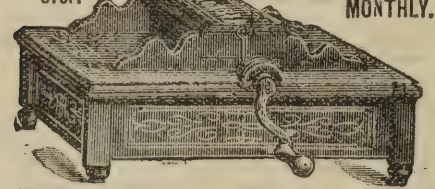
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Spliced Heels and Toes. Of Every Description.

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WITH EXPRESSION STOP. ONLY 4/- MONTHLY.



Plays hymns, popular airs, quadrilles, polkas, waltzes, hornpipes, etc.; any tune can be played with artistic effect by anyone. A mere child can play it. Most Marvellous Musical Instrument in the World.  
PRICE 30/- TERMS: 4/- DEPOSIT AND 4/- MONTHLY.  
Organette delivered when first 4/- is paid.  
Write for list of music and full particulars. (Mention this paper).  
J. M. DRAPER, Organette Works, Blackburn.

## NATURE'S REMEDY FOR CATARRH

Having tested "Dr. Lane's Catarrh Cure" in thousands of cases without a failure, I deem it advisable to send a Trial Sample by post on receipt of 1s., knowing that it will produce such beneficial results as to induce a continuance of its use until a complete and permanent cure is effected. Send a Postcard for Brown's Illustrated Shakesperian Almanack for 1894.—Address

PROF. BROWN,

61, Chandos Street, Covent Garden, London.

**HACKETT'S SWANSDOWN FLANNELLETTES**  
Fast Colours. Unshrinkable. Beautifully soft. Superior to Flannel, at one-fourth the cost. Also Extra Warm for Nightdresses, Night-shirts, Ladies' Underwear, &c.  
PATTERNS FREE. CARRIAGE PAID.  
The "Queen" says:—"singularly inexpensive."  
YARD. CARDIGAN WORKS,  
HIGH STREET, BIRMINGHAM.

**QUILP**.—1. An ounce of Epsom salts to the eight ounce bottle for yourself. 2. We do not approve of your doing this at all, and we strongly advise you, as you may in any case do much harm by giving such medicine where not required, to give up the sale at once. You are not even a chemist, and cannot be expected to understand the damage that the indiscriminate and ignorant use of powerful drugs may do. We know nothing of the methods of legalising a panacea, and if, as you say, you "do not wish to do wrong," give up the sale immediately.

**ANXIOUS X**.—You are undoubtedly suffering from some inflammation of the parts, but we are unable to say that it is due to the chill of which you speak. Give up stimulants, take the following medicine every four hours, for four days: Antimonial wine fifteen drops, sulphate of magnesia thirty grains, glycerine twenty drops, infusion of buckthorn half an ounce. Use the following as an injection with a Higginson's enema syringe: Powd. red alum two ounces, warm water one pint. Use two tablespoonfuls of this solution in a pint of warm water, as an injection three or four times a day.

**HARLEY ARCHER**.—Your test plan is to grind an ounce of the berries, add half a pint of boiling water, and allow the infusion to stand at a temperature of 100 deg. Fahr. for about fifteen minutes. Strain and take on a fourth of the quantity, produced twice a day. We offer no opinion as to the efficacy of this treatment, nor do we believe the statements made as to the wonderful results named.

**E. C. CORDER**.—There may be obstruction on one side or the other, i.e. the fault, if any, may be that of either partner. Under these circumstances there is more chance of mischief of life would be of any service. The condition would require treatment, and would therefore need examination at the hands of a competent medical man. As far as your general health and habits go, there is nothing to alter, and it is on that account that we conclude there must be some reason not apparent in your note. We cannot write more fully on the subject in these columns, but if you send us an addressed envelope, we shall be happy to give you the name of a physician expert in these matters, to whom you may apply with confidence.

**MISERABLE**.—Flatulent dyspepsia, causing pressure mechanically upon the heart. You are doing the worst thing possible in taking acohol for relief, and you will find the condition, instead of improving, will rapidly get worse if you do not relinquish the practice of taking stimulants. Instead try the following mixture after dinner and supper: Dilute sulphuric acid half a drachm, spirits of chloroform ten drops, tincture of gentian half a drachm, peppermint water to half an ounce. Keep the bowels acting regularly every day; eat your food very slowly; drink only tea, cocoa, or weak coffee; the meal is finished, and take a little barley, sugar, and coffee.

**MAGGIE MURPHY**.—As you get older these troubles will disappear. For the present, take each morning before rising a dose of the following mixture: Sulphate of magnesia one drachm, carbonate of magnesia ten grains, peppermint water half an ounce. Use hot water always to wash the affected parts (good soap, Terrene or Vinolia) every night, and rub thoroughly with a Turkey towel after drying. Wash the head once a week with a soap and hot water, then rinse with cold, and apply some of the compound lanolin ointment, Messrs. Hooper & Co. Chemists, 7, Pall Mall East, London, S.W.

**CLARENCE**.—You must continue taking the medicine, not for six months only, but, if you wish to be cured, you will have to take it more or less continuously for at least two years. Your best course is to tell the doctor all about your circumstances, and he will probably prescribe the medicine in such strength as to allow each bottle to last you a week or eight days instead of two days as at present. The best thing to do to prevent relapse is to stick to the medicine, never neglecting a single dose.

**TEMPUS FUGIT**.—Have the decayed teeth taken out at once, and cleanse your teeth after each meal, using borax and fluoride of myrrh sprinkled on the toothbrush. Take also the following medicine: Carbolic acid (pure) one drop, tincture of cardamom one drachm, infusion of gentian to half an ounce. Half an hour after each meal.

**R.B. "Lieben"** is the name of the complaint. External application alone would never cure it. Be careful about your diet, eat your food slowly, avoid all sweets and coffee. Take a teaspoonful of Epsom salts each morning in a wineglassful of hot water, and use the compound lanolin ointment prepared by Messrs. Hooper and Co., of 7, Pall Mall East, London S.W., every night and morning.

**NELLY RAWORTH**.—1. Let the baby have ten drops of syrup of iodide of iron in a teaspoonful of water three times a day. 2. We cannot account for the pains in your arm; when you sneeze, unless they be due to spasmodic muscular contraction. 3. You had better write to the publisher regarding the cost of binding. 4. A subscriber, a riotous speaking, is a person who pays a subscription for a paper in advance, at any period, whether a month or a year, or who orders a certain paper to be regularly sent by a newsagent. 5. Thank you very much for your good wishes.

**BRITISH WORKMAN**.—The parts should be uncovered and washed with soap and hot water every day, being thoroughly dried after each washing. Smeer them well internally with boracic ointment, and keep the bowels acting regularly with some saline aperient, such as Dunn's Fruit Saline.

**BLUEBOTTLE**.—Take a teaspoonful of syrup of iodide of iron in water after each meal. Paint the neighbourhood of the part with liniment of iodine, and keep the bowels acting regularly. If you really only had gonorrhoea, and the symptoms (not described in your note) have all disappeared, there can be no danger in your marrying.

**GARDNER**.—We are glad you are so much better after the treatment we ordered, and think you cannot do better than persevere with the same medicine through the winter. Apply half a mustard leaf to each of the painful parts every alternate night until the pain is relieved.

**CHARLES P.**.—The victims of the vice are innumerable, not only in this country but in others. You had better describe fully the conditions found in your own case omitting none of the details, and we shall be glad to help you.

**HOPEFUL**.—The quantity ordered (half an ounce) is a single dose, and that quantity is to be taken after each meal. Ten to fifteen drops of the mixture would be ridiculously useless.

**CUTTER**.—It is clear that you have never entirely recovered from the effects of the accident. But your symptoms of late have been aggravated by the long period of indulgence in intoxicating drinks. You certainly have indigestion, but that is in addition to chronic indigestion, and the troubles that remain since the accident. Try the following medicine each morning before rising: Sulphate of magnesia one drachm, carbonate of magnesia ten grains, nitrate of potash ten grains, peppermint water to one ounce.

**L.**—Yes, a man may undoubtedly live a healthy single life. On the other hand, moderate indulgence is not calculated to weaken the physical powers or to make a married man weaker, muscularly or mentally, than a single man would be had he remained single. This statement must not of course be taken as applying to indiscreet marriage—whatever the fault, whether extreme youth on one side or the other, or delicate health in the male.

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver, Purifies the Blood and is delightfully refreshing. Through Chemists and Stores.  
SPECIAL OFFER.—To prove its efficacy, 1s. 6d. bottle will be sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON

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This is a small series of pens made in the U. M. & Co., and J. Paterson, in an incorrodible metal, which is coated with pure gold. No ink will affect these pens so as to cause them to rust, and they write with a nice, soft, and easy elasticity.

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SIR,—After TEN YEARS suffering and irritation your "VELVETA" has cured my leg. It has been worth TWENTY POUNDS to me.—JOHN JARVIS FORTY.

"VELVETA," a beautiful Cream for Eczema, and all roughness of the skin. 13d., or by post 15 stamps from E. J. ORCHARD, Chemist, Salisbury  
Please mention this paper.

"THESE NATURE'S HERBS," positively nothing more universally reliable known, as proved by Published Testimonials of most Influential Authorities; they rapidly relieve aches, pains, inflammations in every part, headache to sciatica. Why experiment when a remedy with a three-quarter-century record such as this costs but a farthing a meal? send 15d. or 3d. to-day—SIR Thomas's Buildings, Liverpool, or the Chemists for BROWLEY'S GOUT & RHEUMATIC PILLS THE FAITHFUL CURE.

**JOLLY'S "DUCHESS" PILLS**  
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Prepared from delicious Mocha Coffee and nourishing Malt. Taken at breakfast fortifies the system for the day; taken after meals, without milk, prevents and cures INDIGESTION. Does not excite the nerves and cause sleeplessness, like ordinary coffee or tea, or affect the liver like chloery. It is as nourishing as stout or ale. It goes much farther than any ordinary coffee, therefore it is cheaper, but far superior. Highly recommended to invalids recovering and to those of delicate health. Of Chemists, Grocers, and Stores, or send 15 stamps for a sample tin.

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ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blisters on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

## WORTH A GUINEA A BOX.

For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them.

For a Weak Stomach, Impaired Digestion, and all Disorders of the Liver, they act like magic, and a few doses will be found to work wonders on the most important organs in the human machine. They strengthen the whole muscular system, restore the long-lost complexion, bring back the keen edge of appetite, and arouse into action with the rosbud of health the whole physical energy of the human frame. These are FACTS testified continually by members of all classes of society, and one of the best guarantees to the Nervous and Debilitated is BEECHAM'S PILLS have the Largest Sale of any Patent Medicine in the World.

## BEECHAM'S MAGIC COUGH PILLS.

As a remedy for Coughs in general, Asthma, Bronchial Affections, Hoarseness, Shortness of Breath, Tightness and Oppression of the Chest, Wheezing, &c., these Pills stand unrivalled. They are the best ever offered to the public and will speedily remove that sense of oppression and difficulty of breathing, which nightly deprive the patient of rest. Let any person give BEECHAM'S COUGH PILLS a trial, and the most violent Cough will in a short time be removed.

Prepared only, and sold Wholesale and Retail, by the Proprietor, Thomas Beecham, St. Helena, Lancashire, in boxes 1/4d., 1s. 1/4d., and 2s. 9d. each.

Sold by all Druggists and Patent Medicine Dealers everywhere.

N.B.—Full directions are given with each box.

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FOR THE

## TREATMENT OF DISEASES OF THE EYE

WITHOUT OPERATION, 32, RUSTON SQUARE, LONDON. Abolition of pain and danger of operation superseded by medical treatment.—OCULIST, EDOUARD POMIER, late Surgeon in the French Army, &c. Consultations daily from 9 till 11 A.M. Fee for the Working Classes, 1s. Just published: "Guide to the Treatment of Diseases of the Eye," sent free for 6 stamps. Consultations by correspondence.

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Send 1/6 for sample pound tin to  
**TEEN WO CHANG, Tea Importers,**  
36 and 37, MINCESTER LANE, LONDON.

## TO THE AFFLICTED.

FOR 23 stamps, a sufficient supply of Lady St. John's Samarian Salve to cure any ordinary cases of Bad Legs, Bad Bruses, Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas, Burns, Piles, & Skin Diseases.—J. QUEMBY, 324, Wandsworth-road, London. Trial Box, 9 stamps. All Chemists.

**JOHN BOTTOMLEY.**—Sedentary occupation and insufficient outdoor exercise have caused the indigestion, which is the source of your troubles. Do not imagine that every functional ailment means organic liver or kidney disease or both. Take more outdoor exercise, eat your food slowly, and every morning swallow a teaspoonful of Epsom salts dissolved in an ounce of peppermint water.

**EMMA MILLS.**—Chronic indigestion due to decayed teeth, and excessive tea-drinking, would be chiefly accountable for your difficulties. Have the decayed teeth removed and exchanged for new ones. Give up tea and consider altogether whether it would be better or you. Eat your food very slowly, and take one teaspoonful of syrup of iodide of iron in half an ounce of fresh quassia infusion after every meal. An occasional dose of Hunyadi Janos or other natural aperient water will help you, by keeping the bowels in regular order. If a month of this treatment does not relieve you, there are other symptoms which you have not described, and which may be accountable for some of the troubles.

**ALFRED PETRE.**—You have done wisely to act as you describe. Persevere with the external applications, and continue to be careful about your diet. Take the following mixture three times a day between meals: Chlorate of potash ten grains, carbonate of ammonia three grains, glycerine half a drachm, tincture of belladonna five drops, tincture of nuxvomica ten drops, water to half an ounce.

**HERNIA.**—The only radical cure for hernia is that by operation—introduced by the late Mr. John Wood, of King's College Hospital. We have seen the advertisements of the person you name, and advise you to have nothing at all to do with him. You would do wisely to consult an orthodox physician by preference a surgeon to one of the great London Hospitals.

**DORA.**—1. We should advise you to use, night and morning, an injection containing a teaspoonful of powdered alum to a pint of warm water. This may be persisted in with safety for several months. 2. We are sorry that there is no method known to us of correcting the deformities caused by the use of tight laced corsets. The best plan for the future is to have leather boots made to measure, with square toes and straight outline on the big-toe side.

**M. PINK.**—1. The Addiscombe end of Croydon might suit you. 2. Face massage, carefully administered by a competent masseuse—not one of those who advertise the treatment—would probably be, to a certain extent, effectual in removing the skin disability mentioned. 3. Tie up the chin with a bandage or handkerchief, when retiring to rest, to prevent the chin from correct itself, &c., supposing there is no difficulty in breathing through the nose.

**SIGNALS.**—You must avoid all beer, wines, and spirits, and much walking or standing about. Keep the bowels freely open, and take the following medicine: Oil of sandalwood three drachms, mucilage of gum arabic three drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day after meals.

**WILLIAM WHITBY.**—We do not know what is the matter with you, hence cannot recommend a suitable doctor for your case. There must be some hospital in your neighbourhood; you had better consult one of the surgeons there.

**F. W. LING.**—You had better take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals. You must be careful to keep your bowels freely open, and get plenty of active outdoor exercise.

**CHARLES WATTS.**—There are some two hundred varieties of skin disease, and of all these the most common is that called the lands would be acne. The growths are probably hard papillomata, and had best be treated by the application of small quantities of strong carbolic acid. This should be repeated daily unless you find the condition aggravated by the treatment. Your description being incomplete, we are only able to make this tentative suggestion. Give up the cod-liver oil, and take a teaspoonful of phosphate of magnesia each morning in a wineglassful of warm water. We shall be glad to have as full a description of the eruption as possible in order that we may be able to make a more positive diagnosis.

**A. XIOUS.**—Any medical man who finds it necessary to puff himself and his qualifications, as is done in the advertisements which you have enclosed, must be a quack, and is not to be trusted. We advise you, therefore, to religiously avoid the person. You probably have a stricture and would do well to consult a surgeon at one of the great hospitals of which there are several in your district. Meanwhile take a mixture containing tincture of perchloride of iron fifteen drops, sulphate of magnesia half a drachm, sulphate of quinine two grains, water to half an ounce, after breakfast and dinner, daily.

**WISHFUL.**—If, as the medical officers to the colliery have told you, your heart is weak, we should, without careful examination, be sorry to tamper with your condition. Your best plan is to consult one of these gentlemen again, and to follow his advice implicitly.

**AN INDEPENDENT ONE.**—Use a little good snuff to clear the nostril twice a day. Follow this by syringing the nostrils thoroughly with a weak solution of alum, say a teaspoonful to a pint of warm water. This is best used with the hydrostatic douche, which any chemist will sell you for a few shillings.

**A CONSTANT READER.**—You had better apply some white precipitate ointment to the spots, and do not scratch. Wash once or twice a week according to the quantity of ointment used.

**ARAILIA.**—Take the following mixture after each meal: Tincture of perchloride of iron twenty drops, bromide of potassium twenty grains, chloroform water to half an ounce. Keep on with this medicine for two months.

**MRS. GATE.**—1. This is a natural scrofula, which in some people decomposes readily and then becomes offensive. Wash the part thoroughly with soap and water every day, then dry carefully, and you will soon cease to be bothered. 2. There is nothing that need worry you in the apparent diminution. 3. Once a week.

**C. V. L.**—The deafness is partly nervous and partly due to catarrhal catarrh. The patient would do wisely to take the following mixture night and morning: Bromide of potassium fifteen grains, tincture of nuxvomica ten minims, chlorate of potash five grains, glycerine twenty minims, water to half an ounce. An inhalation of a few drops of Frar's balsam added to boiling water, when there is general catarrh, should be used each evening.

**A. XIOUS.**—No wish.—Self-consciousness is not at all an unusual trouble in young people. If you will remember that you are but a single item in every throng of human beings, you will soon get over your troubles. Take night and morning twenty grains of bromide of potassium with ten drops of tincture of belladonna in half an ounce of water.

**TRIPLEX.**—The irritation is probably due to rheumatic tendencies which affect the skin equally with other tissues. We do not consider the person you name an authority on diseases of the skin, but he was right in advising you to abstain from sugar. Then we should advise you to take a teaspoonful of sulphate of soda twice a day in some hot water and to apply to the scalp a lotion containing four drachms of tincture of catarrhides, with six drachms of glycerine in six ounces of rose water.

**REPENTANCE.**—Yes, there would be alterations in size and shape of certain of the parts. The latter might possibly be the case if the treatment were in ignorant hands but you need have no fear under the circumstances. You had better remain under the treatment of your medical man until he informs you that you no longer need it, which will probably be six to twelve months hence.

## CURE FITS

AND TO PROVE IT

"I will GIVE A BOTTLE of my Remedy for Nothing, so that sufferers may have an opportunity of testing the truth of what I state."

Because others have failed to cure you is no reason why you should continue to suffer. Send at once for my TREATISE and a FREE BOTTLE of Medicine. It costs you nothing for a trial, and it WILL CURE!

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THOMAS LOCKYEAR says—"I was so deaf that I could not hear St. Thomas's Bells (a very powerful peal), and as to going to Church, it was no good at all, for I could not hear a word. After using 'Orchard's Cure for Deafness' I was quite restored, and last Sunday heard every word at Church."

1s. 1/4d. per Bottle. Free by post for 14 stamps from EDWIN J. ORCHARD, Chemist, SALISBURY.

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GRATEFUL—COMFORTING.

## COCOA

## TEETH.—£1 A FULL SET.

## ESKELL'S.—CELEBRATED MAKE £2 2s.

Warranted and fitted in one visit. No Extraction needed. HALF A MILLION SETS already supplied. The "Nursing Record and Hospital World" says: "We recommend all who require reliable and Good Teeth at a small cost to go to ESKELL'S, Ltd., 415, Strand [facing Charing Cross station], and 58, Ludgate Hill, City, London. Also at 27, Western-road, Brighton; and 28, Mount Pleasant, Tunbridge Wells. Hours 9 till 7. Illustrated pamphlet, explaining everything, free. Eatable sets 100 years.

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men's in all qualities. Hand Knit penansury. Warm, durable, comfortable, 2 pairs Men's size sent post free, 2s. 6d. Knicker Hose, 2 pairs free, 3s. 9d., 4s. 9d., 5s. 9d., 6s. 9d., 7s. 9d. WOOL PANTS and VESTS are now very cheap. Price Lists and Patterns, sent free to any part, of Irish Linen Goods, from cheapest to finest qualities, for Household or Family use.

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By EMINENT PHYSICIANS.

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18, ST., CATHERINE STRAND, W.C.



# SUNLIGHT SOAP COMPETITIONS.

## 232,000 PRIZES OF BICYCLES, WATCHES, & BOOKS, VALUE £41,904.

The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

Competitors to Save as many "SUNLIGHT" Soap Wrappers as they can collect. Cut off the top portion of each Wrapper—that portion containing the heading "SUNLIGHT SOAP." These (called the "Coupons") are to be sent, enclosed with a sheet of paper on which the Competitor has written his or her full name and address, and the number of coupons sent in, postage paid, to Messrs. Lever Brothers, Limited, Port Sunlight, near Birkenhead, marked on Postal Wrapper (top left-hand corner), with the NUMBER of the DISTRICT Competitor lives in.

No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under —	The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under :—	Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.		
1	IRELAND.	Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Premier Safety Cycle, with Dunlop Pneumatic Tyres, value £20.....	£	s.	d.	£	s.	d.
2	SCOTLAND.	The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. ....	100	0	0	9600	0	0
3	MIDDLESEX, KENT, & SURREY	The next 200 Competitors will each receive a Book, published at 5s. ...	84	0	0	8064	0	0
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.	The next 300 Competitors will each receive a Book, published at 3s. 6d.	50	0	0	4800	0	0
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.	The next 400 Competitors will each receive a Book, published at 2s. 6d.	52	10	0	5040	0	0
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.	The next 500 Competitors will each receive a Book, published at 2s. ...	50	0	0	4800	0	0
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.	The next 1,000 Competitors will each receive a Book, published at 1s.	50	0	0	4800	0	0
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.							
						41904	0	0

**RULES.**

I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.

II. Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.

III. A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Half-penny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.

IV. Messrs. Lever Brothers Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.

\*The Bicycles are the celebrated Helical (Spiral) Tube Premier Cycles (Highest Award World's Fair Chicago, 1893), manufactured by the Premier Cycle Company, Limited, of Coventry, and 14, Holborn Viaduct, London, fitted with Dunlop (1894) Pneumatic Tyres, Salsbury's "Invincible" Lamp, Lampluch's 405 Saddle, Harrison's Gears, Tool Valise Pump, &c.

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"The Hon. Surgeon to his EXCELLENCY THE VICEROY OF INDIA prescribes 'Clarke's Blood Mixture' largely, and speaks highly of its efficacy in skin affections, &c. On this account we wrote asking if you could supply the Mixture for dispensing purposes."

Letter from A. JOHN and Co., Chemists and Druggists, Agra India, June 5th, 1888.

# CLARKE'S

## WORLD FAMED BLOOD MIXTURE

### THE GREAT BLOOD PURIFIER.

"CLARKE'S BLOOD MIXTURE is entirely free from any poison or metallic impregnation, does not contain any injurious ingredient, and is a good, safe, and useful medicine." ALFRED SWAINE TAYLOR, M.D., F.R.S., Lecturer on Medical Jurisprudence and Toxicology.

CLARKE'S WORLD-FAMED BLOOD MIXTURE is a guaranteed cure for all blood and skin diseases. It is the most searching blood-cleanser ever discovered, and it will free the system from all known blood poisons, be they animal, vegetable, or mineral. As it is pleasant to the taste, and warranted free from anything injurious to the most delicate constitution of either sex, from infancy to old age, the proprietors solicit sufferers to give it a trial to test its value.

Skin Diseases, Eruptions, Blotches, Spots, Pimples, Boils, Carbuncles, Ringworms, Sore Eyes, Erysipelas, Scurfs, Discolorations of the Skin, Humours and Diseases of the Skin, of whatever name or nature, are literally carried out of the system in a short time by the use of this world-famed medicine.

How is it that CLARKE'S BLOOD MIXTURE has obtained such great popularity? is a question which has perplexed many. The answer is that it is unquestionably the finest Blood Purifier that science and medical skill has brought to light, and thousands of wonderful cures effected by it have stamped it as one of the most extraordinary discoveries of modern times.

Sold in bottles, 2s. 9d. each; and in cases containing six times the quantity, 11s.—sufficient to effect a permanent cure in the great majority of long-standing cases—by all CHEMISTS and PATENT MEDICINE VENDORS throughout the world; or sent to any address on receipt of

33 or 132 stamps by the Proprietors, THE LINCOLN AND MIDLAND COUNTIES DRUG CO., LINCOLN.

"7, Canonbury Park North, London, N., Jan. 13, 1892.

"I had a very bad arm for eight or nine months, and had medical advice which did not benefit me much. I met a gentleman at the Crystal Palace, and he told me a friend of his had a carbuncle on his leg, and that your Blood Mixture cured him right out. He advised me to try it, which I did, and after taking four 2s. 9d. bottles I am glad to tell you the place healed quite up, and I have not felt anything of it since.

"I have no objection to your publishing this cure.

"Yours faithfully,

A. BONNER.

"Lutton-roal, Long Sutton, Lincs, July 27, 1891.

"I received your letter of the 22nd. The testimonial you saw in the paper is quite true. My leg was bad about five years, and I thought I would try a bottle of Clarke's Blood Mixture, and did so, and, to my great surprise, my leg got on wonderfully well, and is just as well as the other one. The book which is wrapped around the bottle will show you how to go on. It is best to get a case of the mixture, 11s. Clarke's Blood Mixture is worth its praise. I can't recommend it too highly. I am sure it will do your leg good. I have much pleasure in writing this letter to you, because it is a medicine worth buying. It is a great boon to any sufferer.

"Yours truly,

PHILIP BALES."

Ask for **CLARKE'S** World-famed **BLOOD MIXTURE**, and do not be persuaded to take an Imitation



THE  
FAMILY DOCTOR  
AND PEOPLE'S MEDICAL ADVISER.

No. 461.—VOL. XVIII. SATURDAY, DECEMBER 30, 1893. PRICE ONE PENNY.

ABOUT THE TEETH.  
By a SURGEON DENTIST.

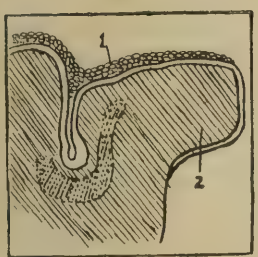


FIG. 1.—A Section of the Gum, showing the First Descent of the Germ and Enamel Cells.  
1. Enamel Cells. 2. Gum.

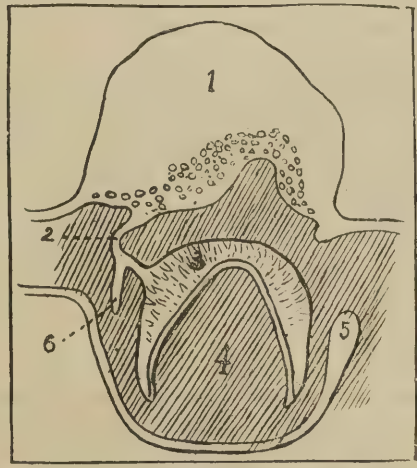


FIG. 3.—Section of Forming Teeth.  
1. Integument. 2. Neck. 3. Enamel forming from Cells. 4. Body of Tooth. 5. Perio-stem. 6. Germ for next (permanent) tooth.

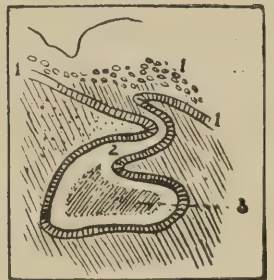


FIG. 2.—A Section showing the further Advance of the Germ.  
1. 1. Membrane. 2. Neck 3. Germ.

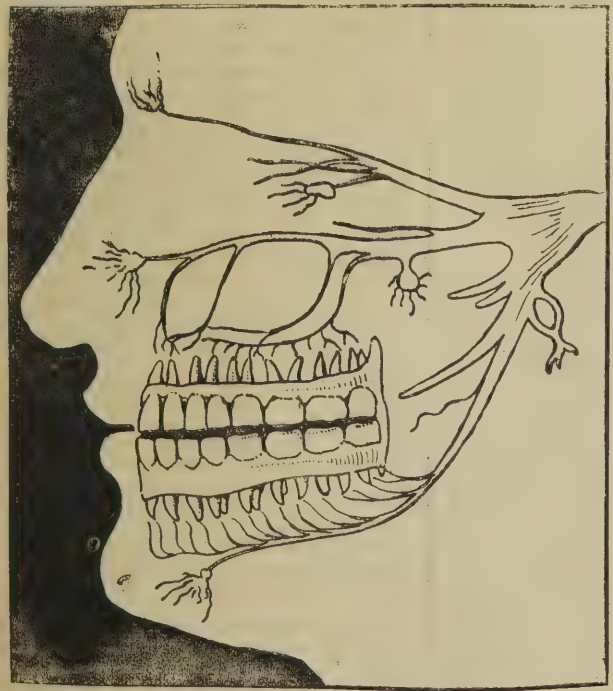


FIG. 5.—Nerves of Face, showing their Communications with the Teeth through the Ganglion.



FIG. 4.—The Jaw with Parts of Bone Facing Cut Away to Show Permanent Teeth in the Substance Waiting to Force Themselves Up or Down.



## THE FAMILY DOCTOR.

SATURDAY, DECEMBER 30, 1893.

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Twelve Months .. .. .	6s. 6d.

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## CONTENTS.

PAGE.	PAGE.
About the Teeth (Illustrated) .. 273	Consumption .. 281
Editorials .. 274	Infant Life .. 281
The Teeth .. 275	Attitude of England as to Cholera .. 281
The Sense of Taste .. 275	Why Alcohol Intoxicates .. 282
Fighting the Influenza .. 275	Needles in Prehistoric Ages .. 282
The East of Earth .. 276	Sick Benefit Societies .. 282
Health Resorts Dangerous .. 276	English the World .. 282
Language Made by Women .. 276	Speech .. 282
Italian Old Woman's Curs .. 277	Disease from Imitation .. 283
The Faculty of Spelling .. 277	A Beverage that May Supplant Tea and Coffee .. 283
Recipes for the Table .. 278	Flowers of the Night .. 283
Household Hints .. 278	Our Open Column .. 284
Recent Patents .. 278	Reviews .. 284
The Mother's Page .. 279	Notes & Queries .. 284
The Eye in Elderly Persons .. 280	Answers to Correspondents .. 285
The First Signs of Consumption .. 280	&c. &c. &c.

## EDITORIALS.

**INDIGESTION.**—A terrible enemy to temper (which affects happiness), and to health (which affects our beauty and injures complexion), is indigestion; but even a chronic dyspeptic may now rejoice over the Sui-bury treatment, which prescribes meat three times a day (for enriching the blood), and hot water from the first thing in the morning until the last at night (for clearing the skin), with most extraordinary good results. If the three meat meals are too startling to attempt, the glass of hot water at 7 a.m., again at 11 a.m., and instead of tea at 5 p.m., and again on retiring at night, may be safely relied upon as a solvent for all undigested food, and a cleansing process for the stomach. It should be taken as hot as possible, and is rendered more palatable if the least bit of salt or sugar is put into it. An orange, figs, or stewed prunes may always be partaken of with breakfast, not after it, as many people do. Brown bread and apples are two friends to complexion that are often unheeded; they may be welcomed in the place of tea and coffee, both of which are enemies. If tea cannot be relinquished, then it is better to take it with lemon juice, instead of sugar and milk; and for travelling no more refreshing drink than cold tea with lemon juice can be found. If this were better realised the task would be filled with this beverage in preference to any alcohol.

**SOMETHING ABOUT MAN.**—Oculists estimate that one person in four has defective vision.

The Persians resort to curious rites for the purpose of averting the attacks of the cholera. One of the most widely-practised of these is that of passing under the Koran, wrapped in a silken scarf. Under this swinging talisman the peasants pass one by one, and then go home, convinced that the cholera will not be able to touch them.

A HOUSEHOLD WORD.—Mrs. S. A. Allen would's Hair Restorer, which never fails to restore grey hair to its youthful colour, gloss, and beauty.—Adv.

THE rate of pulsation is 120 per minute in infancy, eighty in manhood, and sixty in old age.

SIR ANDREW CLARK always maintained that Londoners eat too much, eat too often, and eat too quickly. He found indigestion the crying evil of the day, and in battling with it led a crusade against tea.

**TAKING IT IN TIME.**—A brain specialist said lately to a woman who came to him for consultation in a nervous disease: "It is astonishing the shame people display about their heads. The possibility of insanity they will hide as if it were a crime. And yet, in ninety-nine cases out of a hundred, insanity might be cured if it were but taken hold of in time."

NOTHING should induce mothers and others having the care of children to pay long visits to their sick neighbours. They often carry from an invalid's bedside the germs of disease, which are readily disseminated among the children under their charge, thus leading to epidemics of a serious if not fatal character. The subject is of greatest importance, and the warning should be carefully heeded, not only by those in charge of children, but by every one.

THE compensating advantages of fog are often overlooked. It would appear that the special function of fog is to purify the atmosphere. Just as a good shower of rain not only sweeps the streets, but "washes" the air, so to speak, by dissolving such impurities as are capable of solution, so the mysterious fog, penetrating far and wide, searches for and gathers in its embrace particles of carbon, organic bases, and all kinds of irritating insoluble "specks," mechanically suspended in the air. It is enough to see the pavement after the fog has in a measure sub-sided to realise from what impurities we have been delivered.

**ONYCHOPHAGY.**—M. Berillon, a French doctor, who has been directing his attention for some time past to the study of nail biting, or, as he calls it, onychophagy, finds that habit or disease extremely common. In a public school in Paris, out of 265 pupils examined during the month of April last, sixty-three, that is to say, nearly one-fourth, were addicted to biting their finger nails. Curiously enough, results vary greatly in different districts and in different schools in the same districts. It seems that girls are more given to the habit than boys. In one girls' school in the department of Vonne eleven out of twenty-one were confirmed nail biters. In another girls' school the proportion was sixty-one out of 207 pupils, and of those sixty-one fifteen were found to be in the habit of biting the nails of both hands, and the others of biting only those of one hand. M. Berillon recognises that nervousness has much to do with the habit, and he proposes to cure it by means of "suggestion."

A DESIRABLE MEDICAL AGENT IN DISEASES OF THE THROAT.—Many people are aware that honey, either simple or prepared in combination with other ingredients, is a desirable medical agent in certain cases, as in diseases of the throat, especially those of a mild nature, like hoarseness, and a dry, inflamed condition; but not so many are aware that as a regular article of food it has a prophylactic and even a therapeutic value which can scarcely be over-estimated. Most sweets are to be taken with caution, as they are liable to impair the action of the stomach, or otherwise injuriously affect the system; but honey may at any time be eaten freely, according to the taste of the recipient, and will be found corrective and beneficial. In some cases, especially where the appetite has been pampered and demoralised by hurtful indulgence in unwholesome sweets or other foods, the taste for honey will need to be cultivated; but it will almost invariably grow with the restoration of the general physical tone, and become an individual characteristic.

**THE HEIGHT OF MAN.**—A French statistician has been studying the average heights of men at different periods of the world's history, and has reached some alarming conclusions. The recorded facts extend over nearly three centuries. It is found that in 1610 the average heights of men in Europe was nearly 5 ft. 6 in. In 1790 it was 5 ft. 6 in. In 1820 it was 5 ft. 5 in. and a fraction. At the present time it is 5 ft. 3½ in. It is easy to deduct from these figures a rate of regular and gradual decline in human stature, and they apply this, working backward and forward, to the past and to the future. By this calculation it is determined that the stature of the first men attained the surprising average of 16 ft. 9 in. The race had already deteriorated in the days of Og, and Goliath was quite a degenerate offspring of the giants. Coming down to later time, we find that at the beginning of our era the average height of man was 9 ft., and in the time of Charlemagne it was 9 ft. 8 in. But the most astonishing result of this man's study comes from the application of the same law of diminution. It is conclusively shown that in 4000 A.D., the height of the average man will be but 15 in., and in a few thousand years more the end of the world will come, for men will get so short that there will be nothing left of them.

**FOR TIRED FEET.**—Walking heats the feet, standing causes them to swell, and both are tiresome and exhaustive when prolonged. There are various kinds of foot baths; authorities differ as to their value. Hot water enlarges the feet by drawing the blood to them; when used they should be rubbed or exercised before attempting to put on a tight boot. Mustard and hot water in foot bath will sidetrack a fever if taken in time, cure a nervous headache, and induce sleep. Bunions and corns and callousness are Nature's protection against bad shoe leather. Two hot foot baths a week and a little pedicuring will remove the cause of much discomfort. A warm bath with an ounce of sea salt is almost as restful as a nap. Paddle in the water until it cools, dry with a rough towel, put on fresh stockings, have a change of shoes, and the woman who was "ready to drop" will have a very good understanding in ten minutes. The quickest relief from fatigue is to plunge the feet in ice-cold water and keep it immersed until there is a sensation of warmth. Another tonic for the sole is a handful of alcohol. This is a sure way of drying the feet after being out in the storm. Spirit baths are used by professional dancers, acrobats, and pedestrians to keep the feet in condition.

A SICK HEADACHE.—In a talk on "sick headaches," a doctor says that there are three things which must be attended to in order to relieve the pain. The light in the room must be darkened, so that the eyes, which are so sensitive during an attack of "sick headache," will be relieved from any strain. The temperature must be kept even, although the patient may prefer a lower one than is ordinarily comfortable. The hands and feet are usually cold, at least during a part of an attack of "sick headache." When this period prevails, a hot mustard foot bath, soaking the hands in hot water, and putting a warm piece of flannel about the body are often of inestimable service in lessening the pain and in shortening the duration of the attack. While employing these measures, a mustard leaf—such as your druggist sells in little tin boxes—applied to the back of the neck will be found to be a valuable accessory. Persons who suffer habitually "sick headaches" can nearly always predict the advent of an attack; and if they can, an emetic of hot water, followed by a laxative dose of salts or magnesia, might save the pain they otherwise may suffer. It is, as a matter of routine domestic treatment, a good plan to wash out the stomach in the beginning of the attack, even when it has not been anticipated. This may be done without much discomfort by swallowing sufficient lukewarm water to give the stomach a feeling of tension. The rejection of this clears the stomach of mucous and irritants which may tend to aggravate the complaint.



[SPECIAL ARTICLE.]

## THE TEETH.

## GROWTH AND DEVELOPMENT.

By a SURGEON DENTIST.

(See Frontispiece.)

IF we examine the gums of a newly-born infant, we shall find that they are smooth, even, and quite destitute of anything that has the appearance of teeth; so that some excuse can be made for the excitement consequent upon the discovery made by young mothers that "baby has cut a tooth," for they have had no indication of its presence until the gums become swollen and tense, and the tiny crown appears.

Where did the tooth come from? Well, the mother would be still more surprised if she were told that it originated as much from the top of the gums as from the jaw—that is to say, its enamel casing was preparing for it long before the body of the tooth was formed.

When we stated just now that the gums of a newly-born child are smooth and even, we omitted to mention that a careful observer would discover a ridge of firm membrane running right round like a crest, which is nothing more nor less than a fold of surplus material to allow for the stretching when the growth of extra substances squeezing themselves upwards require more room for their development. Round about the base of this ridge in the forming child are a quantity of cells—only discernible under a microscope of high power—which form the enamel of the tooth, and proceed with the germ to give the first impulse toward the formation of a tooth.

Fig. 1 shows us this initiatory process, and Fig. 2 gives us a still further advanced condition, in which the descending germ is giving yielding space for the body of the tooth that now begins to spring into shape beneath it.

Fig. 2 describes a much further advance in the process, and the tooth is assuming not only form, but individuality, and requires but a little further upward growth to arrive as an independent member to the surface of the gum, and to cut its way through into daylight; having received its coating of enamel from the cells that accompany the germ.

From these diagrams it will be seen that the seed or germ of the tooth has to travel downwards before it grows up, and to form itself round a little pulp that rises to meet it from the dental vessels which run in the canal of the jaw.

Round the pulp of the body of the tooth is formed by deposit of bone-earth from the blood-vessels, and the crown receives its investment of enamel from the cells that go down with the germ.

The shaping of special teeth, and the provision of some with one fang, and others with two or three, can only be accounted for by the influence of that Ruling Power that orders every organ to assume the best possible form that its intended functions shall require of it.

We hear in the nursery of "cross-cut-teeth," and other peculiar terms employed by those who wish to appear wise, and find a cause for special difficulties experienced by the little proprietor, and in many cases an unusual order of cutting does denote something out of the ordinary in the way of constitutional disturbance; but why or wherefore we cannot say, beyond that anything extraordinary in the order of natural and usual processes, tells more or less of some unusual and therefore generally constitutional derangement.

Children usually cut their teeth in the following order—any exception to this, as a rule, denoting unusual and therefore constitutional influence, and, as a natural result, some more than ordinary suffering for the infant.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln. [ADVT.]

The infant, or milk, teeth are, ten in number in each jaw, and known as—four Incisors, two Canine, and four Molars, thus:—  
MMCIHICMM;

and these are cut, or should be, in the following order—the lower jaw generally leading the way by a week or so:—

At 7 months,	middle incisors	II.
At 10 "	lateral "	III.
At 12 "	1st molars	M-III-M.
At 1½ years	canine	MCIIICM.
At 2 "	2nd molars	MMCIHICMM.

And when all these are cut at about the second year of life, the child has a respite for four or five years, and then begins to cut the *permanent* teeth, or rather, the milk teeth begin to be shed, as the permanent teeth come up.

In Fig. 3 the germ for the permanent tooth is seen at six accompanying the germ of the first tooth which rises above it, as the second germ goes down below it to take its place in the second teething.

This wonderful arrangement is well shown in Fig. 4, where a portion of the front surfaces of the jaws have been cut away to show the forming teeth in position.

The permanent are cut and displace the milk teeth in the following order, and at the following ages:—

At six and a half years, first permanent molars—

MMMCIIHICMM.

At seven years, first permanent middle incisors—

MMMCIIHICMM.

At eight years, first permanent lateral incisors—

MMMCIIHICMM.

At nine years, first bicuspid, displacing first milk molars—

MMBCIIHICBM.

At ten years, second bicuspid, displacing second milk molars—

MBBCIIHICBBM.

Eleventh to twelfth year, permanent canine—

MBBCIIHICBBM.

All the milk teeth are now shed, and it remains only for the next sets of molars to appear, which they do as follows:—

At twelve to thirteen years, second permanent molars—

MMBCCIHCBBMM.

And last, but not the least troublesome, are the molars, or wisdom teeth, which are cut at seventeen to twenty-five years—

MMMBCCIHCBBMM.

thus completing the perfect set of teeth.

Having undergone the painful process of cutting so many teeth, which together make up a most useful set of cutting, chopping, mincing, and grinding apparatus, it is well worth while paying every attention to their preservation. Let us impress upon our young readers the important fact that there is no reason why they should not preserve their teeth to a green old age, perfect and undecayed, if they would only take the trouble to keep them well cleaned and free in every respect from the decomposing matters that get amongst and between them after mastication.

The nerves of the teeth are a great trouble to those who suffer from decayed and broken tops, and the agony is not confined to the injured tooth, but may be felt all over the face, especially in that smooth part of the cheek just in front of the ear.

Fig. 5 shows us a diagrammatical view of the plan of the nerves of the face and teeth, whence it will be seen that not only does every tooth take a branch, but that the whole of the jaws are supplied by the same nerve which has its ganglion in that smooth spot we love to press when in pain; in other words, we squeeze the ganglion which not only supplies the teeth, but sends branches to the eye, and to the skin of the face, the ears, forehead, and scalp; to the muscles of mastication as well as the tongue, teeth, and jaws.

The ganglion in front of the ear communicates directly with the jaw, forming what is known as the trifacial nerve.

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

## THE SENSE OF TASTE.

By C. W. B.

THE tongue is not the only organ used in the enjoyment of this sense, and alone it is scarcely capable of appreciating delicate flavours.

The difference between salt and sugar when placed on the tongue is hardly perceptible, provided the tongue is not allowed to touch the roof of the mouth and the lips. Indeed, the act of getting the full enjoyment of a flavour, commonly called smacking the lips, consists in bringing the tongue into contact with the roof of the mouth and the lips. By this act the substance to be tasted is spread over the surfaces of these parts, particularly of the tongue, and mixed with the saliva.

Just how this act produces taste is not exactly known; but we do not know that the tongue is covered with two layers of skin, the lower one thick and filled with nerves, and the upper one thin and porous. The nerves in the lower skin are the nerves of taste, and probably are set into vibration by the substance tasted, very much as the exquisitely sensitive nerves of the retina are affected by light, or the nerves of the ear by sound. At all events, the sense is conveyed to the brain, where we involuntarily distinguish between pleasant and disagreeable tastes.

The nerves, moreover, of the tongue are not all alike. In the tip of the tongue they are clustered together more closely than at the back, and transfer to the brain a different sensation. For instance, a little powdered alum placed on the back of the tongue tastes sweet, whereas on the tip it tastes acid.

The sense of taste is an almost certain guide to the wholesomeness of foods, and a monitor which warns us when we are in danger of swallowing any injurious or poisonous substance.

Poisons as a rule are extremely disagreeable to the taste, and it requires an effort to overcome the natural repugnance to them. Hence it is that accidental poisoning so rarely occurs.

In the case of foods, we soon tire of a thing as a regular diet, and the taste craves a change. Here the whole system rebels against the monotony of diet, because no one food is likely to contain all the elements of nutrition required by the body for the exercise of its functions, and soon the elements which are in excess cloy upon the taste, because the system is already supplied with them, while we crave the foods containing substances which the system lacks. A change is then demanded by Nature, and made manifest by the sense of taste.

If the change cannot be made, Nature shows her disapproval by causing a loss of appetite or a repugnance to the condemned article of diet.

Again, in the case of foods which are much concentrated, or have a strong flavour, like preserved fruits or syrups, the taste soon becomes dulled to the pleasure of their sweetness, because the delicate nerves which convey the impression of sweetness to the brain become fatigued, and fail to respond to the exciting cause.

WAR AND EDUCATION.—M. Camille Flammarion has drawn out the following table, showing the amount of money spent per head of population in the countries of Europe on the above items:—

War, Francs.	Education, Francs.
France ..... 20 00	France ..... 3 50
England ..... 18 60	England ..... 3 10
Holland ..... 17 90	Holland ..... 3 20
Saxony ..... 11 90	Saxony ..... 1 90
Wurtemberg ..... 11 90	Wurtemberg ..... 1 90
Bavaria ..... 11 90	Bavaria ..... 2 00
Prussia ..... 10 20	Prussia ..... 2 50
Russia ..... 10 20	Russia ..... 0 15
Denmark ..... 8 80	Denmark ..... 4 70
Italy ..... 7 60	Italy ..... 1 80
Belgium ..... 6 90	Belgium ..... 2 30
Austria ..... 6 80	Austria ..... 1 60
Switzerland ..... 4 10	Switzerland ..... 4 20

FOR BOTH SEXES.—Personal visit not necessary. CORSETS and BELTS made to fit any figure. For health and neatness, satisfaction guaranteed. Instructions for self-measurement gratis to any address.—FORD AND FARR, 141, Stockwell road, London, S.W., Practical Corset-makers. Estab. 1851.—ADVT.



## FIGHTING THE INFLUENZA.

IT cannot be said too strongly or too often repeated that the man who, while suffering from epidemic influenza, insists upon going about his daily business, disseminating the disease wherever he goes in public conveyances, business offices, places of public resort, and last, but not least, in the House of Commons itself, is a public danger. No one thinks of "throwing off" measles or scarlet fever by going into public places. Why, then, influenza, which is not less infectious? The fact is that the public mind has again passed through a series of phases with regard to the present epidemic of influenza with which we have now become familiar. When it first began to be whispered that a new epidemic was commencing, men did not hesitate to admit—indeed, almost boasted of the fact—that they "had fought it on their feet." Next, it was said that the medical papers were trying needlessly to scare the public, and that people were suffering from "common colds," not influenza. The sufferers at this date were shamed into "fighting it out on their feet." The attitude of mind of this writer resembles that of the "black man," who, when his medicine man has failed, after the prescribed incantations to procure rain, turns upon that official and rends him. Now, certain sections of the public appear to believe that they may expose themselves to disease-producing agencies—that they may run into infection, may drink too much and eat too much, and neglect the commonest precautions against cold catching, or polluted water or food—and that then all they have to do is to get a prescription which should set them right again in a few hours, very much as certain Arab tribes believe that if they carry about with them a few lines of the Koran they will be protected from disease and bullets. The fact of the matter is not that the medical profession has learnt nothing about the nature of influenza, but that the public have completely ignored all that has been learnt. The reports made by Dr. Parsons to the Local Government Board have proved beyond cavil that influenza is disseminated by personal intercourse between the sufferer and other persons, and German observers have isolated the very minute bacillus which is the active agent of infection. If, as we said a month ago, a patient when first attacked would keep his room, it would not only be very much better for himself by favouring the action of remedies and preventing complications, and would also serve to limit the spread of the disease.—*British Medical Journal*.

## THE LAST OF EARTH.

DEATH—is it Death?

The shadow following still upon the sun,  
The one same end of all things yet begun,  
After the glory of life the sudden gloom,  
After the strife the inexorable doom,  
The frozen breath?

Nay, rather see

Where the new grave lies sodden in the rain,  
How the bare earth quickens to growth again!  
Waiting the wonder season's lavish dower,  
Young rootlets creep a wealth of grass and flower

Ere long to be,

When death has passed

Into the land of silence and of cloud,  
The leafless land, wherein no bird is loud.  
Life lingers yet with song and blossom rife.  
Lo! step for step go ever Death and Life—  
But life is last!

Anon.

TRUE TO NATURE.—NURSE (showing new baby to proud father): "How like his pa, Herr Baron? Your very image." BARON: "You think so?" NURSE: "No hair, no teeth—just the picture of you."

TO TOBACCONISTS (commencing).—*Illustr. Guide*, 250 pages, "Post Free." How to Commence, £20 to £1000, Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager Hy. Myers. Est. 1888. Smoke "Pick-Me-Up Cigarettes."—Advt.

## HEALTH RESORTS DANGEROUS.

WE may well ask how it is that our own health resorts, says Guy C. Rothery, in the *Sanitary Record*, are comparatively neglected, while so many thousands flock periodically to foreign places. Yet during the winter, certain of our south-coast towns are safer for many invalids than the far-off Riviera with its manifold risks. To the hard-worked city dweller no doubt almost any seaside town is a "health resort" at one time or another of the year. To such the mere escape from irksome routine of daily tasks, the change from the bustle of business to quieter quarters with pure air is a grand tonic to the lungs, nerves, and brain. But when we have to deal with invalids, suffering from, or predisposed to, specific diseases, then far greater care is required in the choice of a playground, or haven of rest, for the recruiting of their lost strength, the arrest of the destructive march of the ailment. For such as these the medical adviser will have to prescribe with care, and bring to bear the study of climatology on each individual case.

For many generations we have been studying the science of climatology as applied to the needs of the sick and the weak; but this has been, for the most part, only done on broad lines, at all events in Britain. Though our "health resorts" may be counted by the hundred, in the majority of cases very little positive scientific facts are known of them. We have not organised our health resorts as they have done on the Continent, and so, apart from a few such places as Bath, Brighton, Buxton, Cheltenham, &c., the medical profession is very much in the dark as to the peculiar merits and demerits of watering-places, viewed from the particular requirements of their patients. We really stand greatly in need of systemisation as regards the climatology of our health resorts.

How necessary is the study of locality in all its phases when we have to advise as to the place of residence of invalids, those predisposed to certain maladies, or others for whom we may have fears of hereditary taint! For we must not send the weak-chested to seaside places exposed to fierce Atlantic winds, or those with deranged vascular systems or tainted blood to a pent-up valley with a clay soil. Some day we may perhaps have exhaustive and trustworthy information as to the climatology, geology, and topography of our widely-spread "health resorts," but as yet we are far, very far, from so desirable a point. When we have systemisation in this direction, doubtless an impetus will be given to local reform. At present the sanitation of many a town claiming to be a sanatorium is anything but what it should be. It would be easy enough to point out favourite resorts where drainage is deficient or the water-supply bad. It is gratifying to see how greatly matters are improving, though many towns depending upon the gold of invalid visitors for their prosperity, still prove singularly niggardly when any scheme for sanitary amelioration is brought forward. Another reform which is much wanted is the sanitary supervision of dwellings, especially lodging houses. Many a child convalescent from measles, scarlatina, or other malady is removed to seaside quarters to recruit its health, and owing to want of precaution, spreads the disease; for but too seldom is any process of disinfection resorted to, so that a perfectly healthy, or may be a weakly, school child, being placed in the room of the late convalescent, succumbs to the malady. More rarely we witness families going down to pleasure-resort lodgings and being laid low by typhoid or diphtheria, owing to serious sanitary defects. To avoid this we require an extension of the system adopted in some of our seaside resorts, where houses and hotels are inspected by competent medical officers, and dated certificates granted, for a small fee. This plan, if general, would save much pain and misery. We would

"A GREAT COMFORT."—Yes, it is often misery for a person to cough and cough until it distress both himself and friends almost beyond endurance, but KEATING'S COUGH LOZENGES would stop all that; they are simply unrivalled; one alone affords relief. Sold everywhere in tins, 13d. each.—[ADVT.]

prefer to see the system voluntary, as in this way it would be far more effective, as it would arouse no hostile feeling, induce no attempts at evasion, and the mere fact of the advantage secured by a certificated neighbour and rival would bring this system into general favour if once introduced. As matters are now, the seaside lodging is a very real and constant danger, often undoing the good work of a conscientious physician, and, instead of bringing strength back to the invalid, or keeping the romping boys and girls in good health, plunges them into a life-and-death struggle with disease. In this busy nineteenth century, periodical visits to play-grounds and health resorts are becoming more and more a necessity, so that their better government is a question of vital importance.

## LANGUAGE MADE BY WOMEN.

SAYS Max Muller in "Science of Language":—The influence of women on the language of each generation is much greater than that of men.

We very properly call our language in Germany our mother tongue, with all its peculiarities, faults, idioms, accents. Cicero said:

"It makes a great difference whom we hear at home every day and with whom we speak as boys and how our fathers, our tutors, and our mothers speak. We read the letters of Cornelia, the mother of the Gracchi, and it is clear from them that her sons were brought up not in the lap, but, so to say, in the very breath and speech of their mother."

But this is not all. Dante ascribes the first attempts at using the vulgar tongue in Italy for literary compositions to the silent influence of ladies who did not understand the Latin language.

Now this vulgar Italian, before it became the literary language of Italy, held very much the same position there as the so-called Prakrit dialects in India; and these Prakrit dialects first assumed a literary position in the Sanskrit plays where female characters, both high and low, are introduced as Prakrit, instead of the Sanskrit employed by kings, noblemen, and priests.

Here, then, we see the language of women, or, if not of women exclusively, at all events of women and domestic servants, gradually entering into the literary idiom, and in later times even supplanting it altogether, for it is from the Prakrit, and not from the literary Sanskrit, that the modern vernaculars of India branched off in course of time.

Through a thousand smaller channels the idioms of women everywhere find admission into the domestic conversation of the whole family and into the public speeches of their assemblies. The greater ascendancy of the female element in society the greater the influence of their language on the language of a family or a clan, a village, or a town.

In the vain and foolish exultation of the heart, which the brighter prospects of life will sometimes excite, the pensive portress of Science shall call you to the sober pleasures of her holy cell. In the mortification of disappointment, her soothing voice shall whisper serenity and peace. In social converse with the mighty dead of ancient days, you will never smart under the galling sense of dependence upon the mighty living of the present age. And in your struggles with the world, should a crisis ever occur, whenever friendship may deem it prudent to desert you, when priest and Levite shall come and look on you and pass by on the other side, seek refuge, my unfailing friends, and be assured you shall find it, in the friendship of Lælius and Scipio, in the patriotism of Cicero, Demosthenes, and Burke, as well as in the precepts and example of Him whose law is love, and who taught us to remember injuries only to forgive them.—JOHN QUINCEY ADAMS.

PEPPER'S QUININE AND IRON TONIC.—When prostrated, unfit for work, uselessly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles everywhere.—[ADVT.]



## ITALIAN OLD WOMAN'S CURES.

By NED DE RENNO.

TO explain our diseases, or to endeavour to cure them, the practitioners of the good old times invoked the intervention of friendly or evil spirits, the saints, sorceress, the mystic properties of numbers, of the stars, of the virtues of animals, plants, metals, and precious stones. Not a small part of the ceremonies consisted in the use of magic words. The drugs that the patient swallowed, or the plasters that he applied, operated not only by their natural action; they relieved or cured by mysterious influences and cunning reasons. As a rule, it was the "virtue" in each substance, and not the substance itself, that healed. One hundred and fifty years ago the most popular charm against fourth-day fever was the wearing of a nut-shell having a spider therein round the neck. The father of the German philosopher, Schopenhauer, carried an English dictionary in his pocket, as a preventative against fever.

Doctor Zanetti relates many curious recipes in use with the Italians to "cut a fever." The most esteemed was an oil prepared from pounded spiders, it was infallible in the case of pestilential fevers. The people ever believed there was a miracle associated with the old woman's cures; that gave courage to the afflicted, and always bred hope. Even to this day, in Italy, when the physician is called in and gives his opinion and his instructions, he knows the latter will be examined and controlled by the local medicine women, and if they approve of same the doctor's prescriptions will be tried on the ground at least of doing no harm. Indeed, the Italian country doctor has to count with the antique cures, and if his remedies or the sound of their names resemble but a little their own nostrums, he can be certain under such circumstances to be obeyed. In the Umbria the populace believe still that cases of sudden madness are produced by thunder, or the zigzag lightning flashes from thunder clouds. These pointed darts, say the peasants, attacked our ancestors, and the flint arrow-heads found in certain districts are there to prove it. Did not Apollo, by his silver bow, send arrows into the Grecian camp, and so spread disease? Hence why the populations wear at present amulets in the form of arrow heads, as a protection against lightning. In the house when the storm is about bursting, tapers are lighted before the flint arrow-head, which is always hung over the mantelpiece.

At the cross roads in Italy, there are stone pedestals, that in ancient times served for the statues of the milestone gods, called Terminus—hence terminus—to mark the ending or limits of a road. To-day an Italian mother when her infant is dying from a long malady, will carry it to one of the pedestals, and pray, that the child may be either cured, or a "termination" be put to its sufferings. Infantile diarrhoea is claimed to be cured by placing the little patient on a spot where three roads unite. The sun's rays are held responsible for producing insanity and apoplexy. Hence on St. John's day the peasants make huge fires; each brings a faggot for the bonfire—dedicated to appease the sun—and, next, wears a crown of flowers. These precautions guard against sun-stroke throughout the year.

Of course, there is luck in old numbers; the base of an old woman's selection of herbs to prepare an infusion for a cold is, never to employ an even number of plants; 3, 5, 7, 9—these are the magic numbers. All the hope for a patient would be lost who employed six grains of a medicament instead of five, or applied thirty-four leeches instead of thirty-five. Epilepsy is an ailment about the treatment of which the old women differ. One party maintains that the convulsions can be conquered, not by a "Peace! be still!" but by dredging the sufferer with earth, flour, or in the absence of the latter, crumbs of bread. It was by offering a handful of something that the dog Cerberus was appeased. The second party maintain, that epileptic fits are due to the devil temporarily entering into, and taking possession of the patient. But he can be driven out by merely whispering the

names of the three Magi in the right ear, or putting a pinch of salt into the mouth. The devil, disliking salt, at once decamps. For consumption, the remedy is almost poetical—give the sufferer plenty of honey, because honey being composed of the sap of flowers, the patient will become re-erect as a flower; next to eat plenty of rosebuds, these being the symbol of vitality and freshness, the invalid will recover rosy looks. As for drink, that must be dew, because dew descends from Heaven, and contains all that can be desired in the way of purity, mildness, and restoration of strength.

But there are plenty of repulsive cures, and, only Doctor Zanetti vouches for the fact, one would be excused indulging in incredulity, that the modern "hell broth" in the Appennines, for girls affected with rickets, is composed of a certain number of vermin taken from domestic animals and larvae of insects, to be boiled up with a selection of leaves and twigs, and to be given a spoonful three times a day. After each dose the patient is to descend a steep staircase on all fours, like a dog or cat.

It appears that the human stomach hangs to our inside, as a saucepan on a kitchen wall; occasionally the stomach "falls off its hook," and drops down into the depth of the lungs. To remedy the accident, a vigorous rubbing from below upwards will restore the stomach to its natural position. Enlargement of the heart is due to an accumulation of sorrow. How the sweet oblivious antidote, to:—

"Cleanse the stuff'd bosom of that perilous stuff,  
Which weighs upon the heart,"

is to repeat some magic formulas; or, better still, drink some aromatic fusion after dipping into it a wedding ring.

The peasantry of the Appennines are very poor; happily in medicaments, as in many other matters, the wind is tempered to the shorn lamb. Since the fourteenth century the rurals in question have a monopoly of the "perpetual pill." It is composed of metallic antimony, melted, and run in a bullet mould. It is a truly family pill; it hangs over the chimney-piece; can be taken down, and taken by each member as required; but after doing purgation duty must be returned to its place. Some families in the Appennines boast to have such a serviceable pill since four centuries, and ever "working" satisfactorily. The cure for headache, by the "celebrated Bonetus," was simple and expeditious; the patient was to be bled in both arms, the body to be covered with leeches, and where the latter would not bite, their unoccupied space was to be covered with cupping glasses. About one person in twelve survived this treatment, a result to which Bonetus pointed as a proof of success. The absence of blood in the body checks all diseases.

## THE FACULTY OF SPELLING.

WE believe that spelling is a special faculty, and that the inability to spell is not due to lack of brains or to lack of attention, but simply and solely to the non-possession of the spelling faculty. That spelling is not the necessary attribute of cleverness, or inability to spell the necessary mark of a fool, is plain enough. No one who thinks for a minute or two on the matter will fail to remember that he knows one or two men who cannot write the simplest note without misspellings, and that these are by no means the most stupid of his acquaintance, but often the cleverest. The Duke of Wellington, it is notorious, could not spell; and there have been plenty of other men of his mental calibre quite as illiterate. Some one has lately collected a list of distinguished Frenchman who could not spell, and heads it with Thiers—who, though not a genius, was certainly one of the cleverest men that ever lived. Thiers never could manage to spell his native language, though as a writer he was correct enough. It is a matter of common knowledge that spelling and ability, either literary or practical, have no connection whatever. But it may be said: "What do you mean by spelling being a special faculty? You surely don't mean to suggest that spelling comes by nature, or that it is a natural gift,

like drawing?" No; we do not go quite so far as that. What we do mean is, that the inability to spell, or rather to learn to spell, rests upon a physical defect. Bad spelling, it is often said, comes from not paying attention; and, properly understood, this saying is true. But not paying attention is due to the fact that the bad speller's vision is defective, or at any rate not of a kind that will enable him to pay close attention to the letters which make up the word before him.

A man who is constantly reading ought, of course, to be able to spell the words which he is repeatedly seeing on the page before him. Yet, as we know, it often happens that great readers are exceedingly bad spellers. Why is this? We believe it is because the bad speller sees and reads each word as a whole, as a grammalogue, or thought-symbol, that is, and not as so many letters. All people, of course, do this to some extent; but we believe that the educated bad speller does it very much more than the good speller. The ordinary man, puzzled about a word, writes to see how it looks; and this look tells him at once whether he has spelled it right or wrong. The true bad speller is, however, not helped the very least bit in the world by this process. He is only the more puzzled by the writing on the blotting-pad. He may write the word a dozen ways, and not get one version which looks to him better than the others. The truth is, his eyes have some defect, probably of focusing-power, which prevents him seeing clearly the letters of the words. When he learns to read, he learns to read verbatim and not literatim, and hence he sees, and has always seen, the symbol for "receive," not "relieve," with the "e" always following the "c" and in front the "i." This is why bad spellers will almost invariably be found to have been slow in learning to read. They were taught to read literally, but found great difficulty in the process owing to defective eyesight, and so had slowly and laboriously to learn the words as symbols of ideas, not as compounded letters. In a word, bad spelling is a defect in eyesight, not of the mind; and in all probability, many a case of inability to learn to spell might be cured in children by the right pair of spectacles. It is not short-sight that makes the bad speller, so much as oversight and difficulty in focusing the eye. But if our view is the correct one, as we believe it is, it is surely very absurd to insist in so strongly on spelling in our army examinations. As a test of intelligence it is worthless, nor can it even be defended as keeping out people with weak eyesight, for it lets in the short-sighted and the colour-blind, and is thus not satisfactory from a medical point of view.—*Spectator*.

**HORSE POWER OF A WHALE.**—An interesting study of the horse power of the whale has been made by the eminent anatomist, Sir William Turner, of the University of Edinburgh, Scotland, in conjunction with Mr. John Henderson, the equally eminent Glasgow shipbuilder. The size and dimensions of a great whale stranded several years ago on the shore at Longridgy furnished the necessary data for a computation of the power necessary to propel it at the rate of twelve miles an hour. This whale measured eighty feet in length, twenty feet across the flanges of the tail, and weighed seventy-four tons. It was calculated that 145 horse power was necessary to attain the speed mentioned.

**POWER OF THE ATMOSPHERE.**—Somebody has made the calculation that, taking the quantities roughly and in round numbers, the atmosphere weighs about a ton to every square foot of the earth's surface, 25,000,000 tons per square mile, or 5,000,000,000,000 tons on a total of 200,000,000 square miles; and its energy is that due to the motion of this inconceivable mass, at velocities varying all the way from the slightest zephyr to the hurricane and the cyclone, rushing over the prairie or along the surface of the sea at more than 100 miles an hour. Again, according to this authority, a cubic mile of air, weighing about 10,000,000,000 pounds, develops, at the rate of motion of the cyclone, some 4,000,000,000,000 "foot tons" of energy, and if all were employed at such rate for the performance of work, useful or destructive, this number of "foot pounds" would be equivalent to more than 2,000,000,000,000,000 horse power.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**A DELICIOUS DESSERT.**—A very dainty dessert, and one not often seen, consists of a perfectly transparent amber wine jelly, which holds a bright yellow Bavarian cream in its centre. When this is served in a wreath of whipped cream on a low crystal platter it is a very attractive dish as well as a delicious dessert. In order to make this dessert it is necessary to have one mould holding two quarts, and another holding one quart. Make a fine wine jelly of sherry. Fill the larger mould to the depth of half an inch, and set it on the ice to harden. Fill the smaller mould with cracked ice and set it inside the larger mould. Make an orange Bavarian cream of the juice of three oranges and the grated rind of one, a scant pint of cream, a half a cupful of sugar, the yolks of two eggs, a quarter of a package of gelatine, and half a gill of cold water. Whip a cupful and a half of the cream, soak the gelatine in cold water for one hour, grate the rind of the orange, mix it with orange juice, and add the sugar to it. Put half a cupful of cream that has not been whipped in a saucepan and let it boil. Stir this boiling cream gradually over the beaten eggs. Add the gelatine and stir the mixture again. Strain it on to the orange rind, juice, and sugar. Beat this custard and gelatine, the pan containing it set in a pan of cracked ice, until it begins to grow thick. As soon as it does, and before it hardens, add the whipped cream and continue beating one moment. This will be more than sufficient to fill the space occupied by the quart mould. The remainder can be served in little moulds for supper or luncheon. In order to fill the space in the centre of the wine jelly, the tin mould which now occupies it must be removed. Take out the cracked ice and lay a cloth wrung out in boiling water inside the tin mould. This will heat it sufficiently, so that the mould can be lifted out of the jelly. If it does not the cloth must be wrung out and put in again. As soon as the tin loosens lift it out and fill the space with the orange Bavarian cream. Set it away on the ice, and when it is very firm turn it out of the mould on to a low glass dish and serve it with whipped cream.

The simplest icing for cake is made of the unbeaten white of the egg mixed with a cupful of powdered sugar and the juice of half a lemon. It is a mistake to beat the whites of the eggs to a stiff froth for this purpose, as is so frequently done. It takes much longer to make the icing if this is done.

**ALMOND MACAROONS.**—With three-quarters of a pound of powdered sugar, and three-quarters of a pound of A sugar, and two ounces of flour, put one pound of almondine, and mix all together in a bowl for five minutes. Then add four whites of eggs and mix for five minutes longer, and again three or four more whites of eggs and mix three minutes more. Then with a lady-finger bag or a jumble machine, drop them on sheets of brown paper; or if poured on sheet tins grease them very light and dust well with bread flour. Sprinkle the macaroons with the wash brush before baking. Bake from fifteen to twenty minutes in a moderate oven. A difference of opinion exists as to what kind of sugar is best to use in making macaroons. One baker "prefers fine granulated," another says "powdered sugar only;" still another takes "half and half of granulated and pulverised." Some few bakers adhere to the good old way of blanching almonds and pounding them with mortar and pestle; but the use of the ready-made preparations, almond paste and almondine, is far preferable on account of the saving of time and labour, and the reduction of the risk of spoiling. The repu-

tation of these goods, the unqualified endorsement given them by the foremost caterers and fancy bakers in this country, and the high standing of their manufacturers, combine to remove any hesitancy that may be felt concerning their use.

**SUGARED CHESTNUTS.**—Take off the outer brown shell of as many chestnuts as you propose to operate upon, and put them, when peeled, into boiling water, allowing them to boil quickly for a few minutes. Take them out, drain, and skin them. Have ready a number of small wooden splints about the thickness of lucifer matches and about twice as long. Sharpen the points well and stick one into each chestnut. Boil the sugar to the crack, and when this is ready dip each chestnut into the sugar, and turn it round and round by means of the splint, so that as the sugar cools it may be spread evenly over the nut. When the sugar begins to set lay the chestnuts on a buttered slab, and remove the splints. Wrap waxed paper around each and they will keep well for some time. Sometimes it is advisable to dip the chestnuts a second time into the sugar, which should be kept warm but not boiling, whilst the dipping is going on. Another plan of sugaring chestnuts is to prepare them as before, or roast them without burning or scorching them, then dip them in white of eggs and roll in powdered white sugar. Lay them on a baking sheet and put them in a slow oven.

**QUEEN'S GINGERBREAD.**—Take three pounds of flour, one and three-quarter pounds of moist sugar, half a pound of butter, half a pound of almonds, half a pound of lemon peel, a quarter of an ounce of ground nutmeg, a quarter of an ounce of ground mace, half an ounce of cinnamon, one pound of honey, one pound of syrup, and one ounce of ground ginger. Sift the flour into a pan, rub the butter into the flour, cut the peel up in thin slices, blanch the almonds and cut them up into fillets; then put the honey and syrup in a pan over a clear fire, let it get quite hot, then mix the spice well in, then turn it on to the flour, and mix into a nice paste. Lay it aside till next day. On the morrow work it well up, roll into a deep-edged tin, and bake a golden colour in a slow oven. When baked gloss over as in the recipe above. If you want to cut this cake you should do so while it is warm.

**RICE CUSTARD.**—Soak one half a cupful of cooked rice in one pint of hot milk until grains are distinct; the beaten yolks of two eggs, one-quarter cupful of sugar. Cook like boiled custard; beat in the stiff whites, or pour in a dish, and when cool cover with meringue (two whites) and brown. Serve cold.

**SPONGE CREAM.**—One-half a pint of sponge crumbs, one pint of milk, juice and rind of half a lemon, yolks of two eggs, one-half a cupful of sugar. Cook together. Soak crumbs in milk a few moments.

**QUINCE HONEY.**—Three quinces; cut up with skins on, and boil until tender, then press through a strainer. Add one and a half pints of water, three and three-quarter cupful of white sugar, and boil fifteen minutes. It will be a light pink colour.

**A COMFORTING PROPHECY.**—An old song preserved in the Harleian manuscript in the British Museum, has decreed that if Christmas Day falls on Sunday it will be a year of great prosperity. The full text runs thus:—

Lordings, I warne you al beforne,  
Yef that day that Cryste was borne,  
Falle upon a Sunday;  
That wynter shall be good par fay.  
But gete wurd's alofte shalbe,  
The somer shall be fayre and drye;  
By kynde skylle, wythowtyn lesse,  
Throw all londres shalbe pear.  
And god tyme al thyngs to den,  
Bat he that stelyth he shalbe founde sone;  
What chylde that day borne be,  
A great lord he shalbe.

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour.      Renews the Grow-h.  
Arrests the Fall.      Cleanses the Scalp.

## HINTS FOR THE HOUSEHOLD.

**CARE OF SILVER.**—Do not rub silverware with soap. Even good kitchen soap is coarse to be used on any scratchable stuff. Instead dissolve soap in boiling water and wash the silver in the suds. Rinse in clear hot water, dry, and rub with chamois. When silver-cleaning day comes the silver should be washed and dried as above. Then pure whiting, moistened with alcohol, should be applied with a soft rag, rubbed off with another, brushed to remove the dust from the chasing, polished with chamois and set away to delight the eyes of its owner with its glitter. In these days when hatpins, hairpins, calendar-holders, brushes, combs, and mirrors are so largely made of silver, a bedroom silver-cleaning formula is as necessary as the dining-room one. Prepared chalk, alcohol or ammonia, which also have places on the toilet-table; a flannel rag, a brush and a piece of chamois are the necessary apparatus. A little paste of ammonia, or alcohol and chalk, applied with flannel, allowed to dry and brushed out, will make even a heavily-chased bit of silver bright, and the chamois will give the necessary glitter.

**DINNER TABLE ADORNMENT.**—A dinner table is prettily adorned with cut-glass vases of a crescent shape and very low and shallow. These may be filled with violets or other short stemmed flowers and placed either at the corners of the table or to make a circle in the centre by joining them together.

**WHITE ENAMEL.**—Saucepans, baths, or any other iron article to be enamelled must first be cleansed from all rust and dirt by placing it in an acid solution (dilute sulphuric acid), then rinsed and dried. After scouring with sand to a grey colour, which showing it to be perfectly clean, apply a mucilage of gum arabic to the surface, and sift over it a vitreous substance reduced to fine powder composed of flint glass, carbonate of soda, and boracic acid. Then heat it to redness, gradually, till the glass is melted upon the surface. Allow it to cool gradually (excluded from the air as much as possible) to anneal it. The proportions for the glaze are 130 parts glass, 20½ parts carbonate of soda, and 12 parts boracic acid, all melted together in a crucible, cooled, and then ground to an impalpable powder.

**IN WHITE AND GOLD.**—White and gold effects were never more of a rage than at present. Quaint and curious pieces of furniture abound in all well-regulated drawing-rooms, no longer massively impressive, but Frenchy graceful, and striking. Decorations follow the same hint, and are much to the same purpose a pure dazzling white picked out with gilding emphatically the combination of the day.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

23,410. A combined saw and forceps for surgical and other purposes. ARTHUR WORMMULL & CHARLES ANTHONY WORMMULL, 11, Farnival-street, Holborn, London.

23,493. Improvements in apparatus for administering medicine to horses and other animals. JABEY BULLOUGH PANTON, and ARTHUR MAWSON, 33, Chancery-lane, London. Dec. 6th, 1893.

23,773. Improvements in or relating to bottles for the reception of poison. MATTHEW EVANSON O'BRIEN, 18, Buckingham-street, Strand, London. Dec. 9th, 1893.

23,779. Improvements in garments for invalids. LAURA MEDICUS, 18, Buckingham-street, Strand, London. Dec. 9th, 1893.

## SPECIFICATIONS PUBLISHED.

18,031. BARLOW. Bottles for medicines, &c. 1892.

18,041. HALLAM. Dental engines, 1893.

18,047. LAZARUS. Testing the sight, 1893.

13,330. BEAVIS. Surgical dilators, 1893.

**A SPOTLESS COMPLEXION.**—Sulpholine Lotion clears off Pimples, Blemishes, Irritating Objectionable Appearances, Redness, Uncomfortable Skin Disfigurements, leaving a beautiful skin. Shilling Bottles of Sulpholine every where. [ADVT.]

SECOND EDITION OF 100,000 COPIES, free on receipt of post-card or bill-heading, Langdale's HOUSEWIFE'S PASTRY BOOK, containing a very large number of Practical Recipes and Instructions for the Preparation of Table Delicacies of various kinds, by a Practical Cook and Confectioner. Invaluable to clubs, hotels, and restaurants. E. F. Langdale, essence distillers, 72 and 73, Hatton Garden, Holborn Hill, London, E.C. Established A.D. 1777.—[ADVT.]



# THE MOTHER'S PAGE.

## NERVOUS CHILDREN AND HOW TO HELP THEM.

By GRACE C. KEMPTON.

**A** NORMAL child is born with a free body and a power for well-balanced activity. In rest he gives up his whole weight, and in action seldom wastes force. But all children are not normal, and many who are normal at birth fall into nervous habits and disorders during their earliest years.

In order to protect the normal condition we must closely observe it. In order to develop normal action and reaction we must know definitely what we want.

Watch the breathing of a healthy baby. See how easily each breath is drawn and how evenly. See how loosely and heavily the child's body lies upon the bed when he sleeps. Watch his eating and his motion, and from him you will get many practical suggestions. Acquire the freedom, balance, lightness in action, weight in rest, and ease, yourself, and you will be in a position to lead children on in a natural way. Grow trustful in a way that little children are trustful, and great light will be given you to preserve their trust, which is a part of their normal life. Two-thirds of the nervousness of little children is caused by their personal surroundings.

Each normal child is made in harmony with Nature's laws; to serve his best development we must make the conditions of his life agree with these laws. We must work with Nature, not in opposition to her. Let the children grow as the daisies do; let us interfere only when we must, and the growth will be sure and strong.

A healthy baby will gain by lying unattended for an hour or more at a time. A baby trained by habit to go to sleep unrocked has begun the lesson of quiet in both body and mind. "Hands off!" we must read on the brow of the well-cared-for child, who, happy in his independence, would fret himself into nervousness had he interfering attendance. Make the baby comfortable in every way, then let it alone, if you want healthy nerves and a good child. Sincere watching of free and normal action will picture it in your mind. Hold to this picture, neither allowing the child to interfere nor interfering yourself. Think of yourself as the remover of obstacles to the child's growth, not as one who would mould at personal will the sensitive and fertile material. Law will do this; you must serve law. Emotional excitement or punishment is an interference, and therefore causes a nervous condition. The feelings of a child wrought to a high pitch over some misdeed, recover with a debt of waste to the beautiful forces of his nature.

All the processes applied to a little child should be simple, and planned to be as gentle as possible, and still impress. Not to interfere with a child's body, as by the omission of a meal, the influence of fear, of confinement, or other conditions of growth, nor to interfere with the child's trust by impatience, anger, or other unjust retribution, is a first lesson. What wonder a child becomes unquiet if it is shocked by those who should nurture!

A sculptor looking for beauty in a piece of marble would know that he would fail should he knock and hit with his tool each part which displeases him. Yet the little child daily receives similar shocks to his exquisite organisation by interference and unquiet treatment.

The same law that makes the bud bloom, and causes the tide to go and come, is at work in the little child. We must reverence that law if we seek the child's harmony, liberty, and happiness. Establishing Nature as our guide, we shall get more light constantly on the orderly development of our children.

**STEEDMAN'S Soothing Powders** for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere please observe the **EE** in Steedman.—Adv't.

Nature's rhythm for rest and action is exact. Why not let the children, even in the older ones, fall in with it? They will as surely reap good results as the cows and the hens.

Imagine a hen clucking her brood out after the sun had given to all its invitation to rest! Yet many a mother decks her children, and leads them forth at the hour which usually finds them asleep. And the mother has a mind with which to appreciate order, health, and harmony!

The high pressure of the day has a strong tendency to develop nervous disorders in children. Only a firm and determined effort for simplicity can withstand the strength of the current. Simple tasks, simple food, simple recreation, will all help to keep the faces fresh and the bodies orderly. The friction caused by family hurry injures children's nervous systems. Rushing to school from the table, to trains, &c.—all is an expensive drain upon the nervous forces.

Little troubles which no one has time to soothe or explain make a demand upon the sensitive system of a child which we cannot calculate. To avoid this we must train the child to regard little troubles as *little*. We must throw a light of peace and strength on disturbing happenings, and the child unconsciously will form the same habit. Observation will show that children often reflect the nervous condition of those about them, the nervous attitudes and habits. The power to sleep at will can be cultivated in every child, and no trouble should be spared to do it. It may take weeks or even months of patient effort, but the reward is very great. Different ways are needed, but with the majority simple means are successful. Make the child's body comfortable, see that he is neither hungry nor thirsty, that he has fresh air, is warm, and all previous conditions happy in a quiet way. This will be enough; an obedient, normal child will be soothed by the good conditions, and will soon, upon lying still, fall asleep. With an excitable child only a few minutes' quiet should be required on the first day. These few minutes can be gradually lengthened that the child will feel no pressure, and will gradually learn that, with obstacles removed, sleep can come.

This training saves little children much weariness and fatigue. On a journey, during a tiresome visit, or under other trying circumstances, a nap comes easily, and smooths the rough place. I have seen children sleep refreshingly in a railway carriage, instead of wearying themselves and others with fret from need of rest.

Another cause of the highly strung nervous system in the children of this century is the large amount of reading matter that is permitted them. Much of it has no invigorating influence; it is a crude mass, and affects the child as such. A wise mother allowed her daughter of twelve one new book a year, and that a good one. This book, with those of former years, could be read and re-read. This might be an extreme plan for a child of less imaginative temperament, but in the case cited it made a far simpler matter of brain impression, and did its part to prevent the much-dreaded nervousness.

Nature is a safe companion and playmate and teacher for children. Unite them to her in every way, and the nerves of each child will grow more orderly. The sweet breath of a cow, and contact with her slow and peaceful animal existence, has never been known to do ought but help a child to the same sort of low tension. The child's way of being led must be unconscious as far as possible. He has so recently departed, if at all, from Nature's paths that the association with creatures whose lives are in touch with Nature's laws is often sufficient to help him back.

**"FOR THE BLOOD IS THE LIFE."**—CLARKE'S WORLD-FAMED BLOOD MIXTURE is warranted to cleanse the blood from all impurities from whatever cause arising. For Scrofula, Scurvy, Eczema, Skin, and Blood Diseases, its effects are marvellous. Thousands of testimonials from all parts. In Bottles 2s. 6d., and in cases containing 6 times the quantity 11s. each, of all chemists. Send for 33 or 132 stamps, by the Lincoln and Midland Counties Drug Co., Lincoln.—[ADVT.]

Housework in its right proportion and under true conditions is a nerve trainer to growing children, and helps to order the forces of body and mind healthfully. Housework, to be helpful, must be regular, and filled with interest and energy. Out-of-door work is good for children, if it is happily done.

The best influence from outdoor work is in company of a maturer mind, who can introduce the working children to the habits of the plants and animals among which they work. This keeps the work alive with thought and interest, and prevents monotony.

The study of any natural science has a definite influence against nervous disorder, which systematically taught. On the other hand, avoid your children coming in contact with that which is startling and unnatural. Placards and posters advertising the theatres, with newspaper stories and headlines, may be the cause of much distress to the mind of a child, and bear rapid fruit of nervous tension and waste.

"Be my pussy," you say to a tired child. "Ah! pussy lies so still; sometimes she hangs her head down so," and you illustrate with your own head, making it free and loose.

"Now, pussy, I will lift your paw." And you do it, while the child gives up its hand passively. You approve, and pet, and praise, not the child, but the cat. And if the child resists, you show him how unlike a pussy he is. The most nervous children can be relaxed in ways of this kind. Older children may do the exercise very slowly, and for only a few minutes at a time.

The prevailing school system is a hot-house for nervous tension. The objects, chiefly external, are emphasised by methods not calculated to impress every pupil. The children of sensitive natures are, therefore, over-impressed. The child must be prepared by a training *not to worry*, not to be over-anxious, and be taught himself to substitute higher motives and ends than the rank he holds in his class. The pressure in school life causes children to bite their fingers and nails, twist their hands, and resort to many other nervous habit which can by gentle and incessant watchfulness be stopped.

The child should be taught to stand with the body erect, feet firmly planted upon the floor, arms hanging loosely and heavily at the sides, and the fingers all free; he should be taught to keep this attitude while reciting, and in every work to use only part of the body needed for that work; everything else should be quiet. Never let a child hear of his nerves, except physiologically, as marvellous servants—messengers between the world and his brain. A pitiful thing it is to hear a little child say, "I am too nervous to read."

Systematic training of the senses tends to equalise nervous forces, and is, therefore, opposed to "nervousness." The body must be trained to be quiet, then each sense is exercised in a progressive manner, while by the whole quiet is maintained.

**THE GIRL WE ALL ADMIRE.**—The girl we all love is frankly girlish, with an old-fashioned sentiment, charmingly developed, which recognises her duty as a daughter toward the woman who acts as her mother. The lovable girl understands that every day and all day cannot be devoted to holiday making, but that life holds duties without number. She is a cheery little party, and so she goes about them with a step as light and gladsome when on an errand of mercy as if shod with a pair of fairy slippers and tripping over a well waxed floor. Ah, this is the girl who will broaden out and sweeten the life of the man she marries. She can accept the thorn with the roses without a murmur. Submitting to the inevitable has prepared her to become a companion well worth the wooing and the winning.

**MAGIC!**—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glendon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893. "Glendon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d., 1s. 14d., all chemists; direct W. LOCKING & SON, Leeds (late Hull).—Adv't.



[SPECIAL ARTICLE.]

## THE EYE IN ELDERLY PERSONS.

By the late PERCY DUNN, ESQ., F.R.C.S.

THE picture of old age which Shakespeare paints in the description of the seven ages of man leaves a good deal to be desired for those who have passed the meridian of life and are well on their way towards the opposite pole of our existence. But nowadays it is impossible to accept the statement of "sans teeth, sans eyes, sans taste, sans everything," in its literal sense. It is not improbable that Shakespeare represented in this the truth of the condition of things which prevailed at his time, but *nous avons changé tous cela*, and civilisation and science have come to our aid, and in combination have divested the declining years of men and women of many of the disadvantages and inconveniences which are inseparable with age. The introduction, for instance, of artificial teeth, has removed the discomforts and evils arising from an edentulous mouth. The scientific adaptation of spectacles has obviated the difficulty of impaired vision; and various results of age in different parts of the body are removed or kept in check by the application of surgical principles, enabling life to be continued in comparative comfort, and perhaps to be as much enjoyed as it was at any previous period. Thus, in spite of Shakespeare's gloomy picture, we see that old age and "sans everything" are not convertible terms, and with the progress of science it is reasonable to suppose that the relationship which even now subsists between them will eventually come to be less clearly marked.

Speaking generally, there is in old age a general declension of power. This is owing to gradual progress of degeneration in all the tissues. The degenerative changes, however, which are met with in the organs of the aged, are quite natural in their occurrence, as natural, indeed, as the growth by which the body attained the perfection of its development. They simply form a part, so to speak, of the natural history of every living organism which has reached the meridian of its existence. Again, there is no relation between senile decay and the unnatural series of phenomena associated with disease. For, as it has been truly observed, "the distinction between degeneration and disease is that the one is natural and the other unnatural, the one is constant, the other as various as the external conditions in which it may arise; to the one we are prone, to the other we are liable" (Paget).

In its external appearance the eye undergoes some change after a certain age has been attained. This change is noticed in the outer part called the *cornea*, and takes the form of a concentric ring of whitish tissue. The cause of this change is owing to the *fatty degeneration of the circumferential part of the cornea*, and in some persons it is more marked than in others. Its presence has no effect upon the sight, but it is usual to take it as evidence of the progress of degeneration in other parts of the body. The limitation of power which finds expression throughout the organs and tissues of elderly persons is exhibited in the eye by the failure of sight. The failure of vision which is associated with age in first indicated by the inability to distinguish small objects placed near the eye. Thus the characteristic sign of gradually failing sight is often made plain by the increasing distance at which the book is held in reading. Further and further the newspaper or book are required to be placed in order to render reading possible. At last the letters lose their outline and become indistinguishable, except in very large print, and relief is sought for the prevailing inconvenience.

This deficiency of sight is dependent upon a simple cause, and, in brief, we may describe it as follows:—In olden days it had been recognised that the eye possessed the power of changing its focus in order to render near objects clearly defined to the observer. But it was not until the first decade of this century that the discovery was made, showing that this power of

adjustment was due to a small muscle, called the *ciliary* muscle. The rays of light proceeding from an object within twenty feet of the eye are focussed upon the retina by means of this small bundle of muscular fibres, and the closer the object the greater is the effort which the ciliary muscle is required to exert. But by what means does this muscle effect the alteration of focus? By causing the *crystalline lens* to advance, and thus increase the convexity of its position. We have seen that the muscular system generally deteriorates with age and loses power; and with regard to the ciliary muscles there is no exception to this rule. We consequently find that with the increase of age the power of defining near objects gradually diminishes concurrently with the limitation in the power of the ciliary muscle. Hence books printed in large type are essential for elderly persons, who, wishing to read, have yet avoided the indulgence of spectacles. The gradually failing power of the ciliary muscle deprives the eye of what is called the power of accommodation.

But if the organ is healthy in other respects, there is no diminution in distant vision, inasmuch as objects situated beyond a distance of twenty feet require no accommodative effort to bring the rays of light proceeding from them into focus upon the *retina*. The loss of accommodation peculiar to elderly persons may be described simply as an optical defect, and as such requires some optical appliance for its correction. The failure of sight, to which attention is here drawn, has been called *presbyopia*, and spectacles with lenses of proper focal distance, and suitable as to size, are all that is necessary to restore the dim vision of the presbyopic to the clearness and definiteness of normal eyesight.

"It is important for it to be understood," writes a well-known ophthalmic surgeon, "that spectacles, instead of being a nuisance or an encumbrance, or an evidence of bad sight, are to the presbyopic a luxury beyond description, clearing outlines which were beginning to become shadows, brightening colours which were beginning to fade, intensifying the light reflected from objects by permitting them to be brought nearer to the eyes, and instantly restoring vision to a standard from which for ten or a dozen years previously it had been slowly and imperceptibly, but steadily, declining. This return to juvenility of sight is one of the most agreeable experiences of middle age."

Now whilst presbyopia is common to all persons after the age of forty-eight, the other visual defect peculiar to age—namely, cataract—is only met with in some. Indeed, cataract may rather be spoken of as a contingency than as concomitant of old age; inasmuch as, although frequent, its occurrence is variable and uncertain. Octogenarians may, for instance, be seen enjoying their visual appetite in the direction of the horizon line independently of optical appliances; in other words, up to this age their lenses have remained clear. But, on the other hand, persons soon after fifty may be observed whose lenses have been removed for cataract, making use of spectacles for all purposes. Now by cataract is meant an opaque condition of the *crystalline lens*. In early life the lens is perfectly transparent and colourless. After thirty it begins to assume a pale yellow tinge. As age advances this yellow tinge becomes more pronounced, and in old people, should its transparency be still maintained, the colour of the lens is that of the depth of amber. Now these changes from normal transparency are coincident with defects of nutrition, but no loss of vision accompanies their progress.

When, however, the lens begins to become opaque, this condition indicates the advent of the total suppression of its nutrition. The lens, in fact, degenerates into organic material, and with its complete opacity, of course there is associated total loss of vision in the affected eye. Although an opaque lens renders an eye useless as an organ of vision, the organ is still not absolutely blind. In the cataracts of the greatest density with which surgeons meet, there is always perception of light; the patients are quite able to distinguish light from darkness. The recognition of this fact is of much

importance in connection with the question of surgical treatment.

Cataract obstructs the vision of an otherwise healthy eye, but obviously an opaque lens in front of a destroyed or otherwise spoilt *retina* could scarcely have much effect in restoring vision, even if it was removed. Now let it be assumed that an elderly person is compelled to seek advice in consequence of gradually failing vision in one or both eyes, and that on examination the presence of cataract is demonstrated to account for the failure of sight, what are the prospects of regaining the power of vision which has gradually been lost? They are these, viz.:—

When the cataract has become what has been termed "ripe," and the lens hard and equivalent to a foreign substance in the eye, an operation may be undertaken for its removal, by means of which, with suitable spectacles, perfect or almost perfect vision may be restored. It is, however, essential that the lens should have acquired the condition above stated before operative treatment is commenced; the patient, therefore, is compelled to submit to a gradually-increasing blindness until the completion of the changes is fully assured. This is revealed by certain well-known appearances, which prompt the surgeon unhesitatingly to operate in the event of everything else being favourable.

## THE FIRST SIGNS OF CONSUMPTION.

IT is not as extensively known as it ought to be, that, in the large majority of cases, consumption begins with a *slight cough in the morning on getting up*. After a while it is perceived at night on going to bed; next, there is an occasional "coughing spell" some time during the night; by this time there is a difficulty of breathing on any slightly unusual exercise, or in ascending a hill; and the patient expresses himself, with some surprise, "Why, it never used to tire me so!" Next there is occasional coughing after a full meal, and sometimes "coughing up." Even before this, persons begin to feel weak, while there is an almost imperceptible thinning in flesh, and a gradual diminution in weight—harassing cough, loose bowels, difficult breathing, swollen extremities, daily fever, and a miserable death! Miserable, because it is tedious, painful, and inevitable. How much it is to be wished that the symptoms of this hateful disease were more generally studied and understood, that it might be detected in its first insidious approaches, and application be made at once for its arrest and total eradication; for certain it is that, in very many instances it could be accomplished.

It must be remembered that cough is not an invariable attendant of consumption of the lungs, inasmuch as persons have died, and on examination, large portions of the lungs were found to have decayed away, and yet these same persons were never noticed to have had a cough, or observed it themselves until within a few days of death. But such instances are rare; and a habitual cough on getting up, and on going to bed, may be safely set down as indicating consumption begun. Cough, as just stated, is originally a curative process, the means which Nature uses to rid the body of that which offends, of that which is foreign to the system, and ought to be out of it; hence, the folly of using medicines to keep down the cough, as all cough remedies sold in the shops merely do, without taking means at the same time for removing that state of things which makes cough necessary.

THE MESSAGE OF PEACE is always appreciated and respected by all true men, for many of us hope the time is not far distant when it may be universally adopted by all nations. When this comes to pass, happiness and prosperity will be the rule and not the exception. In the meantime, Holloway's Pills and Ointment have largely helped to make foreign nations understand that Englishmen delight in alleviating pain and suffering. These wonderful remedies have been blessed in many lands for the relief they have afforded and the cures effected. They are specially adapted for all complaints affecting the liver, stomach, and kidneys, and at this season no family should be without a supply.—ADVT.



## CONSUMPTION:

### A CONTAGIOUS DISEASE.

AN American medical society has petitioned the Board of Health to put consumption of the lungs on the list of contagious diseases. The request has awakened interest in the old question of the contagiousness of consumption and incidentally on the general subject of infection and contagion. Some of the diseases which flesh is heir to are contagious in every sense of the word. A contact so slight that it does not even reach skin contact, but merely with the air which small-pox patients breathe, is sufficient to cause small-pox in man. So, too, mediato contact—that is to say, the handling by the well of material touched by the sick—has been proved to be the cause of many diseases, of which erysipelas and scarlet fever may be cited as examples. The products of certain other diseases—typhoid fever, for example—require to be taken into the economy to become maleficent. Still others, such as glanders, must be introduced into the blood current itself before they are dangerous. These facts have been proved by long observation and are not to be disputed. A horseman treats a case of glanders with perfect security, provided his skin is whole or is protected. A nurse or a doctor stays for hours in the room of the typhoid patient and suffers no hurt. The older doctors, therefore, set these diseases to one side as infectious, but not contagious, for it was equally evident that they were carried from patient, not through the air, but through other, and to them unknown, means.

The discoveries in bacteriology have settled many questions, but have unsettled many others which were supposed to have been fixed forever. Among other things it has broken down the barriers between contagious and infectious diseases. All the diseases which have been mentioned are now believed to be caused by germs of vegetal origin, some of which are known, others of which are only suspected. The explanation of the bacteriologist as to the difference in their effect on the human organism is simply that of the Bible. Some germs fall on good ground and multiply, others on stony ground and fail to grow, or wither at once. When a typhoid germ is breathed into the lungs it perishes just as do the myriad of other germs which we daily breathe. It is far otherwise if it is swallowed with the food or drink, and finds after running the gauntlet of the juices of the stomach a suitable place for growth in the intestines. The germ grows and multiplies, and the ordinary phenomena of the disease result. This will give a general idea of the simple and apparently complete answer to many of the vexed questions which puzzled the older doctors.

Unfortunately the practical difficulties are not entirely removed by the theoretical explanation, and especially is this true of consumption. Even if it is granted that the disease always originate from a germ, and that this germ came from some previous case of the disease, the fact that so many escape where almost all are exposed shows that there must be other factors than the germ alone which cause the disease, or at least aid in its propagation. So far these other factors are almost unknown.

That consumption was contagious was an old theory, and the Spaniards centuries ago were in the habit of destroying the bedding and belongings of consumptives, and in some cases even the houses in which they lived, for fear of the spreading of the plague. That it is not very actively contagious is proved sufficiently by the fact that the dwellers in cities are alive at all, for statistics prove that from one-tenth to one-fifth of all the deaths in large cities are due directly or indirectly to the disease, and that consequently a number of sufferers from the disease must be present in every large gathering of people. Except in the later stages the patient is not confined to his bed. He mingles in all the social and industrial avocations of life. Not infrequently he is "the life of the party," or the "hardest worker of the office." In the present state of society, at least, such men cannot be condemned to a leper

camp nor sent against their wills to a sanatorium, however excellent.

The general fact that consumption is a disease which, under certain circumstances, may become contagious or infectious, should be admitted. A sufficient number of cases are known where the carrying of the disease from the ill to the well is clearly proved to demonstrate the general truth that consumption is sometimes contagious. This should lead to the most scrupulous care on the part not only of the physician but of the intelligent patient to prevent the spread of the disease. But any attempt to prevent such infection by quarantine regulation must almost necessarily prove abortive.

## INFANT LIFE.

AT the second ordinary meeting of the present session of the Royal Statistical Society, held in the Theatre, Jermyn-street, on Tuesday night, December 19th, Dr. Hugh R. Jones, of Liverpool, read his prize essay, on "The Perils and Protection of Infant Life." The President of the Society (Mr. Charles Booth) occupied the chair.

In reading his essay, Dr. Jones gave a brief historical survey of English legislation for the better protection of children, from the time of the first English Poor Law, in 1601. Attention was directed to the statistics contained in the annual Reports of the Registrar General, which afford an accurate measure of the perils of infant life. The chief causes of excessive infant mortality were found to depend upon—first, ante-natal conditions (leading to death from developmental diseases and hereditary diseases); secondly, insanitary conditions (including overcrowding), conducive to excessive mortality from zymotic and lung diseases; thirdly, social circumstances (poverty, ignorance, employment of women in industrial occupations, &c.), leading to neglect and consequent excessive mortality from diarrhoea, convulsions, and infantile atrophy; and fourthly, wilful neglect and crime. Deaths from suffocation in bed were found to have a definite relation to intemperance. By far the largest number (over twenty-eight per cent.) occurred during Saturday night, and on that night about thirty-five per cent. of all the apprehensions for drunkenness took place. Child insurance was fully considered. Contrary to the general opinion held, it was not found possible to connect child insurance with wilful neglect in any large number of cases; but there was no doubt that the majority of the children of the industrial classes in urban districts were insured. Prevention of excessive mortality and efficient protection of young children were very difficult. Reliance must be mainly placed on improvement in general education and the development of an increased sense of parental responsibility. Technical instruction was most important, and children must, he thought, be specially taught domestic management in school. The policy of the Buckinghamshire County Council, who employed trained rural health missionaries, was to be highly commended. The missionaries employed undertook house-to-house visitation, and taught in the homes. Another means of lessening the death-rate would be greater restrictions placed on the sale of opiates. The industrial population should he urged, be encouraged to move to the healthier suburbs by improved train services and reduced train fares. Particular attention was also drawn to the excessive number of deaths from improper feeding.

Dr. F. Warner said the question of work and the development of children was one of a serious character, because it was found that mothers who were obliged to work gave birth to infants of low development, and when these grew up they added largely to the numbers of the unemployed. With regard to the changes which were going on in modern days, he declared that the great block buildings tended to produce degeneration amongst the children, and particularly the girls. The children of Jews were much more free from low development than other children, and they had better brains. This he attributed to a much more prolonged

general education, which had improved the brain.

Mrs. Fawcett expressed the belief that general sanitary conditions were more to be regarded as the cause of excessive deaths of infants than the employment of mothers. It was a curious fact that the century which had witnessed a general resort of women to work of various kinds was one in which the growth of the population was four times faster than before. Therefore, she did not think that the work of women was a cause of the increase in infantile deaths.

## ATTITUDE OF ENGLAND AS TO CHOLERA.

It is announced that the Convention concluded at the International Sanitary (Cholera) Conference of Dresden, has now been laid before the German Reichstag, together with a Protocol announcing Great Britain's accession to the Convention, but subject to the following proviso:—"The United Kingdom of Great Britain and Ireland accedes to the Sanitary International Convention concluded at Dresden on April 15th, 1893, and to its appendices, but with the reservation that persons in sound health on board infected ships arriving at ports in the United Kingdom shall not be subjected to 'observation,' but only to medical surveillance at their homes." This announcement brings to a highly satisfactory termination two out of three stages of a difficulty which has been felt for over fifty years, and which has defied the intentions of many international gatherings collected together for its solution. The first stage was dealt with when, after amendments brought about by the Supplemental Paris Conference of May, 1892, this country consented to sign the Venice Convention of the previous January. That Convention dealt essentially with the traffic from the Far East up the Red Sea, through the Suez Canal, and into the basin of the Mediterranean. The importance of an understanding as to this was vital to this country's interests, especially in view of the necessarily constant intercourse between our home and our Indian ports. Some of the latter ports were nearly always "infected," according to European notions; but we absolutely and firmly declined to allow healthy people to be subjected to quarantine in the miserable establishments—or rookeries of establishments—provided for that purpose in the Red Sea. This persistent attitude on the part of our delegates led to the breakdown of the Rome Conference of 1885; but in the end the purposes we have all along had in view have been attained, and the old-fashioned practice of deeming people so dangerous, that they must be locked up merely because they happen either to have come from an infected port, or to have travelled in a vessel which at some antecedent date, more or less remote, has been in infected vessel, is, so far as England is concerned, practically at an end. Vessels really infected will only be dealt with as such before entering the Suez Canal, and no one sailing under the British flag need ever be landed on the shores of the Red Sea so long as the medical officer of the vessel is prepared to say that he is not suffering from cholera.

The second stage of the difficulty was happily overcome at Dresden. Here the delegates dealt with cholera in Europe, including the Mediterranean. Once again, while consenting willingly to all needed measures of disinfection and of dealing with the actual sick, and also whilst in no way interfering with the discretion of Continental Powers in controlling land or river traffic across their frontiers, the British delegates were firm in refusing the control of shipping which involved the detention of healthy persons in quarantine in our ports merely because such people were looked upon with suspicion. For certain classes of vessels a "period of observation" was decided on at Dresden as regards the healthy passengers arriving in infected or even suspected vessels. The British delegates willingly assented to the principle of "observation," but they refused to accept the Continental interpretation of it. Our Cholera Regulations require that persons



landing from infected vessels shall give the addresses of the destinations to which they are travelling in order that the local inland authorities may, by keeping them under observation for a few days, learn at the earliest moment if they should sicken of cholera; but other Governments intended to use the power conferred on them to confine these travellers in port quarantine establishments. Hence the reserve made at Dresden when assenting to the principle, and hence the formal reserve made in the Protocol to the Convention by our delegates with the authority of the British Government. Here, again, we see that England has for many years been firmly resolved not to accede to the pressure of foreign Governments in the matter of quarantine, and though we have had long to wait, we have only waited just so long as was necessary to bring the other contracting Powers into line with the position which England decided on finally about 1872, and to which she has firmly adhered without wavering ever since.

But there remains a third stage which affects this country mainly in connection with her Eastern possessions. It is the control of pilgrims attending Mecca and Medina, in such way that those travelling under the auspices of the British Government can be held free from the suspicion of having conveyed cholera into a mass of humanity so circumstanced that the disease must of necessity spread and cause a havoc which probably has no parallel in any other part of the world. If the matter were thoroughly inquired into it would probably transpire that our Indian Government does much more than it receives credit for, and that much of the cholera which is, in ignorance, put down to arrivals by ship from Indian ports is really carried overland by the many thousands who travel in that way and who enter Arabia from the East. We should also learn how utterly futile and miserable are the arrangements made by the Turkish Government to deal with any accidentally imported case of the disease; but we are promised a further international gathering in order to see where the difficulty as to this pilgrim traffic lies, what is the truth about it, and how far it may be remedied. England—using that term in the widest Imperial sense—will again be only too glad to lend a helping hand; and whilst she will again refuse to sacrifice sound principles of public health, she will spare no reasonable trouble or expense to prevent any importation of cholera by means of pilgrims travelling from British or Indian ports to ports on the Arabian shore of the Red Sea. Our success hitherto is a token of future success in coping with so fatal a malady; and at the moment we have only to congratulate ourselves on another step towards the prevention of cholera, which has been achieved in connection with the Dresden Conference.—*Lancet*.

**THREAD OF A SILKWORM.**—In a recent communication to the Society of Arts and Sciences Miss Henrietta Rhodes states that the silk unwound in a single thread from one cocoon of the common silkworm measured 404 yards. After this bunch of silk had been thoroughly dried and reeled it was found to weigh exactly three grains. It follows that one pound of silkworm thread may be extended into a line 535 miles long, and that a thread long enough to reach around the entire world would weigh no more than forty-seven pounds.

**THE MOSQUITO'S SECRET.**—The pain caused by the bite of a mosquito is produced by a fluid poison injected by the insect into the wound in order to make the blood thin enough to flow through the mosquito's throat.

**TRYING TO CURE IT.**—The medical men say that kleptomania is a disease. We have observed that its victims are always taking something for it.

**ASTOUNDING!**—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the precise words, "they are worth a guinea a pill." For Diarrhoea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. 1s. 1d., 2s. 9d., 4s. 6d., all chemists; direct, W. LOCKING & SON, Leeds (late Hull).—Advt.

## WHY ALCOHOL INTOXICATES.

THOSE of us who are unaccustomed to strong drink have often noticed how quickly a glass of wine or a small amount of distilled liquor "goes to the head." Most of us know that this effect is caused by the direct presence of alcohol in the blood, but it is not generally known just how it gets there.

To explain the delicate but simple operation of conveying the alcohol into the whole system is the object of this article. All liquors, wine, and beer are merely alcohol diluted with water and flavoured by the juices of the fruit or grain from which the drink is made. The beverage being taken into the stomach comes in contact with the lining of that organ. Now, this lining is provided with a network of delicate bloodvessels, which are very small and have a thin membranous covering. Alcohol has the property of permeating this coating and being taken up at once by the blood within the capillaries, which carries it away to other parts of the system. Water, however, requires a much longer time to be absorbed, and as the alcohol becomes partially removed from the contents of the stomach, they pass into the small intestines. A small percentage of the alcohol which remains after this takes place is rapidly taken up by the lacteals or the absorbent vessels of the small intestine and enters the main blood stream by way of the thoracic duct. The alcohol all eventually goes to the heart, and thence through the liver into the general circulation. All the organs in which blood circulates are now brought into contact with the mixture of blood and alcohol. The nerve pulp, the brain substance, and the great nerve centres are rich in bloodvessels, and being the most sensitive part of the body to the action of alcohol, by reason of the fact that the natural moisture of the nerves, on which they largely depend for healthy action, is largely taken up by the alcohol and conveyed to the blood, they soon lose their control of the muscles, both voluntary and involuntary. The heart, as a consequence, beats more rapidly, having less resistance to meet. The muscles of the veins and arteries relax, and the capillaries expand. A feeling of warmth and flushing of the face is the result. The brain acts more quickly, and thought and speech flows more freely. Upon taking a still greater quantity of alcohol some of the functions which are governed by the spinal cord become completely narcotised. The legs, feet, and lips are first to feel this effect. As more and more alcohol is taken its effect progresses from one nerve to another, until the brain itself is stupified and the mind is to ally under the deadly influence, while the man sinks himself to the lowest level of mere animal existence. Finally, real temporary paralysis of all the nerve centres sets in, consciousness is lost, and the victim sinks into a sleep. The beating of the heart, and the moving of the lungs, is all that distinguishes him from the clay from which he came. Sense, reason, mind, all gone. What can be lower or more degraded?

## NEEDLES IN PREHISTORIC AGES.

THE needle is as ancient as a man's clothing. Whether Eve sewed her fig leaves together with a needle of her own invention or fastened them in a still more primitive fashion must remain problematical, but in Egypt, Assyria, China, the bottoms of lakes, mounds and caves, all prove that the art of sewing has been known from prehistoric ages. Probably the first

**MRS. WINSLOW'S PENNYROYAL PILLS.** Peoples' Remedies Co., Sole Proprietors. Testimonials from all parts of the World. Invaluable to Ladies. Remove all Obstructions to Health. Boxes, 1s. 1d., 2s. 9d., and 4s. 6d. Of Chemists and Medicine Vendors, or per post (in plain wrapper), for Stamps, from the Manageress, The Arch Laboratory, Putney Bridge, Fulham, S.W. Wholesale: Barclay, Sanger, Lynch, &c.—[Advt.]

needles were widely fashioned of fishbone or ivory in the form of an eyeless bodkin, and these continue to the present day to be used by uncivilized tribes. Steel needles were first made in Nuremberg toward the end of the fourteenth century, and a little later Spanish needles became celebrated for their excellence. They were made by a negro, or moor, who declined to impart his art to another, but took it with him to another world. For the past two hundred years the manufacture of needles has been exclusively English—Warwickshire, where twenty thousand people are employed, and make more than ten million needles yearly, being the centre of industry. The art of needle making was kept secret till 1650, when it was revealed by Christopher Greening. The processes which convert the heavy bar of pig iron into the finest cambric needles are too manifold to enumerate, though all are interesting, to which, perhaps, most of all the drilling of the eye; so delicate a task is this, that the skilful workman can pierce a hair and thread it with its end.

## SICK BENEFIT SOCIETIES.

SO far as principle goes, benefit societies are altogether praiseworthy. Through their instrumentality, workpeople are enabled to insure themselves against want when illness temporarily incapacitates them as wage-earners. It is true, no doubt, that a workman could do the same by depositing a trifle every week in the Post Office Savings Bank. But in that case he would not be liable to forfeit past deposits by irregularity of payment, whereas the benefit society system brings direct pressure of that sort to bear. But it has one serious defect from which the other method is entirely free. In a case lately under discussion in the Midlands, a working man, after passing the prescribed medical examination and complying with all other rules, suddenly found himself expelled, and thus deprived of all prospective benefit from his subscriptions for three and a half years. On what grounds? Simply because the management considered that his general health for some years "utterly disqualified him from joining any sick benefit society." Why, then, was he admitted to membership? It was the society's own doctor who passed him as a healthy man, while the fact that he had only once applied for sick pay during the whole period of his membership refutes the implication that he was a chronic invalid from the very beginning. Similar cases are, we believe, of very frequent occurrence, but the victims rarely go into court by reason of their abject poverty. It certainly ought to be a standing rule, as it is among life insurance societies, that when once the medical examination is passed, no question about the applicant's health at the time should ever be raised.—*Globe*.

## ENGLISH THE WORLD SPEECH. THE GERMANS FAVOUR THE GENERAL STUDY OF THE COMING LANGUAGE.

IN an article on the importance of introducing into the schools the study of a universal language (*Weltsprache*) which recently appeared in the *Preussische Jahrbücher* Dr. Schroer advocates making the study of English obligatory, not necessarily to the exclusion of the classical tongues, but at least in conjunction with them. "This," he says, "is not a question of taste or rivalry between the 'moderns' and the 'ancients'; it is simply a historical necessity."

The learned professor promptly condemns all attempts, however scientific, to construct an artificial world speech, like Volapük. In his opinion a language which possesses neither

"I'M GLAD IT'S HORNIMAN'S" is the title of an artistically coloured picture almanac for 1894, published by Horniman & Co., the well-known Pure Tea Merchants. This almanac is new being "Given Away" in every Town and Village of the United Kingdom to all who apply to either of the 5,974 agents selling HORNIMAN'S PURE TEA.—[Advt.]



literature, historical development, nor linguistic relations can never serve as a medium of general communication, for the reason that no one will take the trouble to acquire it, merely as a "tool of trade," until it becomes universal; therefore it can never become universal. Such attempts, however, are not only aimless, because they can never obtain the general consent of mankind, but they are needless, for there already exists a universal language—i.e. a language which, by its spread over the whole earth and by the ease with which it may be learned, has gained such a long step in advance that neither natural nor artificial means can deprive it of its assured position as the future medium of international intercourse. And this language is the English.

Professor Schroer is careful to warn his readers not to get their aim too high, for to learn to speak and write fluently and correctly a language which holds so high a place in the scale of culture and refinement as the English is difficult, but for the average man this is not necessary, for even the average Englishman has but a limited command of his mother tongue, and the daily intercourse of life requires but a small and easily acquired vocabulary. This is true of every language, but the absence of puzzling genders and inflections and synthetical forms renders the English easy in comparison with others. "The English language," concludes Professor Schroer, "is the world speech, and will, to all appearance, become more and more so every year."

During the present century the English-speaking population of the world has increased five-fold, from possibly twenty-five million at its beginning to at least one hundred and twenty-five million. No other language has ever been so rapidly developed, no fact in civil history is more significant than this. In every quarter of the world English is the conquering tongue. The widespread of the British colonial system, the marvellous growth of the United States and the facility with which it absorbs every foreign element bear witness to this great fact, and our cousins in Germany are of too practical a turn of mind to be jealous or forgetful of it.

## DISEASE FROM IMITATION.

THE ability to imitate is most useful, but as useful things may become injurious, so may this faculty when unwisely used. In childhood and youth it enables us to acquire almost every art, as walking, talking, writing, singing—much of our education is simply acquiring habits and methods by copying or imitating what is set before us. As we grow older we also imitate our elders in many things, and in this way what is acquired by one finally becomes the property of all.

Mothers know how quickly their boys and girls learn a lot of bad habits if they have for associates companions whose ways are bad, and what benefit it is to them to associate with those who have been well brought up. The tobacco habit, tippling, lying, and swearing, are almost always acquired by imitation, and so are most of the fashions which we follow of dressing in an unhealthy manner. People simply do these things because it is the fashion to do them—because others do them. Our imitative powers have become almost instincts, so much have we exercised them, and they need often to be suppressed and controlled, held within bounds.

There are diseases also acquired by imitation; we may call them mental diseases. The habit of stuttering, for instance, has become quite common among school children in Germany, and an eminent physician attributes it to the fact that one youth imitates another, in fun perhaps, and finally fixes the habit on himself, and ever after he is its slave.

Hysteria is a disease often of imitation. In hospitals and schools, if one girl becomes hysterical some others are likely to be affected. It

is said that there is a nervous disease on the Shetland Islands which originated from a case of epilepsy in a church. It produced such an effect on many present who had never before seen a case that there were several who had it, and finally the disease spread in a modified form and became quite general on the islands, and perhaps still continues.

St. Vitus dance may be acquired by imitation. We know how yawning goes around a whole circle when one of the members sets the example. Other cases might be named, but it is unnecessary.

The cure for all this is not so much in telling children not to imitate things which do them harm, as by inspiring them to do those things that are good.

Parents may think they have done their duty if they have told their children to do this or not to do that, and they are amazed that this telling affects them so little. If it would work it would be a cheap and easy way of making them good. It rarely works. But set them an example, and arouse their interest and enthusiasm, and without telling them anything they do what you want joyously. You can hardly keep them from it.

I have great hope for the future of our children if they can be trained and educated in early life to be brave and noble in their acts, and if they can be kept from that servile imitation of habits which only enslave them, and prevent their best growth and highest development.

## A BEVERAGE THAT MAY SUPPLANT TEA AND COFFEE

### YERBA-MATE.

TWENTY-FIVE million people in South America instead of drinking coffee prefer yerba-mate, which from its delightful taste, its delicate aroma, and its stimulating action upon the brain and nerves must be regarded as one of the pleasantest beverages in the world.

Five things are necessary to brew yerba-mate in true South American fashion. There is first the mate itself, which is a small gourd or calabash, with a round hole in the side, serving as a teapot. Then one needs a bombilla, a metal tube usually made of silver and furnished with a strainer at its lower extremity.

Besides these, there must be boiling water or milk, sugar, and a supply of yerba leaves which have first been thoroughly dried in ovens built for the purpose, and then pressed.

When a visitor arrives at any house in Central America, Chili, Peru, Bolivia, or Paraguay he is immediately invited to partake of the yerba-mate, which is prepared in his presence by servants who from long practice have acquired a great certainty in the operation.

The skilful brewing of the national beverage is considered a matter of such importance in every household, that servants possessing special knowledge of bringing out the correct taste of the plant are highly valued, and receive better wages than others without that accomplishment.

The first infusion is made of leaves of inferior quality, and this brewing is usually consumed by the servant, who then adds fresh leaves of the best quality, and makes the second brewing for the guests.

Each time new leaves are added boiling water previously sweetened is poured upon them, and each time the calabash is emptied the old leaves are allowed to remain in the bottles. This is continued for half a dozen brewings, when the calabash is emptied and cleaned.

Instead of serving the yerba-mate in cups, as is customary among tea and coffee drinkers, the calabash is passed from guest to guest, each one holding the bombilla between his lips and drawing what he pleases of the beverage through the silver tube, and then passing it on to his neighbour. In other words, the bombilla is used in drinking yerba-mate just as straws

are used by northern nations in drinking lemonade or sherry cobbler.

All who have tried it are agreed that this curious drink, properly prepared, is not only delicious to the taste, but possesses remarkable properties.

Taken early in the morning, it dissipates rapidly the heaviness of sleep or the slight headache produced by insufficient rest.

Its effect upon the brain is excellent, an increased flow of blood being directed to the head, stimulating the faculties to the keenest activity and not followed by any unpleasant reaction.

The people of Paraguay, where the finest leaves grow, claim that yerba-mate furnishes nourishment to the body, while diminishing the organic combustion. They endure the fatigue of long journeys without inconvenience, taking no other nourishment than an infusion of this wonderful plant.

The yerba leaves grow on a large tufted tree, bearing some resemblance to the laurel. This tree flourishes in many parts of South America, having first been planted in Paraguay some two hundred years ago by the Jesuit fathers.

The yerba forests are held as a state monopoly, and represent an important source of annual income. One million dollars' worth of yerba leaves are exported every year from Paraguay alone, and if European nations understood their value South America would be unable to supply the demand.

The faculty of the Paris medical academy recently made the following reports upon the qualities of the yerba plant:—

"The yerba-mate is closely allied to tea, coffee, and cocoa. Its stimulating powers equal those of black tea, and are double those of coffee. Besides that it is so rich in resinous and fatty matters that its use is strongly recommended as being superior to cod-liver oil."

Who knows but in years to come the tea of England, the coffee of America, the beer of Germany, and the wine of France may be replaced, partially at least, by the yerba-mate of South America?

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

ARE earrings containing twenty-four carat standard weight metal much in use with persons of both sexes who wear ornaments, in London and elsewhere. Will the FAMILY DOCTOR give some information thereon, if so, as to the general public adoption from trade returns of jewelers.—Margaret Dawson.

PLATINUM OR PLATINA—Will any correspondent state whether this metal obtains favour as earrings with the British public, in Germany iron, and other compounds, seem to be fashionable for the manufacture of earrings.—"M. Dawson."

### ANSWERS.

PLATO OR ST. PAUL.—We are very sorry that we overlooked your previous letter, but the largeness of our correspondence is our apology. We have not the least doubt that you are correct, and that Sir William Moore is wrong in his quotation.

## FLOWERS OF THE NIGHT.

THEY ARE PECULIARLY ADAPTED TO ATTRACT THE ATTENTION OF INSECTS.

AS we all know, there are day-blooming and night-blooming flowers. The former lay themselves out for the fertilising visits of bees and butterflies; they are generally decked in red, blue, yellow or purple, and have often lines, spots, or markings on their petals which point to the nectaries and so act as honey guides. The night-blooming flowers, on the other hand, lay themselves out for the visits of moths or other crepuscular insects, and therefore have recourse to something like the tactics of the fire-flies and the glow-worms. They are usually pure white, and the petals are often of such a peculiar texture that they seem to glow with internal light in the dim shades of evening. At

TOWLER'S PENNYROYAL AND STERIL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1/6, and 2s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 1/6 or 2/6 stamps by the Maker, E. T. TOWLER, Chemist, Northampton. Beware of imitations, injurious and worthless.—(ADVT.)



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WHOLESALE OF DULY APPOINTED AGENTS,  
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times one might almost fancy they were stained by Nature with some curious forerunner of luminous paint, so strongly do they reflect every invisible ray of the faint twilight. They thus succeed in catching the eyes of moths, which, of course, are specially modified for receiving and perceiving the slender stimulus of dusk and the gloaming.

But the nocturnal flowers have no lines or spots, because these last could never be perceived in the grey gloom of evening. They make up for it, however, by being heavily scented; indeed, almost all the strong white flowers, like jasmine, tube-rose, gardenia, stephanotis, cereus and syringa, which are such favourites with florists, belong to night-blossoming plants, specially adapted to attract the eyes and noses of night-flying insects. Perhaps that may be why the gilded youth of the Gaiety so specially affect these luscious white exotics. I may add, in passing, that not a few nocturnal animals are also provided with similar allurements for their roaming mates, in the shape of musky or other powerful perfumes.—*Cornhill Magazine.*

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### "HOW DELIGHTFUL, BUT IMPOSSIBLE."

SIR.—Your correspondent, "A Londoner," seems to be, indeed, misinformed as to earrings not being popular in our great metropolis. A walk through Bond and Oxford Streets, &c., would thoroughly prove the reverse, for the ears of numerous ladies have pearls therein, and the opposite sex not unfrequently have even gold wires in the ears. Amongst our poor, ears are bored without regard to sex. The same sound rule is observed in the London Hospital for Children "to check chronic ophthalmias." This practice of wearing carpins or wires seems to be the panacea also which causes phlebotomy in this operation, so very beneficial for the sexes. Earrings are worn by very many girls in London, also being common in children.

OBSERVE R.

#### THE FOOT.

SIR,—I have observed with great satisfaction that you are treating the question of the foot in your columns. There is not a graver subject in its way than the systematic distortion of the foot by the universal adoption of boots and shoes narrower than the foot. I am not aware of a boot in the country which gives the same freedom to the toes that the coat does to the arms or the glove to the fingers. I have, therefore, been obliged to adopt digitated stockings and sandals, and they have given me perfect ease.—I am, &c., T. DAVIES.

#### TIGHT-LACING AND HIGH HEELS.

SIR,—I am really surprised that your correspondent, a "Londoner," should think that attention to the personal appearance, such as tight-lacing, &c., should be going out. I have had very good opportunities lately for noticing the bringing up of children in the upper middle classes, and also in a few cases in the schoolrooms of children of titled parents, and am decidedly of opinion that within the last six months girls (especially of fourteen to sixteen) are being more artificially trained with regard to their appearance than they were. The coarse, masculine girl, with manly tastes, will be replaced by womanly and soft ladies. A "Londoner" need only go to Hyde Park at the fashionable hour and notice the number of girls who, although their hair is probably not "put up" yet, already possess slim, tightly-corsetted waists, neat feet shod in pointed, high-heeled shoes, and their complexions often slightly powdered when of too rosy a hue by Nature. Two days ago I was calling on a certain Lady M.H. who is spending the winter at Cannes with her family; the conversation turned on the recent letters in the FAMILY DOCTOR about the physical training of children, &c. As Lady M. was known for her love of riding and all outdoor pastimes before her marriage, when she asked us if we would care to see her children, who were then all at lessons, we naturally expected to see rather a hoydenish collection of robust girls and untidy boys. Judge of our astonishment five minutes later when we saw two lovely girls of sixteen and fifteen, and two boys of twelve and thirteen, all the perfection of neatness and well-cared-for training. The girls were both tall and slight, with slim, beautifully-corsetted waists; the elder especially having a figure of excessively slender and rounded proportions. They both wore varnished shoes with high tapering heels and the narrowest of pointed toes. Their hands were gloved, though indoors. The eldest was told to unglove, under the pretext that I knew something of palmistry, which gave us the opportunity of admiring the delicate pink palms and white tapering fingers. Their complexions were very pale, but clear and smooth as possible, from never being exposed to wind or sun. The boys had good figures, confined by broad belts; tidy, well-kept hands, and bright, clear faces. After making some inquiries about their lessons, in which they seemed to take an interest, we left, after congratulating Lady M. on her family. This is only one of many visits to the rising generation I have paid lately, and in most cases have had much the same pleasing sight.—Yours, &c., WOMANLY WOMAN.

## REVIEWS.

*Suicide and Insanity: A Physiological and Sociological Study.* By S. A. K. STRAHAN, M.D. London: Swan Sonnenschein & Co.

THE remarkable prevalence of suicide in England this summer has brought the painful question of self-destruction before the public, and the author has endeavoured to track the modern suicide to its source, and to teach people how necessary it is to use knowledge, care, and forethought in the propagation of the human race. The author handles his grim theme in an interesting manner, tracing the suicide from the early times when self-elimination was the effect of education down to the present year of grace when it is the effect of disease, and depends upon the physical condition of the system.

*Hints on Home Nursing.* By Dr. R. T. HALLIDAY.

THIS little volume is designed as a handy guide to the proper nursing of the sick at home. It contains information upon the management of the sick-room, disinfection and fumigation, and the administration of food and medicine. It can be obtained of the publishers, Hay Nisbet and Co., Glasgow, for one shilling.

*The Best 6d. Cookery (Vegetarian).* By JOSIAH OLDFIELD, M.A., B.C.L.

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and some of our readers may find their health improved by leavening their ordinary meat diet with recipes from this vegetarian cookery book. It is published at the office of the *Vegetarian*, Memorial Hall, Farringdon-street E.C.

*Tales of the Children's Ward.* By HONNOR MORTON and H. F. GETHEN.

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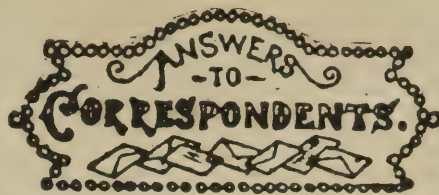
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**SOBER FACTS.**—There are about one hundred and five women to every one hundred men. One-quarter of the population of the world die before the age of seventeen years. Only one in one thousand lives to be one hundred years old, and only six in a thousand reach seventy-five.

OUR wedding cake is the remains of a custom whereby a Roman bride held in her left hand three wheat ears, and many centuries later an English bride wore on her head a chaplet of wheat. The attendant girls threw corn, either in grains or in small bits of biscuit or cake, upon the heads of the newly-married couple, and the guests picked up the pieces and ate them. Such was the beginning of the wedding-cake, which did not come into general use until the eighteenth century, and was then composed of solid blocks, laid together and iced all over with sugar, so that when the outer crust was broken over the bride's head the cakes inside fell on the floor, and they were then distributed among the company.



Correspondents will in every case be answered as early as space and time will permit. It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

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### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

**N.B.**—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:

Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
King's College Hospital.	Nazareth House, Ham-
University College Hospital.	mersmith.
London Temperance Hospital.	British Home for Incurables, Clapham-rise.
West London Hospital.	Ophthalmic Hospital, King
City of London Hospital for Diseases of the Chest	William-street, W.C.
Evelina Hospital for Sick Children.	Poor Box—Five Police Courts.
	St. Thomas's Hospital.
	City Orthopaedic Hospital

**IGNORANT.**—No internal medicine benefits these cases. What you require is some efficient local treatment practised by a skilled specialist, and this you are not likely to obtain in your part of the world. If you are coming to London and let us know, we will tell you whom to go and see.

**E. J. BUDD.**—We have replied to you in the other part of the correspondence column.

**JOHN S. MOSS.**—How can anything alleviate it while you are taking snuff? The snuff is the cause: if the cause is continued the effects will be produced.

**CHILBLAIN'S.**—You had better wear mittens, keep the wrists and ankles perfectly warm. The modern fashion of wearing spats on the boots or shoes should have the effect of keeping cold feet warmer. You should take plenty of exercise, keep the bowels freely open, eat plenty of good nourishing food and the following medicine may be taken: Carbonate of ammonia half a drachm, glycerine three drachms, decoction of cinchona bark to six ounces. One-sixth part three times a day.

To breathe 'Sanitas' is to breathe Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
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"Sanitas" Eucalyptus Disinfectors, 1s. each.

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**PSORIASIS.**—The treatment of all diseases is directed towards getting rid of them, and that permanently. You say he has been cured on one or two occasions. Then the best thing he can do is to go to the same doctor who treated him before at the hospital, only in a private capacity, paying a physician's fee, and thus obtaining the proper prescription. The rules of diet are well known, and this being such an essential part of the treatment would be sure to be duly impressed upon him.

**MAUDE.**—But if you must give us something to go upon. What do you want? What is the matter with you? Do you take plenty of exercise and eat well, paying due attention to the state of the bowels? Tell us how you want relief, and we will endeavour to assist you.

**VINDEX.**—We certainly should not advise you to marry until you have seen some reliable medical man. The other questions that you ask would also be dependent upon the knowledge gleaned from an examination of the facts of the case. It is too great a responsibility for us to attempt to answer these questions from merely reported accounts.

**BRANK.**—But you must not get them twice a week. You should obtain a cotton reel and tie it in contact with your back, so that when you turn on to your back in sleep the pressure may wake you. There is nothing that will pick you up so rapidly as you desire except good food and fresh exercise, accompanied by a dose of ammoniated tincture of opium three times a day in water, a teaspoonful for a dose. Keep the bowels freely open, take morning baths, and get out as much as possible.

**BRUNO.**—This condition is probably due to you drinking too much liquid with your meals. If so, you must not do it. Take plenty of active outdoor exercise, and keep the bowels freely open by means of saline aperients in the morning. For the nocturnal trouble see reply to "Brank." Take the following medicine: Subnitrate of bismuth one drachm, mucilage three drachms, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals.

**T. H. T.**—It is not possible to say what the exact condition may be without a personal examination. Besides you have not described any of the symptoms of your troubles. Your better plan will be to consult a specialist physician who will examine the parts carefully, and will then be able to tell you definitely what are the prospects of recovery. If you enclose a stamped directed envelope we will give you the name of a reliable practitioner.

**SICKLY.**—Yes, we think the losses have much to do with your palor. We should advise you to take the following medicine night and morning: Dilute hydrochloric acid ten drops, bromide of potassium twenty grains, tincture of gentian half a drachm, spirits of chloroform five drops, water to half an ounce. Do not eat late suppers, give up the use of beer, coffee, and sugar, and avoid all literature likely to be suggestive.

**E. J. BUDD.**—We do not reply by post except at our own request to enclosed stamped addressed envelope. You certainly ought not to return to your wife as there is a very probability of your infecting her. You should keep yourself under treatment for a couple of years or longer if necessary. Until you are thoroughly rid of all signs and symptoms of the complaint, you ought to keep away.

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FORTIFIES THE  
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## PRIME OX BEEF.

## INFLUENZA, COLDS, & CHILLS.

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**BRIAN.**—You must take a cold or tepid bath every morning, and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. You must refrain from lying on your back when in bed, and if you cannot manage it in any other way you had better tie a cotton reel in contact with your back so that the pressure will wake you. There is no harm in this trouble provided it does not take place more frequently than once in ten days or so.

**J. J. MORRIS.**—It is not by any means easy to restore the growth of hair on portions of the scalp that have become bald as described, for the general health is chiefly responsible for the trouble, and that must have been deranged for a considerable period before such a result could follow. The patient probably does not have sufficient outdoor exercise, and is possibly exposed to the deleterious influence of unwholesome air at her place of business. These conditions should be corrected, and the following pill taken three times daily with meals: Reduced iron three grains, sulphate of quinine one grain, extract of nuxvomica one third grain, extract of belladonna quarter grain. Locally an ointment containing one and a half drachms of blistering fluid with ten drops of essence of staphenitis in an ounce of vaseline, should be applied to the patches twice a week.

**ALWAYS AILING.**—We certainly think you ought to go to some good medical man who can thoroughly examine you. It appears to us that you are suffering from bronchitis, and very likely the continual coughing, common to this complaint, causes vomiting up of your food. Therefore you should keep at home in bed in a room of uniform temperature, about 65 degs., and drink warm demulcent drinks, lemon water, barley water, &c. Take the following medicine: Solution of acetate of ammonia one ounce, syrup of scilla two drachms, sweet spirit of nitre one drachm, chloroform water six ounces. One-sixth part every four hours.

**VICTORIA.**—No; none of these advertised remedies are of any use. In any case, delicate as you both are, you ought both to abstain completely. That is the only way.

**JAMES BRITAIN.**—If you think you know better than we do about your complaint, why do you ask us to prescribe for you? Bromide of potassium does not affect the heart at all.

**NEMO.**—We are quite unable to say whether it is lupus or not. In any case neither of the remedies you refer to are of the slightest use. See a good medical man who can tell you what is the matter.

**J. H. FLOWMAN.**—Dieting has no bearing on the matter whatever. It is simply a question for your own ingenuity. Give fifteen grains of bromide of potassium three times a day for a week or so.

**ANDREW W. C. MURPHY.**—We can only repeat what we have already said; the fresh symptoms which you have described point more confirmatorily to the fact that you are suffering from dyspepsia. You had better go on with the medicine we have already prescribed. We are no nearer the truth as to whether you are suffering from bladder trouble or not, though we are disposed to negative the supposition.

**S. S. DARVEN.**—You had better cease using the injection, avoid all beer, wine, and spirits, and much standing or walking about. Keep the bowels freely open by means of a dose of Epsom salts in the morning; restrain from taking sauces, pickles, or any other irritating matter. Take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals.

**OUTRAGED HEART.**—There must be some reason for your spleen. You give us no particulars as to why you were obliged to give up business, or whether you are employed or employ yourself in any occupation. It may be that you have nothing to think about. You should take plenty of active outdoor exercise and have your meals regularly, keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take the following medicine: Bromide of potassium two drachms, dilute nitric acid half a drachm, sulphate of quinine six grains, water to ounces. One sixth part three times a day immediately after meals.

**W. J.**—We do not see that you can do anything but see that they do not tell you when you are lying down. As you cannot very well have a band round the head without causing discomfort. If they are formed that way we do not see what you can do. Even clips for the ears, united by an elastic band behind, would make her restless and noisy.

**HOPEFUL.**—We think you had better go on with the medicine we recommended you last time, since you say it did you so much good. You are too hard-worked, that is the cause of your hair getting white, your general weakness, and thinness of body. Want of plenty of good food, a little indigestion probably are the cause of your weakness. If you cannot afford to see a doctor, we should be very happy to see you and give you advice gratis.

**F. DAVIS.**—Yes. Certainly we should think so, but we should think it would kill the host also.

**JACK V. JILL.**—There is no work written on the subject. You had better not exceed the limits you have already adopted, because you will of course run greater risk. Once a week or, better still, once a fortnight is quite enough.

**ENDYMION, No. 2-1.** The cause is evidently general debility, which gives the feeling of over-exertion and renders you less able to bear fatigue. What you require is a course of local treatment, for which you ought to see a specialist, who will tell you what is necessary after a special examination. We can give you the name of one on receipt of a stamped addressed envelope. 3 We generally recommend a teaspoonful of compound liquorice powder every night followed by a mild dose of aperient fruit salts in the morning, and constipation and tepid liver will often produce a feeling of fatigue.

**MATER.**—1. Take plenty of active outdoor exercise and avoid much hot strong tea. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take also the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia three drachms, infusion of cascarrilla to six ounces. One-sixth part three times a day. 2 We should not think it would make much difference. It depends upon the force used on account of the size of the organ, and the amount of damage done.

**GEORGE J. SYERS.**—You must not eat porridge nor any other coarse-grained food. Take bread and milk, or milk by itself, not too hot, and be careful to have your meals regularly. Keep the bowels freely open and get plenty of active outdoor exercise. Take the following medicine: Subnitrate of bismuth one drachm, infusion of gentian to six ounces. One sixth part three times a day immediately after meals.

**N. FOLK.**—The chances are that you re-infect yourself in some way. All your clothes, every article of clothing which you come in contact should be disinfected by means of superheated steam. The bedclothes, and even your books or papers, may re-infect you, though the latter are least likely. There is no difficulty in getting rid of them, but there is sometimes a great difficulty in keeping rid of them.

**NO STAYS.**—1. Use ordinary cotton wool, dusted over with a little zinc powder, it will dry up the corn, which can be peeled out. 2 This will not affect them one way or the other. 3. Do not use olive oil and maintain your general health. 4. Yes, this is very likely. Indigestion and flatulence. She ought not to do it.

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This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver. Purifies the blood and is delightfully refreshing. Through Chemists and Stores.  
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For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them.

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KENT—We do not think you are justified in entering the married state without committing yourself to treatment. However, there is no harm in your trying. We are unable to enter into full details in these columns.

FAIRBURN—Certainly massage would be beneficial in increasing the circulation in the parts, but unfortunately that is not the cause of want of power. That is due to other causes, not to be entered into here.

JOSSELYN—It is certainly not necessary, and it is exceedingly injurious.

MARY—Once a week at the outside, to be consistent with health.

ANXIOUS—We should say you are undoubtedly suffering from stricture, and should therefore consult some good specialist on the matter. If you like to send us a stamped addressed envelope we shall be very happy to give you the name and address of a suitable man.

W. J. H.—If your doctor says it is a rupture and you ought to wear a truss, why do you not do so. We cannot tell without examination what it is. It is of no use your going to a doctor for advice if you do not intend to take it.

INQUIETUDE—We do not think there is anything very serious the matter with you, though of course we are unable to give you any definite reply without a thorough personal examination. We do not think five times a month should cause any great amount of weakness. You had better take the following: Bromide of potassium one drachm, ammonio-citrate of iron one drachm, cinnamon water to six ounces. One-sixth part three times a day.

A GAY YOUNG SPARK AND SUBSCRIBER—We fail to see why any injury should result. The possession of a faculty indicates that it should be exercised.

NIL DESPERANDUM—You speak of "throat" trouble, but there are several structures which go to form the parts of the throat that may be inflamed. The one thing we should like to have known was whether she loses her voice or not. If she is not suffering from laryngitis she has most likely got post-nasal catarrh. For this we should advise you to purchase a chloride of ammonium inhaler and let her use it frequently during the day. At the same time she should take a teaspoonful of Fellow's syrup of hypophosphites three times a day immediately after meals. This treatment must be continued for some months.

JOHN H. PETTY—Is this a headache or is it neuralgia? Be very careful to attend to the state of the bowels, and do not sit about in draughts. Are you sure your vision is good and you do not require spectacles? Because bad sight will often produce pain over the eyes. Try a dose of ten grains of antipyrin dissolved in water when the headache comes on.

YOUNG ATHLETE—Nothing will, except continual shaving. It is not given to all men to be equally developed in respect of hair.

JOHN MORAN—If you are not suffering from anything particular but want of fresh air and exercise, we should not recommend you to throw away more money than is necessary upon your digestive organs. If there is no special object, as there appears to be none, in taking the emulsion or cream of malt, we should advise you to leave them alone. With regard to salts, it does not matter what you take—Epsom's salt, or powders, Carlsbad salts, or Dunn's fruit saline. Some people keep a bottle of Frederick's salt on the table for morning use. The lighter salt, a glass twice a day, is the best thing, unless it makes you sleepy in the middle of the day, in which case, take nothing. Cold baths, active exercise, and fresh air are what you require.

SATURN—There is no definite rule about this; some do and others do not. There is a slight probability against its happening, but if you are anxious about the matter, it is not worth while risking it.

BLACKSPOT—This is a very common state of affairs and may be due to some disturbance of circulation of the blood supplying the eye, or to dyspepsia, anaemia, defect of vision, &c. At any rate, ninety-nine people out of a hundred are affected in the same way, and if they liked to make a malady of it, could do so. But you must not notice it, for the more you trouble about it, the more you may. It is absolutely of no consequence whatever, so you must forget all about it and do not think of it or look for it.

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to consumption are ailments we often deem trivial—a cold and a cough. Consumption thus acquired is rightly termed "Consumption from neglect."

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No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under —	The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—	Value of Prizes given each month in each district.			Total Value of Prize <sup>s</sup> in all the 8 districts during 1894.			
			£	s.	d.	£	s.	d.	
1	IRELAND.	<p>Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Premier Safety Cycle, with Dunlop Pneumatic Tyres, value £20* .....</p> <p>The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. ....</p> <p>The next 200 Competitors will each receive a Book, published at 5s...</p> <p>The next 300 Competitors will each receive a Book, published at 3s. 6d.</p> <p>The next 400 Competitors will each receive a Book, published at 2s. 6d.</p> <p>The next 500 Competitors will each receive a Book, published at 2s...</p> <p>The next 1,000 Competitors will each receive a Book, published at 1s.</p>	100	0	0	9600	0	0	
2	SCOTLAND.		84	0	0	8064	0	0	
3	MIDDLESEX, KENT, & SURREY		50	0	0	4800	0	0	
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.		52	10	0	5040	0	0	
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.		50	0	0	4800	0	0	
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.		50	0	0	4800	0	0	
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.		50	0	0	4800	0	0	
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.		50	0	0	4800	0	0	
RULES.						41904	0	0	
I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.									
II. Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.									
III. A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Half-penny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.									
IV. Messrs. Lever Brothers, Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.									
*The Bicycles are the celebrated Helical (Spiral) Tube Premier Cycles (Highest Award World's Fair Chicago, 1893), manufactured by the Premier Cycle Company, Limited, of Coventry, and 14, Holborn Viaduct, London, fitted with Dunlop (1884) Pneumatic Tyres, Salsbury's "Invincible" Lamp, Lamplugh's 405 Saddle, Harrison's Gong, Tool Valfse, Pump, &c.									





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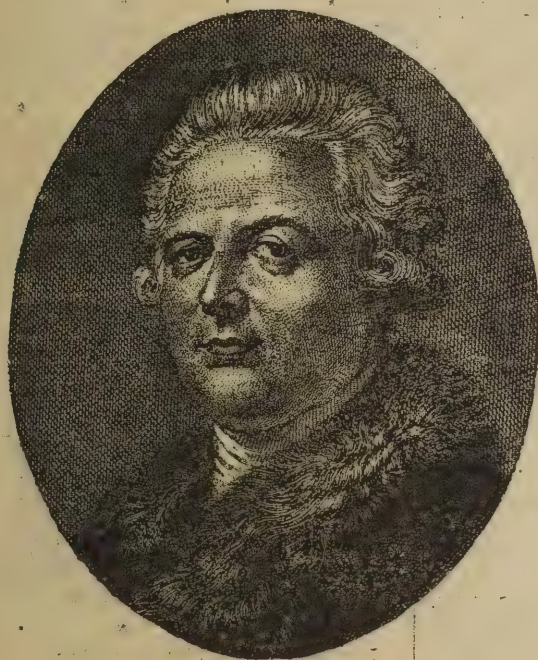
AND PEOPLE'S MEDICAL ADVISER.

No. 462.—VOL. XVIII. SATURDAY, JANUARY 6, 1894.

PRICE ONE PENNY.

## STUDIES IN CHIROMANCY.

By a FRENCH DOCTOR.



VENUS.



### THE PROMINENCE AND DEPRESSIONS OF THE PALM OF THE HAND.

**T**HE *Mount of Venus* is formed by the base of the thumb and the lower part of the palm. Those who have this elevation equally prominent in the two hands, and relatively surpassing other elevations, are called "Venusians." They are under the influence of the planet Venus and the Zodiacal signs, Libra and Pisces. If they are born between September 23rd and October 22nd, they will be well-disposed, honest, and polished in manners. They will experience small happiness with wife or children, and themselves will be the cause of their trouble and decease. Born between February 20th and March 20th, they will possess a lively spirit, inclined to pleasure; they will love good cheery gatherings, will be eloquent, and able to make their way by tact and observation.

Venus presides over love affairs, friendships, connubial or other relationships. She supplies hope, joy, pleasure, guardianship of women; likewise jealousy, hypocrisy, &c. Her influence is of a loving, thrilling, idealistic character.

If this mount be equally developed in both hands, it is an indication of charity, philanthropy, a desire to love and be loved; grace, love of the beautiful, tenderness, the emotion which causes active sensibilities.

Should it be more developed in the right hand, it is a sign of frank cordiality, of gross sensuality and amorous proclivities; if greater on the left hand, it indicates nervous sensibility, concealed emotions, platonic love. Any excess in size implies vanity, frivolity, coquetry, inconstancy, and general sexual instability. If the mount is absent in both hands, there is want of emotion, indifference, coldness, egotism; the want of vitality takes away all energy, warmth, or tenderness.

Absence of the mount in the right hand implies chastity, disinterested love. Absence in the left hand indicates sensual rather than refined enjoyment. When the mount is plain without lines it is the index of calm judgment. If, on the contrary, it is much and deeply grooved, this indicates strong passions. If it is very flat, and covered with a large number of intersecting lines, that is a symptom of libertinism; there is more desire than power. The writing of the Venusian is gently sloping, large, regular, the connecting lines thin, the final letters are rounded, the horizontal strokes are fine, and rather larger at the beginning than at the end. If the influence of Venus is bad, the writing is thick, irregular, with inartistic flourishes, up-and-down lines, uniting strokes thrown in haphazard, indicating the disorder of mind and spirit.

According to Monsieur Bué, the Venusian has a preference for flat-brimmed hats, thrust firmly on the head somewhat to the back, and



slightly inclined—if to the right, the feelings are generous; if to the left, narrow; the favourite colour being sky-blue. The Venusian is of medium height; his skin is soft, delicate, and pinky white; the eyes are large and moist, with large eyebrows; the hair silky, long, and curly; the beard well-kept; arched eyebrows; thin straight nose with expanded nostrils; the mouth straight, with well-marked red lips; regular teeth, white and shiny; fat cheeks and chin; small ears with a fleshy lobe; a round head, white and graceful neck, sloping shoulders, narrow chest, large throat, short but stooping in stature, well-developed hips, and elegantly-shaped legs. The hand is plump, white, and satiny, the thumbs lissom and short, the Mount of Venus being well developed. The voice is sweet, harmonious, and musical; the walk, undulating. The Venusian has a preference for love and pleasure. He wears bright and well-fitting garments, and loves perfumes and flowers. Men of this type wear jewellery, and have feminine blandishments; form inspires them; they are amiable and benevolent, especially towards those for whom they feel an attraction. They detest noise and strife; their gaiety is sweeter, more general, but less dignified and impulsive than that of the "Jupiterians" (those born under the influence of the planet *Jupiter*).

Venus gives love to artists, orators, poets, authors; to actors it gives tenderness. In music it is melody, whilst *Luna* represents harmony.

He who is under the influence of Venus is liable to affections which originate in disturbances of the sexual centres. Atrophy of the Mount of Venus indicates struma and chlorosis.

### SLEEPING ALONE.

"I HAVE been looking at furnished houses," said a woman recently, "and I am surprised to find how much the use for single beds has increased. I was curious enough to inquire about the matter at a furniture shop, and the dealer told me that in offering suites, particularly the high-priced ones, the choice was often given of two single or one double bedstead." It is beginning to be understood, however, by a growing number of persons, that to sleep alone appreciably contributes to the rest and health. The system undergoes electrical changes during the night's sleep, and where persons lodge together night after night under the same bedding, these changes mutually react with appreciable results.

The *Lancet* called attention not long ago to the habit of dual sleeping, saying that there is nothing that will so derange the nervous system of a person who is eliminative in nervous force as to lie all night in bed with another who is absorbant of nervous force. The latter will sleep soundly and will rise refreshed, while the former will toss restlessly, and will wake in the morning weary, peevish, and discouraged. No two persons, no matter who they are, ought habitually to sleep together. The one will thrive, the other lose. An aged person and a child should not be bedmates. Great as is the pleasure to grandma to have her "little dear" with her all night, it is one which the wise as well as the fond relative will forego for the child's sake.

A case recently came to the writer's knowledge of two sisters fifteen and seventeen years old. The younger was a splendid specimen of young womanhood, robust, active, and merry, while the elder, though not ill in any definite way, was thin, tired out quickly, and fretted over trifles like a nervous old woman. These conditions finally came to be accepted, and probably would have continued indefinitely if a relative, a physician, had not made the family a visit. His sharp eyes noted the morning lassitude of the elder girl and the corresponding freshness of her sister at breakfast, and he drew his conclusions. An inquiry of the mother secured the knowledge that they not only slept in the same bed, but said she, "Elsie's [the elder] devotion to her is such that for years she has only gone to sleep when she could hold Mabel close in her arms."

The doctor in the end persuaded the sisters to sleep apart. Two pretty brass bedsteads

side by side offered propinquity and comfort, but prevented contact, with the result that in six months' time Elsie showed a marked improvement in her general health, and has become in eighteen months a happy, good-tempered young woman, with considerable increase in avoirdupois. In this case, at least, the improvement dates from the moment of separate beds.

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SATURDAY, JANUARY 6, 1894.

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### CONTENTS.

PAGE.	PAGE
Studies in Chiromancy .. .. .	290
(Illustrated) .. .. .	290
Sleeping Alone .. .. .	290
Editorials .. .. .	290
Bread of the Ancients .. .. .	291
Sanitary .. .. .	291
Ought Consumptives to Marry? .. .. .	292
Prevention of Consumption Amongst the Poor .. .. .	292
The Festive Season .. .. .	293
Dr. Withers Moore on Medical Ethics .. .. .	293
Deaths in Prisons .. .. .	293
Recipes for the Table .. .. .	294
Household Hints .. .. .	294
Habit of Observation .. .. .	294
Woman Wiser .. .. .	294
The Mother's Page .. .. .	295
Origin of Cholera .. .. .	295
Resuscitating the Drowning .. .. .	296
Recent Patents .. .. .	296
The Breath Cure .. .. .	296
The Nervous System .. .. .	297
Italian Health Rules .. .. .	297
Shoes .. .. .	297
The Task of the Medical Officer of Health .. .. .	298
What to Wear in Winter .. .. .	299
Insomnia & Nervousness .. .. .	299
Woman's Dress a Barrier to Health .. .. .	300
Experiments in Flying .. .. .	300
Our Open Column .. .. .	301
Notes & Queries .. .. .	301
Answers to Correspondents .. .. .	301
&c., &c., &c.	

### EDITORIALS.

**HOW TO TREAT AN INGROWING TOE-NAIL.**—As a rule, ingrowing toe-nails have to be treated from a surgical standpoint. There are several small devices that can be purchased from a druggist, as a rule consisting of some springs which can be worked under the edge of the nail, lifting it and growing it out somewhat. This, however, would relieve only a small number of such cases. We have found a better way to slit the nail in the centre with a pair of sharp-pointed scissors, and then with forceps pull off that portion of the nail doing the mischief. If it is an old case and there is much thickening of the tissue of the toe about the nail, it may be necessary to remove with scissors some of the thickened portion. For this work, however, a surgeon should be consulted. If the toe is slightly irritable or shows the beginning of such a trouble, soaking it in hot water every night and applying a hamamelis ointment or a benzoated zinc ointment may be the means of preventing any trouble in this line.

**GOOD FOR THE TONGUE.**—The tongue may be trained to precision of action, quite as much as any member of the human frame, and that is one of the functions of elocutionary study. A great deal may be done, however, by private practice in distinctness of enunciation, and here are some good sentences to work upon. Begin very slowly, and gradually increase, but no faster than can be done with perfect accuracy of pronunciation:—

Gaze on the gay gray brigade.  
The sea ceaseth and it sufficeth us.  
Say, should such a shapely sash shabby stitches show?

Strange strategic statistics.  
Give Grimes Jim's gilt gig whip.  
Sarah in a shawl shoveled soft snow softly.  
She sells seashells.  
Smith's spirit flask split Philip's sixth sister's fifth squirrel's skull.

**SLEEPING IN SECTIONS.**—Sir James Crichton Brown, the expert on brain diseases, has asserted in a popular lecture that insomnia is not attended with such disastrous consequences as is commonly supposed. It is not as dangerous as the soliloquy of the sufferer. He suggested that the brains of literary men, who are the most frequent victims, acquire the trick of the heart, which takes a doze a fraction of a second after each beat, and so manages to get six hours' rest in twenty-four. Some brains, in cases of insomnia, sleep in sections, different brain centres going off duty in turn.

**CHATFIELD** described appetite as a "relish bestowed upon the poorer classes, that they may like what they eat; while it is seldom enjoyed by the rich, because they may eat what they like."

**FAULTS** of temper, irritability, sullenness, and anger are intimately connected with low health.

**THE RHEUMATISM RING.**—Everyone has heard of the rheumatism ring, which you have only to buy and wear to feel the disappearance of your aches and pains. But perhaps everybody does not know that the trick of a ring cure for rheumatism is two thousand years old or more, was invented, in fact, by the Greeks, or a people even older. We find instances of its use on record. Galen, born about 131 A.D., and noted for untiring research in matters affecting health, gave ear to the popular fancies of his day by recommending for certain difficulties a ring set with jasper, to be engraved with the figure of a man wearing upon his neck a bunch of herbs; and Marcellus, a physician of repute in the time of Marcus Aurelius, directed a patient afflicted with a pain in the side to wear a ring of pure gold, on which should be inscribed certain Greek letters. If the pain were upon the right side, the circlet should be worn on the left hand, and this prescription should always be carried out upon a Thursday at the decrease of the moon.

**LONG-DISTANCE WALKING RACE.**—Vegetarians have scored a point in the long-distance race from Berlin to Vienna. The distance is 372 English miles, and the two first to reach the winning post were vegetarians and teetotalers. They are said to have consumed nothing during the walk but bread and water and apples, and they reached the end of the journey without showing any marked signs of fatigue. In this race the competitors had to stop at ten o'clock at night, and were not permitted to resume till four the next morning. The first to arrive in Vienna was Herr Poitz, a printer, aged twenty-two. He took 154 hours 45 minutes. The second was Herr Elasser, a Madgebourg engineer, who took 14 hours longer. The first prize was given to Herr Elasser, who arrived after the printer, but had taken the prescribed six hours' rest, while the latter had started an hour earlier than was arranged. Twenty-two hours after the winning vegetarians the first meat eater arrived, very much tired out. As was to be expected, the victory of the vegetarians in the long-distance race has created something like a sensation among non-vegetarians, and some of the newspapers are trying to explain the fact away.

**FOR BOTH SEXES.**—Personal visit not necessary. CORSETS and BELTS made to fit any figure. For health and neatness. Satisfaction guaranteed. Instructions for self-measurement gratis to my address.—FORD AND PARR, 141, Stockwell road, London, S.W. Practical Corset-makers. Estd 1261.—Adv.



**A WARNING TO CAT KISSERS.**—It must be a terrifying revelation to those foreign ladies who kiss their cats that has been made by Professor Flocchi, the Italian chemist. He has found by experiment that when a cat licks its lips it spreads over them a saliva in which there are swarms of minute bacilli not free from danger to human beings. When he inoculated rabbits and guinea pigs with this noxious substance, they died within twenty-four hours; and he has come to the conclusion that it is dangerous for ladies to indulge in the habit of kissing their cats. We are not aware that the habit exists in England. We cannot conceive of any lady indulging in it. By the professor's experiments we learn, further, that there are ladies in Italy who kiss their lap-dogs, a habit even more dangerous than the other. His analysis of the saliva of these beasts brought out facts that are too repulsive to be spoken of.

\* \* \* \*

**WET FEET AND COLDS.**—Dr. Brown-Sequard recommends the following as the best way to overcome susceptibility to taking cold from getting the feet wet:—"Dip the feet in cold water, and let them remain there a few seconds. The next morning dip them in again, letting them remain in a few seconds longer; the next morning keep them in a little longer yet, and continue this till you can leave them in half an hour without taking cold. In this way a person can become accustomed to the cold water, and he will not take cold from this cause. But be it thoroughly understood that the 'hardening' must be done carefully."

\* \* \* \*

**DR. E. P. THWING** writes from China:—"We fancy that a vegetable diet will not allow hard physical toil without exhaustion, but here are millions of stalwart men and women who live on rice and simple fruits and vegetables. They and their fathers have done so for forty centuries. There are no signs of their dying out."

\* \* \* \*

**RHEUMATISM IN JAPAN.**—It is a strange fact, mentioned by Dr. Michaut, of Yokohama, that, in spite of its being an essentially moist and rainy country, rheumatism in all its forms is a pathological rarity among the natives of Japan, while the Europeans residing there are almost all rheumatic. This immunity the writer is inclined to attribute to the use of very hot baths, which is universal in Japan. The temperature of the Japanese baths is never less than 42° C., and he has been assured that they can endure a bath at the temperature of 50° C. A Japanese bathes once, sometimes twice a day. His skin is more active than that of Europeans, is thicker, and much less sensitive to cold and to external irritation.

WE, who have passed life's climax, are apt to find growing upon us a half-indolent, half-pathetic selfishness, or selfishness, which finds nothing so pleasant as sitting still. A state of mind scarcely sinful—and yet it leads to great errors. Any man who lays himself down as a stone in the world's perpetually-flowing current will either impede it—if he is big enough—or it will flow round him and over him, utterly ignoring him, treating him as nothing living, only a dead, useless stone. To be that—a hindrance, an encumbrance, or an object of mere pity, an endurance to the younger generation—who would not much rather be dead? Aye, a thousand times. Guard, therefore, against the first beginning of this fatal inertia of mind and body—the one reacting upon the other—and fight against it by every lawful means. One of the best means, I believe, is from time to time to uproot ourselves from all domestic bonds and go travelling. Lose no time in accumulating a small mental picture gallery against the dark hour, or at best the silent hour, which must come to many, and may come to all.—*Miss Mulock.*

**PEPPER'S QUININE AND IRON TONIC** increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

## BREAD OF THE ANCIENTS.

**AMONG** the ancient Greeks bread was not, as with us, simply an adjunct to, but an essential portion of, the principal meal of the day, says a writer in the *Confectioners' Union*. The chiefs of the heroic period lived almost exclusively on two dishes; roast meat (over which a little flour was sprinkled) and wheaten bread. The flour was ground in a hand-mill by the female servant; it was then made into dough, a portion of salt added, and baked in a special part of the kitchen. Wheaten bread enjoyed a great reputation in those days. Homer calls it the strength of man. Bread was the first thing set before a guest. It represented civilisation, whereas meat was representative of the old style. When Odysseus fled for refuge to the palace of Alkinoos, bread is specially mentioned among the "dishes" set before him.

In the historical Hellas, bread played a similar part; it was one of the principal foods of the people, was regarded as indispensable by the better classes, and certain kinds of it were looked upon in the light of luxuries. The place most celebrated for its bakeries—the Vienna of the time—was Athens, but we really know very little about the method of making bread there. It is characteristic of the position which bread occupied as an article of food that the Spartans, at their midday meal, only had wheaten bread on special occasions as a particular luxury. Solon, also, ordered that those citizens who were fed at the expense of the State in the Prytaneion should only have white bread on rare ceremonies.

In Republican Rome it was the custom for each householder to bake enough bread for its requirements, and not to purchase; and even under the Cæsars, when there was a goodly number of bakers in the city, the better class families adhered to the old style of baking at home. Such houses possessed a separate room for baking, situated next to the kitchen; this room was called "pistrina" (mill), for it embraced the place where the corn, &c., was ground. Bakers were called "pistores" (millers) until the fall of Rome, although the two branches had been divided long before. In Imperial Rome the bakers were divided into three classes: white bakers, milk bakers, and sweet bakers. The white or wheat bakers were the chief, because they produced food, a means of nourishment; the milk bakers made buns and cakes; the third class were noted for their skill in the baking of tarts and all kinds of sweet confectionery eaten for dessert. When we remember how closely butter is connected with bread at the present day, it is strange to read of the antipathy which existed against it in those times. Butter was never used as a food either in Greece or Rome; it was employed chiefly as a medicament (externally in plaisters and bandages, internally much as we take cod-liver oil); had pastry been made with it the Greeks and Romans would have rejected the confectionery just as we should turn up our noses at a tart made with train oil. It is true the Thracians ate it, but they were only half Greeks.

In Imperial Rome there were, in addition to bakeries which played an important part in providing for the wants of the people. The Roman ovens were just like those in use at the present time. A well preserved specimen was discovered some years ago during the excavations at Pompeii; it contained several charred loaves, on which the baker's name could be plainly seen, showing of what flour they had been made. The loaves of Pompeii weighed about two pounds; they were round and indented, to admit of breaking into eight equal parts. Similar loaves are made even now in Calabria and Sicily.

**LOOKED AT THE THERMOMETER.**—Nurse.—I must go out and look at the thermometer in the hall again. Sick Man.—Why? Nurse.—Because the doctor said that if the temperature rose I should give you a fever powder.

To be in too great a hurry to acquit ourselves of an obligation is in itself a species of ingratitude.—*La Rochefoucauld.*

## SANITARY.

**MANY** people are living in malarious situations, but in such circumstances that it is simply impossible for them to flee to a less insalubrious region. One of the ablest of the modern progressive writers on sanitary subjects is Professor Tommasi-Crudeli, who has produced a highly valuable book on "The Climate of Rome, and the Roman Campagna," in which he has recorded the results of years of study and observation.

He devotes a chapter to directions how to make the best of a bad matter, when a person is so placed as to be unable to escape from malarious surroundings. He knows of no way in which the malarious poison, which certainly resides in the soil, can be extirpated from it; but he points out how it is increased or diminished by varying circumstances of season, temperature, and rainfall.

He is very certain of what thousands have learned to their bitter cost—that attacks of malarial disease are sure to follow the disturbance of earth that has long been left quiescent, especially if said disturbance takes place in warm weather. As a general measure directed to the diminishing of the original production of the poison, he recommends thorough drainage and the seeding down of naked soil, and also the paving of streets. In order to reduce to its smallest quantity the amount of the malarious ferment that will inevitably enter the system, he advises avoiding agricultural operations through the hours when the malarial influence is most active—about sunrise and sunset. One of the maxims of the ancient Sybarites, "If you wish to live long and well, do not see the sun rise or set," is rank heresy in the view of the toiler, the cornerstone of whose hygienic creed is, "Early to bed and early to rise, will make a man healthy," &c. Another point well understood by the Italians is that a person must avoid breathing the air which lies in close contact with the soil. In the intensely malarious Pontine marshes, platforms twelve to fifteen feet high have been erected, and people who have slept on them have escaped the fever and ague. Similar devices have been adopted in Greece, in the jungles of the East Indies, and in South America, for the malaria rises only a few feet. To protect a dwelling the doors and windows should be kept closed during the morning and early evening, above all if any excavations are going on in the vicinity. The knowledge of the habits, so to speak, of malaria, has led in some regions to the evolution of a house that will shut it out, by having only one opening on the outside, the door and windows "giving" upon an inner court raised much higher than the level of the house site, or the court paved and the windows are situated very "high up" on the inner walls. It has been a disappointment that the great medical convention in Rome, has been postponed, through fear of cholera; but the issuing of this valuable work at this time by a prince among Italian investigators is in a way a consolation.

**SYMPTOMS:** Wife—"There is a prescription that the doctor left for you to-day when he called and found you out." Husband—"How did he know what to give me?" Wife—"He said that from my appearance and symptoms he knew you were suffering from chronic dyspepsia."

**EPIDEMIC IN THE FAMILY.**—"My great-grandfather was a lawyer," remarked the lad, with considerable pride. "So was grandfather, and father has been a member of the bar ever since I can remember." "It seems to be a sort of epidemic in your family." "I believe it is," he replied. "And I guess mother's caught it too, for pa's friends say she is always laying down the law to him."

**TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES** quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1d. and 2s. 9d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 1s. or 2s. stamps by the Maker, E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]



## UGHT CONSUMPTIVES TO MARRY?

[Extracted from Dr. Clark Newton's "Doctor's Corner." Price 6d. Walter Scott, Paternoster Square.]

EACH person is a reflection of his ancestors, inheriting not only their physical, but also their mental qualities and diseases. We can all point to families, every member of which is tall or well-built, or, on the contrary, small and stunted; some that are inclined to corpulency, others to sparseness: some dark, fair, or sallow. A peculiar feature, deformity, or mental characteristic, or talent in art or science, is occasionally persistently handed down through a line of forefathers. Persons versed in history will recall to mind the thick lip of the Imperial House of Austria, and recognise its origin; the cruelty of the descendants of Claudian; the lofty, arrogant, supercilious character of the Tudors; the stubbornness of the Stuarts; the ambitiousness of the Bonapartes; and the fanaticism of the Bourbons. Additional toes or fingers are well-known instances of hereditary deformity. We are each but a compound or mixture selected from the different branches of our ancestral tree, and therefore, of course, no one child is an exact reproduction of the physical or mental qualities, or peculiarities of his parents. Usually we observe two or three only of such in each child, the remainder are derived from some more distant progenitors, whose features, virtues, sins, or diseases live again in their descendants. It is also with many of our diseases, which are a heritage handed down from near, proximate, or remote ancestors. Certain diseases are specially apt "to run in the blood," such as consumption, scrofula, gout, &c., and if the diseases mentioned are not actually actively developed in the descendants of such persons, they are at least predisposed to them.

Of all inherited diseases consumption is the most constant, though it is remarkable how often on inquiry we are informed that some particular family is free from the disease. Such an assertion is frequently made from misunderstanding the scope of the question. A patient may consider, because neither of his parents, brothers, or sisters have actually died or been ill of consumption, that his family is free from the same, whilst he neglects to notice that the tendency may have been inherited from a parent who, though he may not have, at the time of the inquiry, any evident sign of the malady, has, nevertheless, come from a consumptive race. Relative to the proportion of persons who inherit the disease from their forefathers, reference might be made to a large mass of statistics. It may, however, be sufficient to state that these demonstrate its hereditary origin in from 25 to 60 per cent. of all cases—a wide difference certainly, but the various contradictory and the conflicting percentages may be readily reconciled by noticing that, when the investigations are limited to cases descended from an avowedly consumptive parent only, the proportion which the inherited cases bear to the whole mass seems to be about 25 to 30 per cent.; whilst, if the occurrence of the affection in grandparents is inclusively calculated, the proportion rises to 40 per cent.; and if the origin of the disease is calculated by the deaths of uncles and aunts, the proportion is extended to 60 per cent.

We are not aware that anyone has attempted to compile a series of statistics relative to the proportion of persons who, though descended from a consumptive parentage, pass through

life free from any symptoms of the disease. Life assurance associations believe the number to be very small indeed, and many offices refuse to entertain any application for insurance made by individuals descended from a consumptive family. It would appear, however, that when the predisposition is transmitted by one parent only, the proportion of cases developed in their children is considerably smaller than when both father and mother have been affected, and also that it is more likely to descend upon the children of the sex to which the consumptive parent belonged—that is, the daughters of a consumptive mother may more readily inherit the disease than the sons, and the sons of a consumptive father than the daughters. We may also note that the disease is more likely to be inherited by the offspring of the early marriage of consumptives, and when there is great disparity of years between the parents.

From the foregoing considerations it will be evident that consumptives ought not to marry; the thoughtlessness—nay, sinfulness—of such individuals undertaking the responsibilities of matrimony is lamentable in the extreme. Many such alliances are no doubt formed in total ignorance of the consequences, but we fear also only too often in ignorant or selfish indifference. No man is exactly a free agent in the choice of a wife, for if consumptive himself he should not marry at all; if free from the disease, he should carefully see that his future wife has no trace of the malady, for a consumptive alliance will certainly entail misery and disease upon his descendants. We prefer to speak plainly upon this subject, as it is one of paramount importance to us as individuals and as a nation; for if the great scourge of our day is to be materially lessened, it will be by greater attention to its source: and it is certain that the hereditary descent of consumption does not receive the attention at the hands of the public that so important a matter deserves. It would appear that every other condition as a result of matrimony is carefully weighed by its aspirants and their friends and relatives, such as position, the consolidation of family interests, wealth or property, religion, relative age, or nationality; but hereditary health or disease are either totally ignored or passed over as secondary considerations; in short, everybody and everything are considered except—the unborn. The importance of a pure descent may be pointed by mentioning that two out of every three cases of consumption occur in persons descended from a tainted ancestry. But, notwithstanding so startling a fact, it is very doubtful whether the warnings given by the medical profession will have any effect, who in protesting against such alliances have their arguments and facts neutralised by the importation of sentiment and love into such considerations; but surely, because a man may be going to marry for love, it is not necessary for him to be previously divorced from ordinary discretion and common-sense. Will the following picture of life-long trouble, misery, and bitter reflection bring the subject home to such persons? A man, whose father died of consumption, married a woman whose grandmother had fallen a victim to that disease. Six children were the result of the union. The first died of hydrocephalus (water in the head), the second of hip-joint disease, the third of consumption, the fourth of convulsions, the result of tubercular (consumptive) deposit in the membranes surrounding the brain, the fifth of consumptive disease of the glands of the bowels, and the last of marasmus, or a gradual pining away. These troubles were so many forms of consumption, and were no doubt inherited, for the parents had a fair share of the ordinary comforts of the world, and resided in a healthy house and district. It is on record that so many as seventeen brothers and sisters have all died from inherited consumption.

Marriages of consanguinity, between cousins, cannot be too strongly condemned, and should especially be discouraged if there is a history of consumption in the family. In such cases the disease will almost certainly overtake the children. There is a very prevalent fallacy that marriage tends to avert or cure threatened consumption, especially in the female. No mistake could be greater; but as this would not be an appropriate place to discuss such a subject, we must content ourselves by remark-

ing that such a theory is opposed alike to experience and the laws of physiology.

The intermarriage of consumption and cancer is attended with great danger. Here is an illustration:—"A young man of mark & cancerous proclivity married a woman whose parents had both died of consumption. This married couple had a family of five children, all of whom grew up to adolescence, sustaining at their best but delicate and feeble existences. The first of these children died from a disease allied to cancer; the second of simple pulmonary consumption; the third, owing to tubercular deposit in the brain, succumbed from epileptiform convulsions; the fourth, with symptoms of tubercular brain disease, sank from diabetes, the result of the nervous injury; and the last, living longer than any of the rest—viz., to thirty-six years—died of cancer."

It is to be hoped that the day is not far distant when the public will devote more attention to the natural history of disease, so far as the combinations resulting from the marriage of disease are concerned.

## PREVENTION OF CONSUMPTION AMONGST THE POOR.

By LOUIS C. PARKES, M.D.

Paper read at the Church House, Westminster, before the Church Sanitary Association, at a recent Meeting in December.

### WHAT IS CONSUMPTION OR TUBERCULAR DISEASE?

IN adults it is a destructive disease of the lungs, generally proving fatal within a few months or years of its onset. In children it is an affection of the abdominal glands, or of the membranes of the brain, or a disease of bones and joints. Children suffering from this disease are usually said to be in a decline.

### CAUSE OF CONSUMPTION OR TUBERCULAR DISEASE.

A microscopical germ, or microbe, called the "bacillus of tubercule," which invades the bodies of those who are predisposed to take the disease. This bacillus is originally derived from the excretions of a person suffering from tubercular disease. The people who are predisposed to take the disease are those living under certain unhealthy conditions, enumerated below, namely:—

1. Those who live in damp, dirty, or overcrowded houses or cottages, whether in towns or in country villages.
2. Men and women who, living in fairly healthy homes, are engaged for many hours of the day in over-crowded, heated, and ill-ventilated workrooms, more especially those whose occupations are sedentary, or which necessitate cramped and contracted attitudes, such as tailors, sempstresses, and dressmakers.
3. Men and women who work in shops or factories where the air is always dusty, very much heated, or very damp from the presence of steam. Breathing in dust particles into the lungs causes bronchitis, and issuing from hot and steamy air into cold raw winds causes lung inflammation. These constantly repeated lung troubles develop into consumption.
4. Those who from poverty or ignorance live on insufficient or improper food, more especially infants and young children.
5. People who lay too great a strain or tax on their vital powers, from over-work, anxiety, and exhaustion, and mothers who prolong lactation (the suckling of infants) beyond the ninth month after birth.

### PREVENTION OF CONSUMPTION OR TUBERCULAR DISEASE.

1. Dirt and overcrowding in dwelling-houses are more easily remedied than dampness of walls and floors arising from wetness of the soil under or around a house. Rooms which are very damp must be regarded as unfit for

WONDERS WILL NEVER CEASE we are told; but it cannot be denied that Holloway's Pills are the greatest wonder of modern times. They correct bile, prevent flatulency, cleanse the liver, and purify the system, strengthen the stomach, increase the appetite, invigorate the nerves, promote health, and reinstate the weak to an ardour of feeling never before experienced. The sale of these Pills throughout the globe astonishes everybody, convincing the most sceptical that there is no medicine equal to Holloway's Pills for removing the complaints incidental to the human race. They are indeed a blessing to the afflicted, and a boon to those who suffer from disorders, internal or external. Thousands of persons have testified that by their use alone they have been restored to health, after other remedies had proved unsuccessful.

—Adv't.

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youthful colour, gets and beats it.—Adv't.



human habitation. Want of ventilation is especially injurious in bedrooms.

2. Those engaged in sedentary occupations for many hours together should make a practice of spending one hour at least of the twenty-four in active exercise in the open air. Gymnastics and open-air games which expand the chest should be encouraged amongst the youth of both sexes.

3. Those who must work in very dusty atmospheres in factories should wear respirators when at work. Those who work in heated and steam-laden air should wrap up warmly before issuing out of doors, and on reaching home should sponge the body with tepid water to remove perspiration, and change their underclothing.

4. For adults the food should contain a fair amount of butter, dripping, or fat from meat, and the drinking of tea at every meal should be avoided. Infants, after being weaned, and young children, should be largely fed on boiled fresh cow's milk. Condensed milks in tins and preserved infant's foods do not and cannot take the place of cow's milk. The milk should be boiled, as stall-fed dairy cows are very prone to suffer from "grapes," or tubercular disease, and the milk of such cows can infect children and produce tubercular disease in them. The high temperature of boiling destroys any contagion that may exist in the milk. The bottles used for feeding hand-fed infants should always be kept sweet and clean, and the arms and legs of all little children should be protected by clothing, and not exposed in the prevailing senseless fashion. After measles and whooping-cough particular care should be taken to protect delicate children from chills.

5. Over-work, anxiety, and exhaustion should, as far as possible, be avoided; and mothers should be counselled to give up suckling as soon as the infant's first tooth is through.

6. Consumptive patients should be urged not to expectorate about rooms or streets, but to spit into rags which can be burned, or into cups which can be cleansed, their contents being disinfected and emptied into drains. No healthy person should sleep in the same bed, nor if possible in the same room, as a person advanced in consumption; and after death the room occupied by the patient, and all his clothes, should be thoroughly cleansed before being used again.

## THE FESTIVE SEASON.

WHEN friends gather together to enjoy the festivity of Christmastide, and meetings take place which bind families in a closer tie, one is apt to let prudence go to the winds, and, to use a familiar expression, to "chance it." And so the old "liverish" party takes his extra quantum of wine, and the dyspeptic forgets himself in the enjoyment of the dainty pastry. Children eat and drink everything they can get, and fear nothing. And why should they? There is no reason why they should mar the pleasures of the present moment with any grim forebodings of the future.

Far be it from me to cast any shadow over the happiness and sociability which Christmastide brings, but let me rather add to its completeness by showing which way any unpleasant after-effects may be avoided. If the liver sufferer were to stimulate this organ by the administration of one or two Eucalypti Palatinoids for a few days before and after Christmas, no bad results would ensue. And if the dyspeptic were to take a tablespoonful of plain Cream of Malt directly after his repast, this would digest the insoluble dainty, and ward off the painful symptoms. With children it is as well to give one or two Laxative Palatinoids a few days before the occasion and directly after. If these few remarks are followed out, not only will you enjoy the good things of the season, but you will not be haunted by any unhappy feelings of what is to come.

"IT IS WORTH KNOWING" if you have enough that the quickest and simplest—let alone the cheapness of the remedy—is KEATING'S COUGH LOZENGES. One alone relieves cough, asthma, and bronchitis. As a cough remedy they are simply unrivalled. Sold everywhere in tins, 13d. each; free for stamps. Thomas Keating, Chemist, London.—[ADVT.]

## DR. WITHERS MOORE ON MEDICAL ETHICS.

THERE are few things more pleasant and more edifying than for a medical man who has reached the stage of "blest retirement" to formulate for the guidance of his younger brethren in the race of life a few rules of conduct and a few teachings of experience. This has been done by Dr. Withers Moore at a meeting of the Brighton and Sussex Medico-Chirurgical Society presided over by Dr. Ewart, Mayor of Brighton. Dr. Moore attributed much of his "moderate success" as a physician to the fact that for ten years he led the life of a country practitioner, working during the winter months continuously from 9 A.M. to 11 P.M., and riding thirty or forty miles a day, with three or four night calls weekly. This taught him to understand medical practice, patients, and the friends of patients. His first medical ethic is that the practitioner's first duty is towards the patient, and that every other consideration must give way to that. When medical men hold a consultation they should respect and uphold each other; but even here the patient's interests should be paramount. The patient's freedom of choice should be complete, but there should be no scheming and no disparagement of brethren. Called in on a sudden emergency to the patient of another medical man, a practitioner should in no wise continue to attend the case. As the consultant is bound to be loyal to the regular practitioner, so is the general practitioner to the consultant. Dr. Withers Moore protests against the vicarious and cheap charity of the public, which throws on to the shoulders of young medical men the duty of attending the poor for nothing, or next to nothing, and would provide for those who cannot pay ordinary and reasonable fees by (1) State aid, (2) provident dispensaries, and (3) free hospitals. He considers free hospitals as the only justifiable form of gratuitous medical aid. Not the least interesting part of his remarks was that in which he insisted on the duty of requiring worthy remuneration for worthy work, not only in the case of the general practitioner, who is entitled to fees representing his education and his art, but in case of the consultant. He makes a suggestion in regard to the duties of prosperous consultants which has been often made, but little heeded—viz., that they should raise their fees to such a point as to sensibly diminish the number of the crowd that presses them, so that they may do more justice to individual cases and to medical science and leave more work to younger and less prosperous colleagues. He had been told that a leading Queen's Counsel could not be approached under a fee of £8 8s. He thought that the lowest fee of leading medical men should be five guineas. He mentioned that when he enunciated these views at Brighton in 1886 Professor Charcot was present, who afterwards told him that he was astonished that the leaders of the medical profession in England were doing so little for the advancement of the scientific interests of the profession, a failure he attributed to the financial exigencies of their position in the metropolis, taken in connexion with their low fees. Professor Charcot added that he never saw anyone at his own house for less than 100 francs.—*Lancet*.

A DIAGNOSIS.—"Doctor," said the M.P.'s wife, "you must do something for my husband. He is simply wearing himself out." "What is the matter?" "His mind is never at rest. He talks in his sleep as much as he does in the daytime." "H'm'm! Don't be alarmed. That isn't his mind. It's involuntary action of the vocal chords, the diaphragm, the maxillary, and other muscles. He'll get over it as soon as the effects of the recent financial discussion get out of the system."

MAGIC!—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glickon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893. "Glickon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d., 1s. 13d., all chemists; direct W. LOCKING & SON, Leeds (late Hull).—Advt.

## DEATHS IN PRISON.

FROM the chorus of excited voices which rises amongst certain sections of the community whenever a case of sudden death occurs in a prison, one would almost imagine that a too credulous public had deluded itself into a fond idea that a human being has only to become feloniously disposed, and to don the uniform of the convict in order to gain an immediate immunity from all possibility of sudden death. It is in vain that the Latin poet sang to us how impartial Pale Death was in his time, and with how little distinction that spectral visitor tapped at the doors of the king in his palace and of the beggar in his hovel; we are disposed to place the modern convict prison nearer the level of the former than the latter of these two abodes. It would appear, however, that the poor convict alone in modern times is to be exempt from the privilege of a painless dissolution. His departure, it would seem, must invariably be brought about after a lingering and tedious period of illness; to him no silent and gentle breaching away of life is to be permitted the painless quietus is not for such as him; and if it happens, as recently we read in a west country contemporary, that apoplexy is responsible for the sudden death of a convict so alarmed is the small public mind around, that discredit is to be cast upon the prison doctor, and his evidence upon oath is to be impugned, as impugned it assuredly is, when the British jury expresses its opinion, as was done in this case, that "in future in all cases of sudden death an outside medical man should be called in to confirm the medical evidence." (The italics are ours.) Whilst it is quite proper that the coroner himself should have, as he actually has, the power to call independent scientific aid if he himself deems it desirable for the elucidation of any case of death, sudden or otherwise, it is offering a direct insult to an honourable profession for a jury to suggest that every case of sudden death should be the subject of an outside medical examination. We cannot call to mind any instance in any other walk of life where so unwarrantable an insult has been suggested to public servants of trust and standing. The convict prison, in its very nature, must be surrounded by high walls, and high walls must to some extent cast a shadow and to some extent prevent the public from peering into and interfering with the daily routine inside; and so difficult and delicate must be the duties of guarding and caring for the weeds of our modern civilisation, that trust must play a part in the public mind when that public is in the enjoyment of the comparative safety procured for them by the severely taxed officials whose lives are spent in constant intercourse with this scum of humanity. Of inspectorial influences there are plenty to guard the convicts' proper interests. Amongst these influences not the least powerful is the supervision which is largely exercised by those outside and unbiassed inspectors, the honorary visiting justices, who it is certain are anything but over-indulgent towards officials in their views of what is due to the convict from his keepers. But seeing that the doctors are actually endowed by Government with special powers for the express purpose of easing the lot of the weakly, and of guarding the shaken spirits of those who find that lot most trying; and knowing as we do how watchfully and conscientiously that power is exercised, we feel that it is to these workers we must chiefly look for that merciful tenderness to convicts whose state calls for special consideration. The way to ensure the best work at the hands of these officials is to trust and respect them, and not to allow them to feel that their employer—the public—views them with suspicion, and is ready to offer them gratuitous insult.—*British Medical Journal*.

In cases of defence, 'tis best to weigh  
The enemy more mighty than he seems.

MRS. WINSLOW'S PENNYROYAL PILLS. Peoples' Remedies Co., Sole Proprietors. Testimonials from all parts of the World. Invaluable to Ladies. Remove all Obstructions to Health. Boxes, 1s. 13d., 2s. 9d., and 4s. 6d. Of Chemists and Medicine Vendors, or per post (in plain wrapper), for Stamps, from the Manageress, The Arch Laboratory, Putney Bridge, Fulham, S.W. Wholesale: Barclay, Sanger, Lynch, & Co. [Advt.]



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**SPICE GRAPES.**—A delicious way to prepare grapes to be eaten with meats is in "a spice." Remove the skins from several pounds of grapes, being careful to save every particle of juice with the pulp. Lay the skins on one side. Put the pulp and juice over the fire to cook, and when they have cooked long enough to separate the seeds well from the pulp, which will be ten or fifteen minutes, strain the pulp through a sieve. Every particle of pulp should go through the sieve, leaving the seeds behind. Throw away the seeds. Add the grape skins to the pulp with a cup of grape juice, obtained in the same way as for grape jelly. A cupful of vinegar, three and a half pounds of sugar, an ounce of whole cloves, and two ounces of stick cinnamon. The spices should be crushed a little with a hammer and tied in two bags of gauze. Cook the spiced grapes until they are thick enough to mold; then pour them into little marmalade jars, put a branded paper over them, tie a cover of cotton batting over them, and over this a cover of paper.

**SCOTCH MACAROONS.**—Two and a half pounds of sugar, one and a half pounds of lard, five eggs, two ounces of soda, two quarts of molasses, one pint of water, four pounds of flour, three pounds of crumbs. Make icing with eggs with the addition of a little cream of tartar. Make icing quite thin, so as to spread easy, roll out dough, spread icing over it and cut in small strips about one and a half inch by three inches; the cakes will spread and icing will break on top like macaroons. Oven must be moderate. Should icing not break well, add more cream of tartar. A little experimenting will make the prettiest cookies ever made.

**BAKED BANANAS.**—Wash thoroughly and clip the ends of as many bananas as are required for serving once, for they should be freshly baked for each meal and are best when served hot. Use a shallow pan, preferably of earthenware, such as is used for baking apples, and bake in a moderate oven for one hour. When done, they will be thoroughly soft and most of the juice will be retained within the skins. If baked too quickly or too long, the juices will be dried away, and much of the delicate flavour will be lost. They may be served with or without cream.

**CREAMED BANANAS.**—Prepare the bananas by peeling and cutting in thin slices crosswise. Put them in an enamel kettle on the top of the stove and add rich milk or cream in the proportion of two bananas to a scant cupful of the liquid. Let them simmer slowly until the milk or cream is nearly absorbed and evaporated. This will take about forty-five minutes. Care must be taken to prevent scorching. When done, the bananas will be soft and smothered in a creamy dressing of delicious flavour. Serve hot.

**BANANAS WITH EGG FOAM.**—Peel the bananas and reduce them to a fine pulp by putting them through either a sieve or a fruit press, and afterward beating them thoroughly with an egg beater. Take whites of eggs in proportion of one egg to each banana. Beat them to a stiff foam and then add the banana pulp, and beat the two substances together until they are thoroughly mixed and very light. A more delicate way of serving this dessert, though involving a little more labour, is to prepare each individual dish separately, by using one banana and the white of one egg. Serve cold and add cream if desired. If whipped cream be used, it will add much to the beauty of its appearance and the delicacy of its flavour.

**BANANA TOAST.**—Prepare banana with egg foam as in the foregoing recipe. Serve on

pieces of toast, over which hot cream has been poured. This makes a most appetising breakfast dish.

**PUMPKIN PIE.**—Take one quart of stewed pumpkin, one quart of rich milk, half a teacup of butter, a teacup of sugar, and the yolks of four eggs, mix all together. Flavour with cinnamon and nutmeg. Line pie pans with puff paste; fill with the mixture and set in the oven to bake. When done spread the top with meringue, made of the whites of the eggs and a teacup of sugar. Set in the oven in one minute to brown.

**CREAM PIE.**—Beat the whites of three eggs; add two tablespoonfuls of flour, a teacup of sugar, and a pint of cream; flavour with extract of lemon; pour in pans lined with rich crusts; set in the oven to bake.

**LEMON PIE.**—Boil one pint of milk, add three spoonfuls of corn starch, the beaten yolks of four eggs, two tablespoonfuls of butter, a teacup of sugar, and the juice of two lemons. Fill pie pans lined with puff paste with the mixture and bake in a hot oven. Whip the whites of the eggs to a stiff froth, mix in a teacup of sugar, spread over the tops of the pies and set in the oven to brown.

**ALMOND CHEESE CAKES.**—Beat half a pound of sugar with the whites of five eggs. Blanch and pound to a paste four pounds of almonds and mix with the sugar and eggs. Bake in rich puff paste.

## HINTS FOR THE HOUSEHOLD.

**ANOTHER USE FOR THE ONION.**—A very convenient mucilage can be made of onion juice by anyone who wishes to use it. A good sized Spanish onion, after being boiled a short time, will yield, on being pressed, quite a large quantity of very adhesive fluid. This is used quite extensively in various trades for pasting paper on to tin or zinc, or even glass, and the tenacity with which it holds would surprise anyone on making the first attempt. It is the cheapest and best mucilage for such purposes, and answers just as well as many of the more costly and patent cements.

**PUT camphor gum with your new silverware,** and it will never tarnish as long as the gum is there. Never wash silver in soapsuds, as that gives it a white appearance.

**A PIECE of chamois skin bound on the edges,** shaped to fit the heel and kept in place by a piece of elastic rubber, worn over the stockings will save much mending.

**FRUIT STAINS on linen** may be removed by washing in cold water with a little ammonia in it.

**To remove the smell of onions from the breath,** take a cup of strong black coffee immediately after the meal.

**PASTE FOR PAPER HANGING.**—First heat water to boiling, then add flour, with constant stirring; to prevent the formation of lumps, the flour may be passed through a sieve so as to ensure its more equable distribution. Agitation is continued until the heat has rendered the mass of the desired consistency, and after a few moments further boiling, it is ready for use. In order to increase its strength powdered resin in the proportion of one-sixth to one-fourth of the weight of the flour is added. To prevent its souring, oil of cloves or a few drops of carbolic acid are added.

**POLISH** amber by friction with whiting and water, and lastly with a little olive oil, laid on and well polished with a piece of flannel. "Elbow-grease will be needed in this polish."

**TO TEST A HAM.**—Stick a sharp knife into the ham under the bone. If it comes out clean, with a pleasant smell, the meat is good. But if the knife is smeared, and has a disagreeable odour, do not buy it.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling bottles everywhere.—[ADVT.]

To keep sponges soft and white wash them in warm water with a little tartaric acid in it, then rinse in plenty of cold water. Take care not to put in too much tartaric acid, or the sponge will be spoilt.

**REMOVE** ink stains from mahogany by touching the spots with a camel's hair brush, or a feather dipped in spirits of nitre, and when the ink begins to disappear, rub it over as quickly as possible with a rag wetted in cold water.

## HABITS OF OBSERVATION.

**EVERY** boy should cultivate the faculty of observation. If he does so designedly, it will not be long before he will do so unconsciously. It is better to learn a thing by observation than by experience, especially if it is something to our detriment. I would prefer to know which is the toadstool and which is the mushroom by observation than by experiment, for the latter might cost me my life. There is hardly a vocation in which observation is not of great service, and in many it is absolutely essential. It adds to the proficiency of the chemist, the naturalist, the mining expert, and the frontiersman. Observation quickens experiment. It leads to inference, to deduction, to classification, and thus theories are formulated and sciences established.

An observing boy will become an observing man, and as boy and man he will have an advantage over those who have not cultivated the faculty.

A child may know more than a philosopher about matters that may not have come under the observation of the philosopher.

## WOMAN WISER.

A REPLY TO "WOMAN FREE" WHICH APPEARED IN THE "FAMILY DOCTOR" OF DECEMBER 16th.

Oh, could I return!  
Enter again life's wedded round  
Of sorrows and of joys.  
A senseless mortal have I been,  
Seeking release from all restraint  
In so-called liberty.  
I took my freedom, and, all alone,  
Wandered midst wind and storm,  
Faced the hard world—its God,  
The demon self.

A woman all alone!  
My aching heart has felt the pangs  
Of care and sorrow;  
What state more pitiable!  
Full well has my experience taught  
That selfish worldlings, struggling  
Strive, each only for themselves,  
Caring for nought else beside,  
And thus the strong press hard  
The weaker to the wall.

Love is not freedom.  
Oft have I missed my loved one,  
Longed for his embrace,  
His cheerful smile to soothe me,  
His strong will to guide.  
And as each day burst forth,  
With all its burdens, then knew I,  
"It is not good to be alone."  
My feeble strength, unaided,  
Could not stand life's turmoil.  
Thus I failed.

Peace, rest, came not  
Without thee, my love and my support,  
Gladly I now return  
With thee to think, and act, and see,  
Life's unity is strength,  
My rest this side the grave,  
Thy help-meet and content  
To live in "us" and not alone  
United by that kiss for which  
My heart so craves.

Henry Dann.

SECOND EDITION OF 100,000 COPIES, free on receipt of post-card or bill-heading, Langdale's HOUSEWIFE'S PASTRY BOOK, containing a very large number of Practical Recipes and Instructions for the Preparation of Table Delicacies of various kinds, by a Practical Cook and Confectioner. Invaluable to clubs, hotels, and restaurants. E. F. Langdale, essence distillers, 72 and 73, Hulton Garden, Holborn Hill, London, E.C. Established A.D. 1777.—[ADVT.]



# THE MOTHER'S PAGE.

## WHEN BABY BATHES.

BEFORE baby takes the all-over morning bath, there are several small details to be attended to, which will simplify matters for nurse or mother, and give to the little one a comfortably cleanly person.

Have at hand a cupful of lukewarm water, together with two pieces of soft old linen, one of which, dipped in water, will cleanse the corners of the eyes, while the other, wet with borax and water and passed about inside the lips, will give the mouth a wholesome sweetness.

The head bath comes next. A velvet sponge or the palm of the hand should be dipped in water to which has been added a teaspoonful of borax, and passed across the silky head-fuzz, which is then dried with some soft fabric.

Now the tiny bather is ready for a body-bath. The temperature of the water must be carefully suited to its system. If healthy and vigorous, it will enjoy a tubful of tepid water; but, if not very robust, baby should be given a daily sponge bath for several months, followed by a vigorous rub with alcohol or olive oil, applied with the palm of the hand. Either the alcohol or the oil will be found strengthening and a preventive of colds, but the alcohol, on account of its drying propensities, is less desirable than the oil.

Speaking of baby's bath, perhaps some mothers would appreciate a hint as to the getting up of a unique little tub, which will furnish this sweetest piece of Nature's bric-a-brac with the morning ablution.

Take a tin dishpan—the largest of its kind—and enamel outside and in with some faint-hued enamel, either violet, rose, azure, or buttercup yellow.

If anything of an artist, the decorator may touch up the sides and bottom of the pan with oils, scattering across the enamel surface a few feathery grasses or blossoms.

A couple of big bows decking the handles complete the beauty of this masquerading dishpan, but when the tub is in active use, the lustrous lengths of ribbon will have to be banished to some other corner of the infantile wardrobe, or laid aside until called upon to add beauty to the basin, when it is brought out to receive the admiration of the little king or queen's willing subjects.

## WATER FOR BABES.

A PHYSICIAN believes, from his practice, that infants generally, whether brought up at the breast or artificially, are not supplied with sufficient water, the fluid portion of their food being quickly taken up, leaving the solid too thick to be easily digested. In warm, dry weather, healthy babies will take water every hour with advantage, and their frequent fretfulness and rise of temperature is often directly due to their not having it. A free supply of water, and restricting the frequency of nursing, has been found at the nursery to be a most effectual check in cases of incipient fever, a diminished rate of mortality and marked reduction in the number of gastric and intestinal complaints being attributed to this cause. In teeth cutting, the water softens the gums, and frequently stops the fretting and restlessness universal in children at this period.

## CAUTION TO PARENTS.

THE children of very rich parents, when they have reached the meridian of life, almost uniformly have good reason to envy both the character and position of their contemporaries whose parents were hard-working, prudent, careful people, compelled to teach their children self-denial and industry. Because you are poor in money, do not therefore stamp poverty into the souls of your children. Do not train them to feel that money is the chief good. Never allow them to believe that their lowly home is

less happy or desirable than the homes of their mates, though these are larger, finer, and more splendidly furnished. Feeling poor is being poor. You can teach your children that they shall be as happy walking in plain clothing, as the children driven past them in rich attire and handsome carriages; and if so, what is there to envy? Never again use the phrase in the presence of your children, nor feel in your heart, "Good enough for poor folks." Let your children believe that nothing is too good for you, if it were convenient for you to have the best. But at the same time let them know that no privation can make you less loving, less lovable, amiable, kind, benevolent, charitable, and happy, than if you had means to practice any self-indulgence instead of being obliged to practice self-denial. Let them know that life does not consist in the abundance of the things which a man hath, but in growth of character. But remember that all teaching by precept is as nothing compared with your own example in the influence on your children. If you are not poverty-stricken in soul, if you rightly regard money and its uses, and are duly grateful for the blessings which are yours to enjoy, you will give your children a portion more to be desired than great riches.

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## GO A PLEASURING TOGETHER.

ALL students of German literature are familiar with the close concoction between Goethe and his mother. To the last day of his life, Frau von Goethe exercised a dominant influence over the thoughts and actions of the great poet.

Staarke states that he once asked Goethe how his mother brought herself into such unusually intimate relations with her children.

After a moment's pause, he answered: "You see what she is—that is the first reason that she is near to us. Secondly, she not only prayed for us, but worked and played with us."

Doctor Arnold, in choosing masters for the younger classes at Rugby, invariably selected men who could join in the sports of the boys without losing their own dignity or the respect of others. His maxim was that a teacher could gain the confidence of a pupil and secure a closer hold upon him in the cricket field than in the classroom.

There is a terrible speech still existing, made by one of the furious female leaders of the mob in Paris during the Three Days, in which the same idea is curiously suggested.

"These noblemen, they say, are good sons!" she cried. "They love and reverence their mothers. Their mothers had time to play with them when they were children, to show them how lovable they were. We have no time to play with our children. We are mere drudges, beasts of burden in their eyes."

A faithful English missionary, writing of his dead wife, says: "We worked and suffered together for forty years, but now that she is gone, strangely enough, the part of my married life that I remember most tenderly is a week when we went a pleasing together."

Every family could, if they chose, find a useful moral hinted here. Certain good, lovable qualities only come to light in times of relaxation.

How many children know their fathers only as anxious, money-making machines, and their mothers as tired nervous middle-aged drudges. Would it not be wise in them, occasionally, to go back to the diversions, the hobbies, gaiety of their youth.

For one hour in the day, or a week or two in the year, let the family all rest and amuse themselves, and let the rest and amusement be taken together.

The parent who wishes to influence his child through life must not only live for it, but with it.

## BEDTIME STORIES.

"I WISH I were able to write all the go-to-sleep stories that are told to the little folks all over the land every night," said a tender-hearted mother the other day. "It makes me positively sad to think of the small brains that are filled with distorted images, hobgoblins, ogres, giants, and the like, just as reason is loosing its hold upon them for several hours."

"I don't think mothers realise what an influence upon a child's life, and even upon its life after it has ceased to be a child, is exerted by this apparently trifling matter of how it goes to sleep."

"Every night when I watch my little daughter working off the big thoughts that sweep over her brain, as her tired body begins to relax, while her mentality seems to be briefly and proportionately stimulated, I tremble to think of the harm that could be done to her, or any child—for Mabel is not an abnormal child in any way—by an ignorant nurse or thoughtless parent."

"The fact that every normal child cries out for a bedtime story shows that its mental nature needs it, just as its physical nature craves sweets. You want to give your child pure candy, so give him the unadulterated story."

"Leave out the fearful personalities, the grim and gigantic figures—these, even if they are properly vanquished by the gallant hero, are too distinct for the crib side tale."

"Sit down by your little one's bed and speak low and evenly. Weave a fanciful but quiet story, that tells of pretty fairies and birds and flowers and droning bees and loving little boys and girls—those who sleep to the weary but still active brain, not with the suffocating pressure of the gathering storm lit with lurid flashes, but with the soft clouds of the sunset horizon that change from rosy pink to tender enveloping gray, and gradually deepen into restful gloom."

## ORIGIN OF CHOLERA.

By MARY SANDERSON.

AMONG the many religious customs of the heathen world, perhaps none are so far reaching in results, so destructive to human life, as that of the Juggernaut pilgrimages to Hurdmar, India. Here thousands and sometimes millions of worshippers gather to offer homage to their god. One important ceremony is to bathe in and drink of the holy water contained in an immense basin, several hundred feet in length, filled from their sacred Ganges. This basin is crowded with human beings during the period of their stay, and the water becomes thick with dirt and ashes of dead friends brought to be sprinkled here.

Outbreaks of Asiatic cholera are directly traced to these pilgrimages, and, as the people gather from all parts of India and Hindostan, the disease is scattered far and wide. It was communicated to English troops in India, and the increased facilities of commerce but opened the gates for the dread malady to enter Europe.

Early in the last decade English and German authorities sent investigators to India to study the disease; and here, in its very hotbed, Koch isolated the comma bacillus, that is now recognised as its true cause. A sad accident has since occurred in Koch's laboratory in Berlin. A student was engaged in cultivating this bacillus and accidentally inoculated himself; soon characteristic symptoms developed, and the disease proved fatal. It was the only case at the time in Germany.

It is said that the holy well at Meccah contains the bacillus. Mohammedan pilgrims, gathering here from all parts of Europe, Asia, and India, drink of its water and carry the poison with them as they cross ocean and desert. Many die on the way, while those that live to get home communicate it more directly to Europeans.

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## RESUSCITATING THE DROWNED.

By W. H. M.

WE wish to lay before our readers the importance of prompt action and knowing how to act in resuscitating those who have lost consciousness; and, first, we will speak of the condition known as drowning.

Many lives have been sacrificed in this class of accidents from the fact that those who might have helped them did not know what they could do, and did not have method and coolness of nerve to do it.

It is rare indeed to be able to bring a physician to the individual in time to resuscitate, as the condition of being drowned is one in which all of the vital powers are at rest. The body, no doubt, may have been chilled by the icy water, which adds another danger of no little importance. The lungs are often filled with water, and while all the vital powers are at rest, there is no effort on the part of the individual to expel the water from the lungs. The heart has ceased to beat; consequently the circulation, upon which depends the uniformity of the temperature which the body requires, is absent. And if the body of the drowned individual remains for some time in this condition, and the temperature sinks below the point at which the nerve centres may be revived, the individual has lost all chance for resuscitation.

It has also been quite a general belief that when one has been drowned for a few moments, there is little that can be done to resuscitate the individual, consequently, often there is very little effort made, and the individual by those circumstances drifts in a short time to the point beyond which there is no hope.

We are writing this article with the hope that, if carefully studied, it may save some person's life, possibly some child that has strayed away from its parents and fallen in the water. And if the mother could but understand the chances for resuscitating the child, and, instead of being in a frenzy, and from lack of knowledge unable to do anything which might relieve, that by carrying out certain regulations there would be at least one chance in five, if not three in five, of bringing her darling to life, she can well realise its importance.

While time in these cases is one of the most important things to consider, yet for the encouragement of those who are called upon to make the effort we will say that occasionally an individual who is drowned is brought to life even after the expiration of two or three hours, and we would not think for a moment of giving up the effort under that time, while usually half or three-quarters of an hour's work properly applied will resuscitate almost everyone that can be brought to life at all.

There are several methods recommended in the case of such emergencies, all of them no doubt good, and possibly one method might succeed in an individual case whereas in another one it would fail. It is also better that the one to do the work should thoroughly understand one method than to partially understand several methods. With that in view we will recommend one method only:—

1. Do not remove the drowned individual from the bank of the river or pond any distance to a house; much valuable time would be lost in doing so.

2. Cut or tear away the waistbands or bands about the neck.

3. The water must be expelled from the lungs before air can be gotten into the lungs. To do this it is best to roll the individual on the face, quickly placing one arm for the forehead to rest upon, and so situated on the bank that the head would be considerably lower than the rest of the body. Following this, immediately make a firm, even pressure upon the chest, compressing it, which will expel a large share of the water from the chest. Pressure should be made several times, and at least one minute should be absorbed in the effort to relieve the chest of water. If a barrel were handy, placing the individual prone over the barrel, would be

a very good way of making the pressure upon the chest, and no doubt would help very much in relieving the chest of water.

4. Stand astride the hips, with your face towards the drowned man's head, locking the hands underneath the body in the region of the stomach, lifting the body as high as it can be lifted without raising the head from the ground. It would be well to give a smart jerk as the body is raised. The body should be suspended long enough to count one, two, three, four, five. Then quickly lower the body and grasp the point of the shoulders by the clothing, or if the body is naked, thrust your fingers under the arm pits, clasp with your thumbs from the points of the shoulders, raise the chest as high as you can without raising the head entirely off the ground, and hold it long enough to count one, two, three. Then replace the body on the ground with the forehead on the arm as before, with the nose and mouth free, and, placing your elbows against your knees, your hands upon his chest over the lower ribs, quickly press downward and inward with increasing force long enough to count one, two. Then suddenly let go, grasp the shoulders as before, and raise the chest, then again press upon the ribs.

The raising of the chest will have a strong tendency to draw air into the lungs, and the pressing upon the chest is to expel the air from the chest; consequently these movements should alternate and be repeated as often as twelve or fifteen times a minute for an hour at least unless breathing is restored sooner. The object is to give as near as possible the normal regularity in breathing.

5. Next in importance to breathing is warmth, and if there is another individual present, occupy the time in rubbing the limbs and placing warm things about the body, and after breathing has been restored, main attention should be given to warming the body by friction, clothing, and hot bottles. As soon as the individual can swallow, some hot coffee, tea, broth, or Bovril should be given. Prevent friends from crowding around the patient and excluding fresh air, and do not give stimulants before the patient can swallow.

If the individual were lying on the bank, artificial respiration could possibly be performed as well, but great care should be exercised to draw the tongue out of the mouth, for in falling back it would shut off the possibilities of getting fresh air into the lungs. Remember that artificial breathing is the first and all-important thing to be done, pumping air in and out of the lungs until there are signs of regular breathing. After breathing is established, the patient can be moved to some room, where he should be kept quiet, and in the course of a few hours give him some light food.

The patient should often be kept quiet for a few days in order to allow the system to recover from the exhaustion of such an experience.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

23,819. A new or improved invalid's kettle, steam heater, vaporizer, deodorizer, inhaler, and toilet vapour bath. ALEXANDER GOUGH, 7, John-street, Bedford-row, London. December 11th, 1893.

23,884. Improvements in surgical injectors and the like. WILLIAM PHILLIPS THOMPSON, 6, Lord-street, Liverpool. December 12th, 1893.

23,974. A distinctive bottle, vessel, or other receptacle for the containing of poisons. ROBERT FLETCHER, 131, Newcastle-street, Burslem. December 13th, 1893.

24,004. An appliance for securing and delivering the contents of bottles, especially suitable for poison bottles. CHARLES WESTON LANGLEY FLUX, 21 Southampton-buildings, Chancery-lane, London. December 13th, 1893.

## SPECIFICATIONS PUBLISHED.

20,062. VAISEY. Medicinal preparation. 1893.

In one country district of Germany "pay weddings" were in vogue as late as the present century, each guest paying for his entertainment as much as he would at an inn, the receipts going to set up the happy pair in their new home.

## THE BREATH CURE.

OF all the cures which have emerged into public notice from time to time the simplest and most easy is that which Major General Drayson describes in the *Nineteenth Century*. He calls it the art of breathing, and he seems to have hit upon it by mere accident when he was climbing a very high mountain. The rarefaction of the air at that altitude rendered it necessary for him to breathe twice as fast as he would have done at a lower level. All inconvenience caused by the rarefaction of the air disappeared when he doubled the rate of his breathing. Reflecting upon this, he stumbled upon the great discovery which should immortalize him if there be anything in it. Breathing in the ordinary way, he pumps fourteen pints of air into his lungs per minute, containing three pints of oxygen, with which he can sufficiently oxygenate his blood. But on ascending to 17,000 feet, the pumping of fourteen pints of air into his lungs per minute would only take in a pint and a half of oxygen, which does half the work of three pints, and as it requires three pints to oxygenate the blood, he became almost suffocated. His heart palpitated, and he was in danger of his life, but by suddenly doubling the rate at which he had been breathing, he found instant relief. He has tried it under a great many circumstances. Whenever he was in a vitiated atmosphere, he was able to get rid of his headache and incipient palpitation of the heart by taking long breaths twice as rapidly as he would on ordinary occasions. He maintains that in a very great many cases pain, sleeplessness, headache, and many other ills which flesh is heir to could be almost instantly relieved by this simple process. Moderate exercise in the open air, upon which all doctors insist, he asserts, is quite unnecessary. All that you need to do is to breathe as rapidly as if you were taking moderate exercise:

"What does moderate exercise do? It increases the rate of breathing, and hence gives a larger supply of oxygen to the blood than is given when a person is sitting still. But why take the walk to increase the rate of breathing? by the action of the will the rate of breathing can be increased up to fifty breaths a minute while reposing in an arm-chair; and I can state that I have driven away headache, toothache, and other aches by breathing rapidly during several minutes.

"Another effect I have experienced from rapid breathing is the cure of restlessness and sleeplessness, from which those who use the brain much not infrequently suffer. In order to avoid breathing secondhand air, it is advisable to get out of bed and walk about the room breathing very quickly during one or two minutes. In spite of hard work, I can claim a record which is at least unusual, viz., that during upwards of thirty years I have not been sufficiently ill to take a breakfast in bed, and except for a severe cut on my shin, have during thirty years never been on the sick list. Colds, coughs, sore throat and other ailments, from which I used to suffer, I am now free from."

This astonishing immunity from ill-health he attributes almost entirely to the effects of breathing quickly. Breathe pure air, sleep and live as far as possible in an atmosphere which contains the proper amount of oxygen, and whenever the atmosphere is vitiated, breathe quickly, so as to maintain the normal supply of oxygen. There is a great deal of common sense in this, and the next time my readers have a headache, or a toothache, or a sleepless attack, let them take long breaths and many of them, and see what will be the result.

A GOOD REASON.—"I don't see why you employ Dr. Hugo as your physician. He's the most ill-tempered, quarrelsome fellow I've ever met." "I quite agree with you, but you see I have often been told that my throat trouble would disappear if I only would get my larynx cauterised." "Well?" "Why, I naturally chose Dr. Hugo on account of his caustic temperament."



## THE NERVOUS SYSTEM.

By A. J. S., M.D.

**STANDING** at the head in development and vital importance to the sound body, is the nervous system. At its bidding every action and function is performed, while without its command or consent nothing is done. Through it every impression from without is received. By nerve centres all these impressions are transformed into thoughts and feelings, which so act and react upon the whole system as to make us what we are. For this reason the nervous system is very complex, both in structure and in function. To study it closely would require a life work, at the end of which one would have to wonder about many mysterious things. Yet in recent years eminent physiologists have learned many important things relative to the action of the nervous system, which should be studied by all, inasmuch as everyone has in his own hands the use and preservation of this wonderful part of his nature.

The important centre of the nervous system is the brain, where presides the governing influence of everyone's affairs. Here everything is regulated in harmony with the impressions and influence received. For instance, a function is to be performed, perhaps the stomach has a meal to digest, certain centres in the brain have special charge of this kind of work, they perform their own function, not independently, but in sympathy with the general feelings of all their neighbours. If happiness and health are reigning there, they perform their work as perfectly as the influences that are brought about by the taking of the meal are perfect. These influences include the time of eating, the manner of eating, the character of the food, the seasoning of the food, and perhaps most of all the relishing of the food. Where these are natural, we might expect a natural digestion, but where they are defective, we would, of course, expect the communication that is carried to the brain to be defective, and in like proportion the orders to muscles and glands of the stomach would be faulty.

The brain, however, is not the only place for nerve centres, as there are subordinate ones placed elsewhere. The cord that runs down the spinal column is an extension of the same form of nerve matter. Also situated about in the abdomen and along each side of the spinal column are small masses of grey matter or nerve cells called ganglia. These latter belong to a different set of nerves, known as the sympathetic system. This is a system of nerves which, as the name indicates, hold a sympathetic relation between the various parts and organs of the body, so that if one member suffers, all the others sympathise, and as far as possible rally to help the poor brother by taking off as much work as they can, and making the surrounding influences the best they are able for the enfeebled one.

The nerves of which we have spoken in the brain and cord form the main system of the body called the cerebro-spinal system. Their nerve fibres are distributed to every fibre of tissue in the body, with the exception of some of the coarser tissues, as cartilage. Some idea can be had of the extensiveness of their distribution when we realise that the point of a pin cannot touch the body without coming in contact with some of its sensitive fibres. The nerve centres of the brain are merely multitudes of little cells of protoplasmic matter, having a greyish appearance, situated in the brain on the surface, but on the cord they are in the centre, surrounded by white matter, which is merely fibres running up and down from the brain. The interior of the brain is made up of white matter, or fibres, going from one part of the brain to another, also to the cord and to the various nerve trunks that go from the same. One peculiar feature in the course of the fibres is that they all cross either in the brain or cord, so that the nerves of the right side of the brain are distributed to the left side of the body, and the left side of the brain to the right side of the body.

The location of the different nerve centres has been a great study, and many interesting facts have been ascertained. We are now able

to place the finger over the exact location on the skull just beneath which are situated the centres that control the various movements of the body, and have charge of the special senses.

Nerves differ in their function, the great distinction being nerves of motion and nerves of sensation. The former receive impressions by the brain and carry them to the muscles which produce motion, while the latter convey all kinds of sensation to the brain.

Besides the nerves of general sensation that is common to all tissue, we have those of special senses, as hearing, seeing, tasting, smelling, and the sense of touch, all of which have nerves that carry only their own peculiar impressions. Others recognise two other distinct and separate senses, those by which we appreciate the sense of temperature and weight.

With this complete arrangement of receiving impressions from without, and the delicate and sympathetic centres that take these impressions, changing and operating all these forces that are received, man stands at an open door, before which is health, happiness, and fullness of life. These are not merely gifts to him, but consequences that are sure to follow the appropriate use of the environments amid which he is placed.

That this relation to our surroundings should be ascertained and maintained requires not only a following of the natural instincts and appetite, but a sound mind in our sound body, by which to select and direct all the factors that are potent to our welfare.

## ITALIAN HEALTH RULES.

**THE** health code of the average Italian may be summed up in two maxims: "Seek perspiration when ill," and "Avoid perspiration when well." No matter whether the ailment be grave or slight, prompt measures are taken to induce profuse perspiration, the usual recourse being to hot teas made from various healing herbs. In ordinary health an Italian takes every precaution against getting into a perspiration. Perhaps this feeling, more than the lethargy resulting from a warm climate, may be held responsible for the lack of active outdoor sports in Italy. Roller-skating and bicycling are growing in favour, shooting galleries and quiet boating have always been popular, but cricket, tennis, and similar games are hardly known, even in their mildest form.

Although resisting their long, hot summers without detriment to health, Italians perspire freely when taking most moderate exercise. In recognition of this treacherous fact, both gentleman and labourer move through life very quietly, never hurrying except in a case of dire necessity. As illustration, a writer gives an incident that occurred a few weeks ago in Florence. An English lady was walking down the Lung'Arno, when she missed her purse. The suspicious movements of a man in front made her hasten her footsteps and boldly demand the stolen property. Too amazed to refuse, the thief actually handed over the purse, before starting off at a good round pace. Indignant at such broad-day robbery, the lady stopped an elegantly-dressed gentleman, and, in excited tones, began to pour out her grievance. Merely waiting to hear "that man stole my purse," the gallant Italian rushed after the thief, who promptly took to his heels. As cross streets are scarce on the Lung'Arno, they had a good run ere the thief could dodge his pursuer. The afternoon sun of a late spring day did not help the polite Florentine to keep cool, so, red-faced and out of breath, he slowly turned back to meet the English lady with profuse apologies—

"Madam, I am very, very sorry. I did my best, but your purse is gone."

"Oh, no!" she replied, sweetly, "I have my purse. I got it back from the man."

"Got your purse back! Per Bacco! What did you want, then?"

"Want! Why, I want justice."

It was too much, even for proverbial Italian urbanity, and, almost choking with sudden wrath, he gasped out: "Justice! To think I should have run myself into a perspiration for justice!"

## SHOES,

IN THEIR RELATIONS TO HEALTH, BEAUTY, AND COMFORT.

**THE** drift in shoes, for several years past, has unmistakably been in the direction of comfort and ease for the foot of the wearer—a drift which is to be commended in the warmest terms, as sensible and worthy of even greater cultivation. The search for a light, pliable, and comfortable shoe has brought into the market a good many innovations, including the tennis shoe. During the past year it has been worn more extensively than ever before, being found desirable for country and mountain service, but especially for the seashore, not being injured by exposure to the saline breezes as are many of the fine leather goods.

The most popular of the new shoes is the brown—if indeed a definite adjective can be applied to a class which is so comprehensive as the one covered by the above term has come to be. These shoes are now made in all patterns, and in colour range from a light tan to something almost as dark as mahogany. Some of them are diversified by the insertion of bits of black patent leather, or similar trimmings; but these, while they relieve the effect of the single colour, are not an advantage to the wearer, and as the shoes are primarily designed for ease, comfort, and convenience, the variegated styles have never become generally popular.

This shoe has won its great popularity from the fact that it is porous, and allows ventilation of the foot, consequently giving a cool and comfortable feeling even in the most uncomfortable weather—in marked contrast to the patent leather and similar styles, which are as air-proof as so much sheet steel, and therefore little less than torturous to the wearer. It is only a few years since these shoes were first worn; now they have become, from an article of luxury, a positive necessity to multitudes of people, who wonder how they ever got along without the brown foot covering.

To be sure, we can hardly wear the brown shoes at all times and in all places. We have not yet become reconciled to seeing a dignified elderly gentleman making his way slowly along the street with a foot covering which in his case certainly looks a little grotesque and out of place. Perhaps there is no reason why it should, only that we have not become educated to the use of this novelty to that extent. It is certainly not in place, either, with full dress, suggesting as it does a combination of the formal and conventional with the *negligé*. The man who wears the straw hat may properly clothe the other extremity of his frame with brown shoes; but it is scarcely in good taste to cover the intervening space with a black frock or morning coat.

When the tan shoe was first introduced, one of the advantages claimed for it was that it would require no cleaning, rubbing, or polishing, but would be at all times ready for service. Its use has spread so largely that this is no longer true, and it has been found that for general wear it requires almost as much looking after as the ordinary variety. This has been more troublesome in some respects than keeping black shoes presentable, from the fact that people did not so well understand how to accomplish the task. Bootblacks have not been slow to profit by this condition, and the enterprising "shiner" whose placard has heralded the fact of "Brown shoes dressed here," has found his services in good demand, at twice the amount received for the ordinary "shine."

Speaking of comfort, very many people unquestionably suffer needlessly by failure to take care of their shoes—and of the feet which go into them—and to keep them in the best possible condition. The usual suffering connected with the wearing of new shoes may be avoided by stuffing the shoe with cloth or paper to the shape of the foot, and sponging with hot water. If it presses painfully upon any portion of the foot or toes, laying a cloth wet with hot water across the place will prove a remedy.

Water is the worst enemy of the boot or shoe, making it harsh, rough, and painful to the



foot. The cause of this trouble is that the leather shrinks and hardens in drying; but this may be avoided by a little care. On good authority it is said that if a wet or damp shoe be taken off on coming into the house, and filled with oats, the grain will absorb the moisture, while at the same time, by swelling gently, it will prevent the shoe from shrinking and losing its shape. This is a standard treatment among farmers, and is equally effective in the case of ladies' fine shoes as with their heavy boots. Where shoes have become hard and dry, the natural tone of the leather may be restored by the application of paraffin—for which vaseline forms a handy and very effective substance.

The creaking of soles, which is always such a nuisance—both to the wearer and to all others within hearing—may be cured by the application of linseed oil. A good plan is to turn a small quantity of the oil upon a dinner plate, and let the sole rest in it. The leather will absorb the oil, and in addition to stopping the creaking will make the leather proof against water. Another method of making soles waterproof is to slightly warm them, rub over with copal varnish and allow it to dry. This treatment, two or three times repeated, will be found thoroughly effective.

It need not be said that walking boots should not be worn in the house, or, *per contra*, that slippers and house shoes are not intended or adapted for the street, any more than for mountain climbing, or wading through the sands of the seashore. There is fitness in everything; and what may at the first seem expensive, will be found to prove the truest economy in the end.

There is now so much good sense regarding the size of feet, that there is no excuse for wearing uncomfortably tight shoes, and certainly not for imprisoning the pedals of growing children and youth in coverings which are not of ample size. A reasonable degree of common sense should teach any mother that shapely, healthy feet are among the best possessions which can be secured to her children. Not a few men and women of the present day are suffering life-long pain and annoyance because of the foolish false pride of themselves or others in years gone by. Any chiropodist knows that women without corns, bunions, or deformities of similar nature are very rare—so rare as to be almost the exception, while the reverse ought to be the truth. A great deal of the resulting pain is borne in silence, through a very natural sense of pride; a great deal, too, contributes to make others, as well as the sufferer, uncomfortable. It is high time that a better sense held sway.

**MARY THE MOST POPULAR NAME.**—According to statistics, Mary is the most popular of Christian names, followed in order by William, John, Elizabeth, Thomas, George, Sarah, James, Charles, Henry, Alice, Joseph, Ann, Jane, Ellen, Emily, Frederick, Annie, Margaret, Emma, Eliza, Robert, Arthur, Alfred, Edward. Some people object to being called by a very common name, but it is infinitely better so than being known as "Green Leaf," "Shooting Gallery," "Lucky Day," "Giddy Edward," "Talitha Cumi," "Holy Davies," "Choice Pickarel," "Sing Song," "Tempestuous Stinger," and other choice ones, every one of which is a *bonâ fide* name culled from a recent English directory.

#### THE DIFFERENCE.

Cried the grim spectre Death:  
"Time is a thief.  
Who, with each passing breath,  
Lightening grief,  
Takes from men all their fears."  
Love merrily  
Laughed: "In a thousand years  
Time robs not me."

**ASTOUNDING!**—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the precise words, "they are worth a guinea a pill." For Diarrhea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. Is. 1½d. 2s. 6d. 4s. 6d., all chemists; direct, W. LOCKING & SON, Leeds (late Hull).—Adv.

## THE TASK OF THE MEDICAL OFFICER OF HEALTH.

IN this work of sanitation to which so much attention is now being given, it is only gradually that those engaged in it come to learn all that is required of them. More or less, of course, this is true of every science, of every industry, of every art. But it is specially true of a science and art that are still in their infancy. It is so recently that sanitation has been made the subject of distinct and systematic study and practice, that a man would need to have an unusually good opinion of himself who should imagine that he had acquired all the necessary knowledge of the subject, and that he had nothing more to learn. It is the ignorant only who are conceited enough to think that they have no need to be taught. The further advanced any man is in his knowledge of a science, the more does he feel, like Sir Isaac Newton, that he is only standing by the shore of an illimitable ocean of truth. And we have no doubt that this is the feeling experienced by the most accomplished adepts in the science of hygiene, the area which it embraces being so large and covering such a multifarious collection of subjects.

The truth is that in order to be a fully equipped sanitarian, man would require to have received that kind of first class education, at the same time all round and thorough, which has been happily described as teaching something of everything, and everything of something. The country Medical Officer of Health must be much more than a doctor. He ought to be an accomplished analyst, a trained bacteriologist, an expert in plumbing, something of an architect, and a bit of a philosopher: this, at least, and, if possible, a few other things as well. He should be able to take a wide and comprehensive and philosophical view of the situation as it presents itself to his eyes in the district of which he has charge: for he has to concern himself above all with the complicated problems of etiology. To come to trustworthy conclusions, therefore, he must be skilled in that kind of practical logic which enables the inquirer to eliminate and reject mere accidental circumstances, in order to arrive at the one *vera causa*, or at the group of concurring causes. In fact, he ought to be a kind of medical Admirable Crichton and Sherlock Holmes rolled into one, with a tincture of bacteriological science and the skill of an experienced artisan; and even then he will be only beginning to be adequately equipped for his task.

These may be regarded as forming *a priori*, so to speak, the chief requirements of the Medical Officer of Health; but besides, there are many lessons to be learned from the experience that has been gained during the last few years of practical sanitation. The annual reports submitted to district committees and to County Councils form important factors in the experimental education of those whose duty it is to administer the various sanitary measures which are now working so beneficially in all parts of the country. These reports, which have been made public property, show, as might have been expected beforehand, that, at least in rural districts, the duties of the medical officer may vary considerably, accordingly as he is placed in charge of one part of the country or another. There is nothing mechanical or stereotyped about the work, but on the contrary there is plenty of scope for individual judgment and energy. The duties to be performed will be of one character in the fen country, and of a very different character in the highlands. Much will depend upon the physical features of the district, upon the nature of the soil and of the water supply, upon the distribution of land and water, upon the character of the climate and the prevailing winds, and generally upon a variety of considerations which each officer must take into account, if he is rightly to perform the duties assigned to him. And it is plain that, after a time, when the reports furnished by the various

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sanitary officers throughout the country have been collected in sufficient number, and the valuable facts and observations contained in them have been duly considered, weighed, and compared with one another, useful conclusions may be drawn from them which will have an important influence on the work of sanitation in the future. It would be necessary, in order that this *corpus observationum* should be properly utilised, that it should be carefully studied by some central authority, such as the Registrar-General, with the view of having the results adequately co-ordinated; and if this were done, it should be possible by and by to indicate with sufficient accuracy those parts of the country in which preventable disease had been specially observed, and the times of the year when epidemics of measles, diphtheria, influenza, typhoid fever, &c., might most certainly be looked for. Information of this kind would be of great value to a Board of Health, in the view of measures being adopted for the prevention of disease.

And this is, after all, the chief duty of the Medical Officer of Health—to study the natural features and the climatic and social conditions of his country in such a way as shall enable him most effectively to take measures for preventing the inception of disease. He has also to do what he can in the way of arresting the development and spread of disease when once it has appeared; but his main efforts should be directed to stopping it at the fountain head. And, with this end in view, it is his duty to make himself familiar, so far as he can, with the cause and origin of disease, and with the conditions that are specially favourable to its outbreak. This is a department of study in which much still remains to be done, which can hardly be said, indeed, to have more than made a beginning. But although a difficult, it is an extremely interesting and inviting field of research, and the hopeful beginning that has been made in bacteriological investigation gives fair promise of exceedingly fruitful results in the not distant future. Sanitation will become effective very much in measure as that branch of therapeutic science is successfully pursued to which the name has been given of preventive medicine.

And in this direction it is becoming increasingly evident that more attention will have to be given to the question of water supply, both as to quantity and as to quality; and that, with the view of determining the latter, it is needful to subject the supply, not only to chemical analysis, but also to biological examination. For it has been shown again and again, that water which has been pronounced to be chemically pure, may yet be charged with morbid germs which can be detected only by the researches of the bacteriologist. The Medical Officer has, therefore, to occupy himself not only with questions of drainage and scavenging, not only with measures of disinfection and notification, and provision for hospital accommodation, but also, and indeed primarily, with seeking out the causes of disease, so as to prevent its making its appearance. And one of the concomitant duties which every zealous officer will seek to discharge is that of communicating, in a popular fashion, to the general body of the public that knowledge of the laws of health which lies at the basis of all his work. To secure the sympathy, and therefore the co-operation, of the people should be generally recognised as one of the most important parts of the task of the Medical Officer.—*Sanitary Record*.

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hundred, nothing serious to apprehend. The stomach may not be in quite its normal condition, and there is no more potent cause of wakefulness. Now an hour, ten minutes, even, seems a long time in the middle of the night, when a person wishes to be sleeping and cannot sleep.

If a sensation of dread or apprehension increases the difficulty, and, feeding upon itself, the derangement may quite possibly increase till it becomes a dangerous malady. In such a case, the very best treatment, if the patient has any degree of will power, is simply to pay no attention to the fact of wakefulness. Make no effort toward slumber, either by counting, repeating the alphabet, or imagining any monotonous thing. Keep the mind away from any business or domestic perplexities, but let it roam in full wakefulness where it will, among pleasant things, old associations, the friendship of the past or present, anything that is not of a disagreeable nature.

As the physical or nervous system recovers its balance, or as the stomach becomes master of its complications, slumber will come along searching for the individual, and the morning will find the night's rest quite satisfying after all. Drugs and dosing are out of place; they merely aggravate and fasten the necessity for their own use. A simple bath, if no more than of the face, hands, and feet, is helpful, especially if followed by a generous rubbing with a dry towel, which will equalise and invigorate the circulation. If there is chronic trouble with the stomach, that may properly receive medical attention; when the disordered condition is remedied, the wakefulness, which was simply a symptom and not a part of the disease, will take care of itself.

**WHAT TO WEAR IN WINTER.**

IN order to dress children warmly, the texture of the material used, and the colour also, must be considered. A writer in the *Mother's Nursery Guide* says:—

"For protection, wool and furs rank first; then silk, cotton, linen. Any layer of confined air is a slow conductor of heat, and a loose-fitting garment is warmer in winter than a tight-fitting one in other respects the same.

Likewise a material loosely woven so that a certain amount of air is always confined in its meshes, will be warmer than if the same amount of material were tightly woven. This, in part at least, accounts for the warmth of the woollen garments.

It has been found that for the same reason a number of garments, worn one over the other, are warmer than one single garment of the same material and weight.

The great drawback to most all-wool materials for wash garments (all the garments of young children practically are such) is their tendency to shrink in washing, unless the latter be most carefully done.

To meet this, a certain portion of cotton is usually mixed with the wool, but the protective value of the material is proportionately diminished. The best all-wool goods, however—such as "Jaeger," for instance—can, with care, be kept from much shrinkage.

Those exceptional persons to whom woollen materials are usually irritating may substitute silk if their means permit, or a thin garment of cotton may be worn immediately next to the skin and covered by one of woven or knitted wool.

From what has been before said it will be inferred that knitted garments, by confining air in the meshes, will be probably warmer than woven garments, but these knitted ones are likely to be more irritating than ordinary flannels. A flannel may be, too, so closely woven, and by frequent washing so full, as to be rather too impervious to air.

It has been found by experiment that the ordinary dress materials used are very nearly alike, there being a difference of only ten per cent between the coolest (linen) and the hottest (silk). But for any given material there is a great difference according to colour, black

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In the experiments (Pettienkofer's) which are often quoted, the order according to the degrees of heat received was as follows:—

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Pale straw .....	102 "
Dark yellow .....	140 "
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Turkey red .....	165	"
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## WOMAN'S DRESS A BARRIER TO HEALTH.

By K. J. J., M.D.

NOT until we learn that body and mind, or body and soul, are not separate entities, independent of each other, but that they are wedded so closely that one cannot possibly be impaired without corresponding loss to the other, will this matter of health claim just attention. A woman whose lungs are choked by corsets, whose liver is congested, whose stomach is taken possession of by dyspepsia, whose head throbs with pain, or whose nerves have run away with her will and self-possession and peace of mind, cannot comprehend or appreciate the meaning of truth, justice, and liberty, or impress it upon others with anything like the clearness and force that she could if her body could be an efficient aid, instead of a deplorable clog.

You cannot expect a battered, unstrung harp to give forth the harmonies to heaven. Health and freedom of mind and soul must go hand in hand with health and freedom of body, if the coming age is to realise the possibilities of a true and worthwhile womanhood and manhood.

Aside from other evils which affect their lives, think for one moment how the majority of our women are dressed, from their poor abused heads to their poor abused feet, and cease with me to wonder at their sickly condition. Their prisoned lungs can only flutter and gasp; they cannot draw full, deep inspirations of God's pure air. Their delicate

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vital organs, compressed by wicked corsets, are weakened and displaced. Their limbs, yes, and their whole bodies, are fettered and burdened with long, heavy skirts.

I remember once of hearing a gentleman say that he had occasion the evening before to carry the clothes which his wife had worn during the day from one chair to another, and was utterly astonished at their weight. "Why," said he, "if I had to carry such a load as that in my office for one day, it would be the hardest day's work I ever did. How can the women endure it?"

## EXPERIMENTS IN FLYING.

AN interesting article on this topic appears in *Nature* from the pen of Mr. C. Runge.

It says that if we imagine the linear dimensions of a bird increased "n" times, its weight will be increased "n<sup>3</sup>" times. On the other hand, the work necessary to keep it flying will, as Helmholtz has shown, increase "n<sup>7</sup>" times. Now, we can assume that the power—that is to say, the amount of work that can be done in the unit of time—increases in proportion to the weight, or even less. Helmholtz, therefore, concluded that large dimensions are a disadvantage, and that there is a limit beyond which the power will become inadequate to the increased weight. This limit, in his opinion, is already attained in the largest birds, whose bodies appear to be constructed with the utmost economy in weight, and whose constitution and food seem adapted to furnish the highest power. And he therefore thought it improbable that man would ever be able to fly by his own power.

To these discouraging observations, however, some objections may be raised. First, the work necessary to keep a bird flying horizontally depend largely on its horizontal velocity. It decreases with increasing velocity up to a certain limit, when, on account of the friction, too much work must be spent on the horizontal component of the movement. The air will carry a body moving horizontally better than a stationary one, for the same reason that thin ice will sometimes carry a skater, but break under his dead weight. The moving skater is carried as if he rested on long skates that spread his pressure over a large area. The work which is expended in flying horizontally with a sufficiently high velocity may, in spite of Helmholtz's observations, be quite within the reach of human power. The difficulty, then, would only be to start and to arrive at this velocity, and this difficulty might be met by special contrivances. The size of a flyer might therefore be increased many times without losing the possibility of quick horizontal flight, though birds must be able to do without such contrivances for starting and arriving at the necessary velocity. A second objection is that we see many birds—and especially the large birds—when soaring, evidently doing an extremely small amount of work, or none at all, but nevertheless moving rapidly, and even rising to great heights. It seems certain that the wind must do the work for them. The experiments of O. Lilienthal have shown how this is effected. He has made diagrams of the direction of the wind blowing over a plain, and has found it to be on the average three degrees upwards. His idea is that the lower regions of the air are retarded by friction against the earth, and that it is therefore heaped up. Of course, the rising air or an equal amount would have to come down again somewhere, and this might take place in calm weather. But however this may be, the wind in some way or other does the necessary work for soaring birds. With a bird of linear dimensions increased "n" times, this work, it is true, would only increase in proportion to the surface of the wings, that is, proportional to "n<sup>2</sup>," while the weight increases proportional to "n<sup>3</sup>." But for the man there would be no difficulty in constructing the wing surface much larger in comparison than that of a bird.

The principal difficulty would lie in the management of the apparatus, in keeping the surface in the right position, according to the variations of the wind, and according to the direction that one intends to follow. Perhaps

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it is not greater than the difficulty a skater meets with in keeping his balance while moving in the direction he pleases; but the consequences of a wrong movement are worse. O. Lilienthal seems to have taken a step in the right direction by trying to learn soaring. The shape of the wings are not flat, but slightly curved. The experiments recorded in his book, "Der Vogelflug," show that the curved form has decided advantages, both as regards the amount and the direction of the resistance. The wing surface is 15 square metres. It is not safe to take a larger surface before having learnt to manage a smaller one. He takes a sharp run of four or five steps against wind jumps into the air, and slides down over a distance of about 250 metres. By shifting his centre of gravity relatively to the centre of

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"Sanitas" Eucalyptus Disinfectors, 1s. each.  
"Sanitas" Eucalyptus Oil, 1s. Bottles.

resistance, he can give the wing surface any inclination, and thereby can, to a certain extent, either slide down quicker, or slacken the movement, or alter the direction. If the wind is not too strong, and the surface of the apparatus not too large, I think there is very little danger in this kind of practice. If it is taken up by a great many people, improvements of the apparatus are sure to follow, and the art of keeping one's balance in the air will be developed. Perhaps this is the road to flying. At any rate it must be fine sport.

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THE COMBINATION EAR PIERCER AND LOBE RINGS.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—As this valuable addition to ear-boring has never been mentioned in the FAMILY DOCTOR, perhaps this description thereof may be suitable. I have given this idea as short as possible to enlighten the curious. Thin a piece of wire with a point at one end and a hollowed portion at the other large enough to receive it. The point having been thrust through the lobe, the ring is bent, and the point will be found to remain in the hollow part of the wire that has been made for receiving it. There being no hinge in the middle of the ring, there is no opportunity for matter to collect near the wound. The size of this ear-piercing instrument must be dependent wholly, from exact measurement, with the lobe—especially as to length-cut. Generally this wire, when of gold, contains twenty-four carats, of that precious metal, standard "Hall Marked," of course; as pure gold is indeed the safest substance to bore the earlobes. Spurious metal causes inflammation also, suppuration being the consequence, when impure ingredients are used as earrings. The modern manufacturers of these ornaments frequently employ alloys and amalgams. Very pernicious, for these substances always cause blood-poisoning, which, leading to scrofula, not unfrequently causes death—a contingency the result of ear-piercing performed with unsafe needles or rusty awls—for phlebotomy as a remedial agency is an operation performed when rheumatic tooth and head-ache prevails. In Germany and France, decorative surgery, which we call ear-boring, is considered there a special profession, and has to be licensed—for this operation often-times is attended with blood-letting. Our barber-surgeons practised this treatment—so easily arrived at through this method. For various complaints, such as chronic ophthalmia, earrings have been recommended, as when thus worn they possess the

properties of therapeutics—hence we see males adopting their use. Careful mothers insert rings into their children's ears without any sexual distinction. In the nineteenth century the study of surgery and medicine is pursued by ladies. No doubt this early ear-piercing is the result derived therefrom through experience in surgery. I am, &c.,  
"EARS AND EARRINGS."

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

EARRINGS.—I should feel obliged if some reader could inform me whether it is the custom in any part of Europe for ladies to wear more than one pair of earrings at the same time. I am under the impression that I have read that it is usual in some parts of Italy.—"J. B."

WIFE'S PROPERTY.—My husband is in difficulties. I want to protect my little home. I brought some furniture with me when I married. If I take it to a house hired by my father, and live with him there with my husband, would it be safe? Or could my father's home be broken up through our living with him, if it came to the worst?—"Wife."

### ANSWERS.

VACCINATION.—So long as the child is unvaccinated the Guardians have the power to compel it.

## ANSWERS -TO- CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

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### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

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London Hospital.  
Charing Cross Hospital.  
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mersmith.  
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bles, Clapham-rise.  
Ophthalmic Hospital, King  
William-street, W.C.  
Poor Box—Five Police  
Courts.  
St. Thomas's Hospital.  
City Orthopaedic Hospital

G. YOUNG.—It is very difficult to get at this part of the bowel by means of drugs, but you had better try the following: Aromatic sulphuric acid one drachm, glycerine two drachms, decoction of logwood six ounces. One-sixth part three times a day. With regard to your hair, this condition is caused by the want of proper nutrition owing to the state of the bowel. We should advise you to oil it well, but beyond that we do not see that anything can be done. Use any pomade or oil that you happen to have at home.

JAMES FRASER.—No possible benefit could accrue by your using this drug in this complaint. If it had already been found of any utility it would by this time have been largely employed. It is said to have a solvent action on the membrane in diphtheria but it is not used for that complaint to any extent.

S. T. F.—Herpetic eruptions nearly always have some discolouration, but not necessary a scar. A scar is due to loss of tissue and subsequent contraction, so that the lesion must involve the true skin. We are inclined to think that what you were suffering from was pure herpes, but you have not given us the time that the attack occurred, which is the most important element in the case. It was six months ago and no other symptoms have shown themselves you are safe. 1. Yes, there is no difficulty in healing the ulcer. 2. Very likely. 3. Depends upon the time when, as we have said above.

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**BUSY MOTHER.**—We should suggest that you use half vaseline and half white precipitate ointment. But the ointment must not be kept on for a long time. The best thing is to cut the hair perfectly short and give the head a good wash when they come home from school. This will take no longer than rubbing the vaseline in. We fail to see what other course is open to you.

**KANSAN.**—If you wish to put yourself into communication with us you have only to enclose a stamped addressed envelope. You need have no fear about this exertion; it is perfectly natural, and should be washed away regularly like all other undesirable matter.

**A. STUART.**—We are pleased to find that you are progressing so favourably, and as there are no symptoms contra indicating the continuance of the remedy, we should advise you to persevere with treatment for another month as before, and report again at the end of that time.

**HENRY PIKE.**—You have neglected to say what is the matter with you. You have told us what you have done, and taken in the shape of medicine and food, but have entirely omitted to state what is the matter with you now. The discharge you complain of, is of course due to constipation. You have only to overcome this, by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Do not be apprehensive, you are very well indeed.

**ASCARIS.**—It is of course highly probable that the presence of these creatures is the source of your complaint. You must avoid all vegetable food and take only toast, biscuits, and lean meat. You should take some sea-sandy or jalap powder in the morning, and the joints to protect you from cold, advise you to try turpentine in capsules or mucilage. Sometimes these little parasites are very difficult to get rid of and require much patience and perseverance.

**ANDREW CHALK.**—We do not think you can do any good to your legs by means of instruments; the best thing you can do is to go to the Orthopedic Hospital, Great Portland street, and consult one of the surgeons there, who will give you the best possible advice. We are afraid we cannot give you any promise of them becoming straight by means of splints or irons.

**JOHN LAWRENCE.**—We are sorry to say, we do not know what "rheumatism of the kidneys" is. You must be very careful to avoid all beer, wines, and spirits, and had better wear a flannel bandage round the loins to protect you from cold. The kidneys must be very carefully attended to. You should take a dose of Carb-bads salts every morning, dissolving it in hot water and drinking it as hot as you can. Your meals must be eaten regularly and consist of light nutritious food. Frame Food Biscuits, Benger's Food, and other farinaceous foods are good for you, but, if you cannot afford them, you had better drink plenty of soda and milk, beet tea, boiled fish, &c. Take the following medicine: Acid tartaric of potash, two drachms, infusion of shirretta to six ounces. One-sixth part three times a day.

**QUICKFOOT.**—It is difficult for us to treat the condition without knowing more about it. If you have already been to a medical man who has cured it, we should advise you to go to him again. If the condition recurs on your discontinuing the medicine, you had better go on with it.

**ARTHUR WILLIAMSON.**—By relief of mechanical pressure at the armpit. Take care that the sleeves are fully large, and that the position of the arms is commonly such as to offer no obstruction to the backward flow of blood. Any other measures that may be suggested would be worse than sea-sandy.

**A LONG SUFFERER.**—You do not name the quantity of blue pills; we cannot therefore advise you to take a pill which may contain one grain or six. The mixture, on the other hand, is in definite proportion, and will certainly do you no harm, even if it do not benefit you. Take the mixture daily for a month, then write us again and we will prescribe for you.

**VERTIGO.**—Your letter is directed to the description of a single symptom which gives us no clue as to the causation of the trouble. There are many causes of the complaint, and if you will be good enough to describe your age, occupation, diet, habits, general health, and history as regards fits of any kind or other nervous manifestations, or as to stomach and liver disturbances, we shall be happy to do all we can to help you.

**POOR NELLIE.**—We think you are taking quite unnecessary amount of trouble in the matter. It is as well as all needful to use any such instruments as that named. It is altogether too late even if it were of service, it would be very much better to allow Nature to do the work. It is not so feasible, we would advise you to consult a London physician who would explain the matter carefully to you, so avoid any further trouble or complication. If you wish us to do so, we will give you the recommendation on receiving a stamped addressed envelope with a note reminding us of the condition.

**H.M.**—Acid dyspepsia is the term applied to the troubles. You had better take after every meal a mixture containing: Carbonate of soda twenty grains, sulphate of soda forty grains, tincture of cardamom half a drachm, infusion of gentian to half an ounce. Take two baked apples each morning before breakfast, and drink half a pint of not water in which a little Borax has been dissolved each night at bedtime.

**J.R.V.**—We can only recommend you to persevere. There appears to be nothing radically wrong on either side, and should you after a further period of two or three weeks still find difficulty, your best course will be to consult a good surgeon with a view to removal of the obstruction—if any.

**J. LIVELY.**—Your sedentary employment is in great part responsible for the constipation—possibly also, your diet may not be quite suitable. See reply to H.M. in these columns, and follow closely the directions given to him. Take plenty of green vegetables—avoiding onion, sugar, and on raw sweet, but eating as much seasonal fruit as you can get.

**YEW.**—It is natural to have such desire, and is there one not immediate. This temptation is unfortunately one which assails many members of the sex, but when must be conquered without delay, as to yield would be extremely harmful both at present and in the future. It is impossible to answer this question without examination, and we should advise you to leave this question unanswered, as to know the fact, we shall be happy to do so on receiving a stamped addressed envelope with a note reminding us of the condition.

**CASQUETTE.**—Under the circumstances, your best course will be to consult a reliable surgeon who will probably very soon put you on the road to recovery. If you wish us to recommend you to one, we shall be happy to do so on receiving a stamped addressed envelope with a note reminding us of the condition.

**A. CONSTANT READER.**—You ask us whether it is possible to "dislocate joints." Do you mean dislocated joints or what? Under any circumstances as a proceeding as you name would be fraught with danger—that of causing fracture as well as that of setting up inflammation of the synovial membrane of the joint, with the possibility of other complications such as fixation, suppuration, and possibly the necessity for amputation.

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"The FAMILY DOCTOR gives a Mass of Useful and Quite Safe Information."—Weekly Dispatch.



# YOUR WATCH GOES TO SLEEP.

**Y**OU carry a watch? Hardly a doubt of it; most people do.

Watches are cheap nowadays, and a poor man can afford a better one than a rich man could 100 years ago. Well, sometimes your watch stops. You don't see what ails it on the instant. You give it a shake. It wakes up and ticks along for five minutes and then goes to sleep again. What does ail it, anyhow? Your watchmaker puts the trouble in three words: "Dirty," he says, "wants cleaning."

Your bodily machinery isn't right. It doesn't stop; if it did nobody on earth could start it again. But it goes irregularly, sometimes fast, sometimes slow. A man, speaking of his wife, says, "She took cold with the slightest thing."

Now what is "catching cold?" How do we do it? This way: There is some weakness or depression of the nervous system, and a relatively small amount of cold comes in contact with an exposed surface of skin. This sends too much blood to the throat, nose, and bronchial tubes, produces an irritation which causes a cough, and a congestion which stops the sense of smell and sets the mucous matters running from the eyes and nose. Narcotics and cough mixtures won't do you a bit of good. If your doctor were as honest as your watchmaker, he would say of your blood, "Dirty, wants cleaning."

The letter we quote from continues: "Twenty years ago my wife had rheumatic fever, which left her low, weak, and nervous. Afterwards she had frequent attacks of faintness, with nausea, flatulence, and pain at the heart. She took cold with the slightest thing, and was constantly under the doctor, who patched her up from time to time. She went on in this way from year to year, able to get about, but always nervous and debilitated. No medicine or treatment made any real difference for the better.

"Finally I heard of Mother Seigel's Curative Syrup, which was reported to possess remarkable medicinal properties. My wife began taking it, and is now thankful that she did so; it has done her a wonderful deal of good. For the past three years she has been in better health than for twenty years previously. Indeed I may say that both my wife and myself are maintained in health by this medicine. A dose or two soon braces us up and dispels any feeling of languor or weakness.

"Several friends to whom I have recommended the Syrup have been benefited by it. If by the publication of my letter other poor sufferers may come to hear of this medicine you have my permission to make such use of it. Yours truly (signed), William Newell, Prospect Terrace, Oxford-road, Reading, October 28th, 1892.

What are we to learn then from the facts stated by this gentleman? We are to learn that the disposition or tendency to catch cold signifies that the blood is filled with impurities, which weaken and disorder the system and take away its power to resist exposure, changes of weather; and also any sort of contagious influences.

Where do the impurities come from? They come from the stagnant, undigested food in the stomach, which turns sour, ferments and fills the blood with poisonous acids. It is these, and not the cold, which cause those "shivery" sensations that make people think they are going to be taken ill—and really do make them ill. Drive out all this stuff, and start the stomach, bowels, liver, and kidneys into natural action, and you are weather-proof. It may sound queer to say so, but nobody is ever taken ill unless he is ill before he is taken. That was Mother Seigel's idea, and experience proves her quite right.



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### TO THE AFFLICTED.

FOR 28 stamps, a sufficient supply of Lady St. John's Samaritan Salve to cure any ordinary cases of Bad Legs, Bad Breasts, Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas, Burns, Piles, & Skin Diseases.—J. QUEMBY, 324, Wandsworth-road, London. Trial Box, 9 stamps. All Chemists.

**CLAPHAM.**—Wash your face regularly every night with soap and water, warm, using washing-gloves, then douche with cold water. Attend also to your diet and the state of the bowels. Take a cold or tepid bath every morning, and avoid much farinaceous food in your diet, though you may take as much green vegetables as you like. Eat lean meat, boiled fish, etc., but avoid puddings, pastry and sweets. Take the following medicine: Sulphate of soda half a drachm, nitrate of potash half a drachm, infusion of gentian to six ounces. One-sixth part three times a day.

**WESTPHALIA.**—If you are suffering from weakness, that is quite enough to give rise to the feeling of depression and the attitude you describe, as well as to the local change and weakness in the parts. The best thing you can do is to consult some specialist as to the advisability of having something done by way of an operation. Tonics and dieting will not be particularly effective as far as that is concerned. You must be very careful to keep the bowels freely open, and avoid standing or walking about too much. See that your suspensory bandage is a well-fitting one. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**CONFIDENCE.**—We do not think you can do very much to hasten the growth of your mountain. You might try by repeated shaving, but unless you have really a natural growth of hair, a matter which depends upon constitutional, and not merely local causes, no amount of stimulation will produce it. Strengthen your general health and your tissue changes will become more rapid. The same applies to your mental powers.

**J. ALLEBRIGHT.**—The reason why your experiments have not been successful, is that the exhausting capacity of your pump is not sufficiently large. The aqueous vapour produced in the globe by absorption of the latent heat of water used is not carried away quickly enough to allow the natural result (freezing) to follow. The solution of your difficulty, therefore, will be to obtain a pump of such power as to do what is needed in that direction. Your "photo" was returned in the envelope sent on or about December 21st.

**ANXIOUS.**—Your symptoms point to indigestion of long-standing with its usual accompaniment, constipation. The treatment ordered by your medical man two years ago was probably the best possible under the circumstances, and we are inclined to suggest something similar for you now. Take one teaspoonful of powdered sulphate of magnesia in a wine-glassful of hot water each morning before rising, drink no stimulant of any kind, and give up smoking for a few weeks. Eat your food slowly, and drink only after meals.

**CONSTANT READER.** (Barley).—1. See reply to "H. M." in these columns. Follow carefully the advice given to him, and go on using the hot water as previously advised. 2. You do not give us anything like a sufficient description of your friend's state. However, we should judge that he is suffering more from bashfulness than from any physical defect.

**VERITAS.**—Your friend was right. Wash the parts with hot water and soap every night, then anoint with an ointment containing white precipitate ointment one ounce, carbolic ointment one ounce. Mix thoroughly, and apply sparingly after drying the parts.

**A. GREER.**—The gentlemen you mention are very capable of attending to and prescribing for your condition. We cannot send a name in these columns, though, if you like to send a stamped addressed envelope, we shall be very happy to do so. You must not imagine that you will get well at once, because you have seen a physician. It will be necessary to exercise the same care in diet, and the same judiciousness with regard to your daily living, as if you had seen your own family doctor.

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# SUNLIGHT SOAP COMPETITIONS.

## 232,000 PRIZES OF BICYCLES, WATCHES, & BOOKS, VALUE £41,904.

The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

Competitors to Save as many "SUNLIGHT" Soap Wrappers as they can collect. Cut off the top portion of each Wrapper—that portion containing the heading "SUNLIGHT SOAP." These (called the "Coupons") are to be sent, enclosed with a sheet of paper on which the Competitor has written his or her full name and address, and the number of coupons sent in, postage paid, to Messrs. Lever Brothers, Limited, Port Sunlight, near Birkenhead, marked on Postal Wrapper (top left-hand corner), with the NUMBER of the DISTRICT Competitor lives in.

No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under—	The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—	Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.		
			£	s.	d.	£	s.	d.
1	IRELAND.	Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Premier Safety Cycle, with Dunlop Pneumatic Tyres, value £20* .....	100	0	0	9600	0	0
2	SCOTLAND.	The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. ....	84	0	0	8064	0	0
3	MIDDLESEX, KENT, & SURREY	The next 200 Competitors will each receive a Book, published at 5s. ...	50	0	0	4800	0	0
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.	The next 300 Competitors will each receive a Book, published at 3s. 6d.	52	10	0	5040	0	0
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.	The next 400 Competitors will each receive a Book, published at 2s. 6d.	50	0	0	4800	0	0
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.	The next 500 Competitors will each receive a Book, published at 2s. ...	50	0	0	4800	0	0
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.	The next 1,000 Competitors will each receive a Book, published at 1s.	50	0	0	4800	0	0
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.					41904	0	0

### RULES.

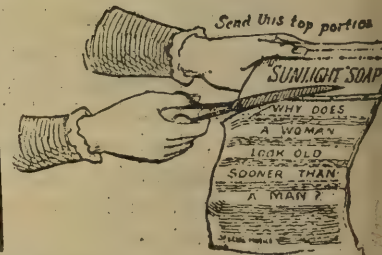
I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.

II. Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.

III. A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Half-penny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.

IV. Messrs. Lever Brothers, Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.

\*The Bicycles are the celebrated Helical (Spiral) Tube Premier Cycles (Highest Award World's Fair Chicago, 1893), manufactured by the Premier Cycle Company, Limited, of Coventry, and 14, Holborn Viaduct, London, fitted with Dunlop (1894) Pneumatic Tyres, Salisbury's "Invincible" Lamp, Lamplugh's 405 Saddle, Harrison's Gong, Tool Valses, Pump, &c.



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Letter from A. JOHN and Co., Chemists and Druggists, Agra India, June 5th, 1888.

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Skin Diseases, Eruptions, Blisters, Spots, Pimples, Boils, Carbuncles, Ringworms, Sore Eyes, Erysipelas, Scuffs, Discolorations of the Skin, Humours and Diseases of the Skin, of whatever name or nature, are literally carried out of the system in a short time by the use of this world-famed medicine.

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33 or 132 stamps by the Proprietors, THE LINCOLN AND MIDLAND COUNTIES DRUG CO., LINCOLN.

"7, Canonbury Park North, London, N., Jan. 13, 1892.

"I had a very bad arm for eight or nine months, and had medical advice which did not benefit me much. I met a gentleman at the Crystal Palace, and he told me a friend of his had a carbuncle on his leg, and that your Blood Mixture cured him right out. He advised me to try it, which I did, and after taking four 2s. 9d. bottles I am glad to tell you the place healed quite up, and I have not felt anything of it since.

"I have no objection to your publishing this cure.

"Yours faithfully,

A. BONNER.

"Lutton-road, Long Sutton, Lincs., July 27, 1891.

"I received your letter of the 22nd. The testimonial you saw in the paper is quite true. My leg was bad about five years, and I thought I would try a bottle of Clarke's Blood Mixture, and did so, and, to my great surprise, my leg got on wonderfully well, and is just as well as the other one. The book which is wrapped around the bottle will show you how to go on. It is best to get a case of the mixture, 11s. Clarke's Blood Mixture is worth its praise. I can't recommend it too highly. I am sure it will do your leg good. I have much pleasure in writing this letter to you, because it is a medicine worth buying. It is a great boon to any sufferer.

"Yours truly,

PHILIP BALES."

Ask for **CLARKE'S** World-famed **BLOOD MIXTURE**, and do not be persuaded to take an Imitation



THE  
FAMILY DOCTOR  
AND PEOPLE'S MEDICAL ADVISER.

No. 463.—VOL. XVIII. SATURDAY, JANUARY 13, 1894. PRICE ONE PENNY.

DISEASES OF THE EAR.  
By a SURGEON.

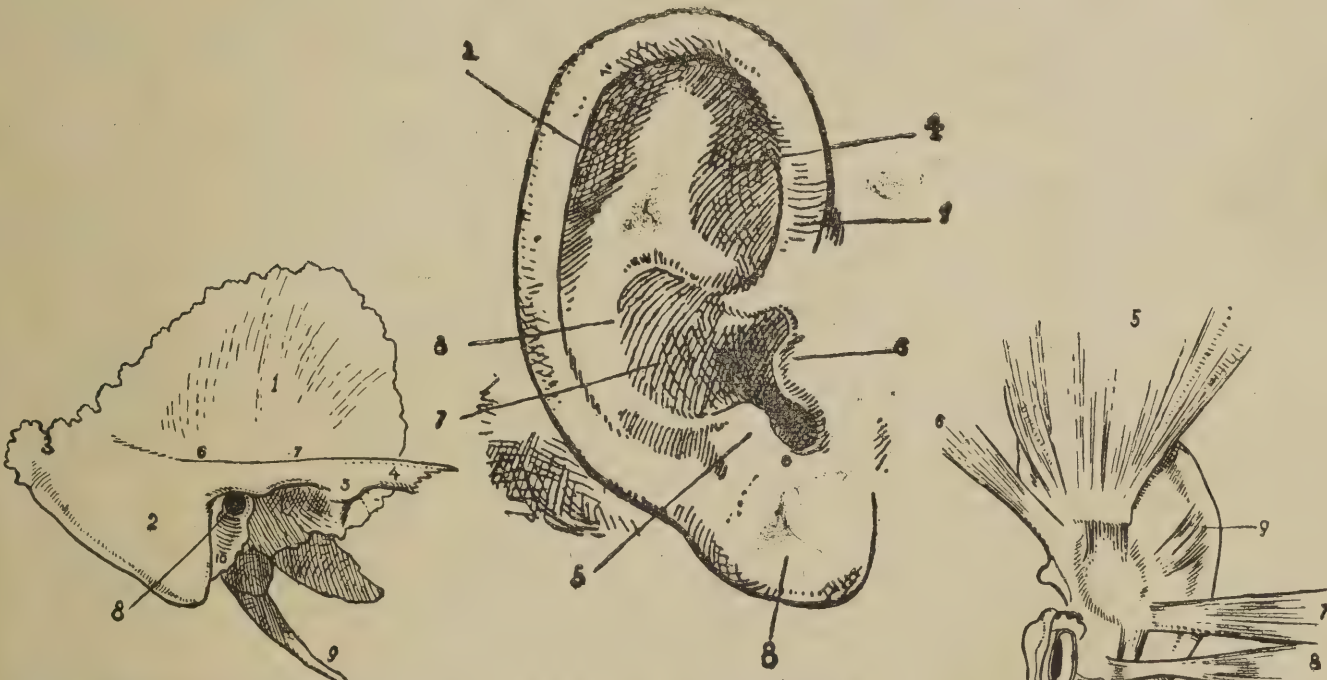


FIG. 1.—EXTERNAL SURFACE OF THE TEMPORAL BONE OF THE RIGHT SIDE.

1. Squamous, or *scaly* portion.—2. Mastoid portion.—3. Extremity of the petrous, or *stony*, portion, in which the internal ear is contained.—4. The zygoma, or cheek-bone.—5. The tubercle in front of the cup for the reception of the articulation of the lower jaw.—6. Superior root of the zygoma, forming a ridge to which large muscles of mastication are inserted.—7. Middle root of zygoma.—8. External auditory meatus, or passage to inner ear.—9. Styloid, or needle-shaped, process of bone from which some of the muscles of the throat take their rise, the organ of voice being suspended between the processes of both sides, as a sack might be between two hooks or suspenders.—10. The groove that contains the Eustachian tube in its commencement, and gives attachment for the cartilage of the ear.

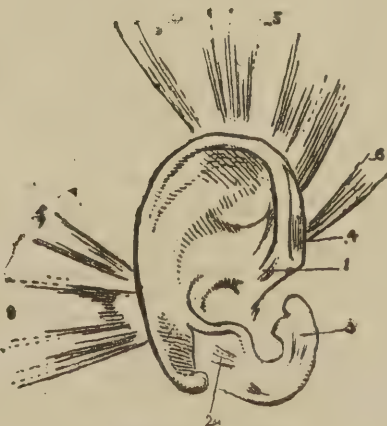
FIG. 2.—THE PINNA, OR AURICLE.

1. The helix.—2. Fossa (or ditch) of helix.—3. Antihelix.—4. Fossa of the antihelix.—5. Antitragus.—6. Tragus.—7. Coneha (or shell).—8. Lobule.

B.—POSTERIOR VIEW.

FIG. 3.—(A-B)—MUSCLES OF THE EXTERNAL EAR, AND THEIR ATTACHMENT TO THE CARTILAGE.

1, 2, 3, 4, 4. Small muscles that serve to *curve* the cartilage and regulate the cup shape.—9B. The small muscle that draws the ear back, and flattens it against the side of the head.—5. The muscle that lifts the ear.—6. The muscle that draws it forward.—7, 8. The muscles that draw it backward—(B) shows the insertion of their tendons into the cartilage.—10. The tough cartilaginous passage from the inner ear—out off.



A.—ANTERIOR VIEW.



## THE FAMILY DOCTOR

SATURDAY, JANUARY 13, 1894.

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## CONTENTS.

PAGE.	PAGE
About the Ear (Illustrated) .. .. .	305
Editorials .. .. .	306
About the Ear .. .. .	307
The Soft Answer .. .. .	307
The Revolt of the Daughters .. .. .	308
A Mad Poet .. .. .	308
Recent Patents .. .. .	308
College Sports .. .. .	309
Medical and Other News .. .. .	309
Bloodless Cheeks .. .. .	309
Recipes for the Table .. .. .	310
Household Hints .. .. .	310
The Mother's Page .. .. .	311
The Method of Sherlock Holmes .. .. .	311
Influenza .. .. .	312
The Recrudescence of Influenza .. .. .	312
Hints About Influenza .. .. .	312
The Sad Sequel of Christmas .. .. .	313
Sanitary Law .. .. .	313
Why Women Have the "Blues" .. .. .	314
Poisons and Poisonings .. .. .	314
The Church and the Disposal of the Dead .. .. .	314
A Meal of Potatoes .. .. .	315
Our Open Column .. .. .	316
Notes & Queries .. .. .	317
Answers to Correspondents .. .. .	317

## EDITORIALS.

**THE INFLUENZA DEATH-RATE.**—The opinion of the *Medical Press* is that the dread with which people regard cholera is no less conspicuous than the levity with which they are apt to treat influenza. Yet it may be doubted whether in the long run *la grippe* does not claim as many victims as the Asiatic disease itself. At any rate, it cannot much matter to the victim if he be killed in a few hours by the cramps and diarrhoea of cholera or in a few days by the depression and lung complications of the other malady. So far as the question of the relative mortality of these two scourges is concerned, some of the English life insurance offices assert that they have lost more by influenza during the past two or three years than by cholera in forty years.

**TAKE CARE OF THE SCHOOLGIRLS.**—A well-known medical man has been saying some severely common sense things to ambitious parents. In addressing a meeting recently he very forcibly pressed his opinion regarding the responsibility which parents should feel in the physical care of the young student in her school-days. He emphatically disapproved of the practice of keeping her on a piano stool for hours every day. "Put her to bed early and don't waken her in the morning," he said. "If she is not being overtaxed she will waken herself in time for school; and if she doesn't, let her sleep. Give her a good breakfast, too, before she starts out. Her stomach, at that time of life, is a more important organ than her brain." All of which is sound sense and was so enthusiastically received by his listeners that it is to be hoped every scholar's guardian present took away the good seed to bear fruit.

**"WEATHER WARNING."**—If you have any symptoms of an attack of cold or cough, use at once the unrivalled remedy, KEATING'S COUGH LOZENGES. One alone affords relief in cases of cough, asthma, or bronchitis. Sold everywhere in tins, 13½d. each; free on receipt of stamps. Thomas Keating, Chemist, London.—[ADVT.]

As a rule the length of the face is the same as the length of the hand.

TREACLE once meant an antidote for poison, then a sweet liquor used by druggists to disguise the taste of bitter medicines.

BULWER-LYTTON wrote: Refuse to be ill! Never tell people you are ill; never own it to yourself. Illness is one of those things that a man should resist on principle at the onset.

**FOR REMOVING WARTS.**—A most successful means of removing the ordinary wart, whether situated on the hands or elsewhere, is to apply twice daily for two days an ointment consisting of thirty grains salicylic acid in half an ounce of cold cream, after which, the growths being softened, they should be removed by a dermal curette, and by using these means you can safely say that the wart will not return.

**MEDICINAL QUALITIES OF NUTMEGS.**—The medicinal qualities of nutmegs are worthy of considerable attention on account of their value in the treatment of diarrhoea, many cases quickly yielding to the administration of half a drachm in milk. Insomnia may be quickly relieved by them when opium fails and chloral is not advisable. It is also a sedative in delirium tremens, and can be given with safety and marked benefit. An excellent ointment for itching and irritable hemorrhoids is composed of two drachms of powdered nutmegs, one drachm of tannic acid, and one ounce of lard.

**THE TREATMENT OF MORPHINOMANIACS.**—At the last meeting of the *Société de Thérapeutique*, M. Pateni read a paper on this subject. He considers the confinement of morphinomaniacs a necessity. They cannot overcome the fatal passion until the temptation is taken away. They can only be considered as cured when the suppression of morphia has been going for some time, and not merely when they are satisfied with a few centigrammes instead of one or two grammes. According to certain authors, morphia is transformed in the stomach to oxydimorphia, which is very poisonous, and morphia is said to be the antidote; from this it is deduced that the suppression must be gradual. This theory is by no means proved; but in any case it should never be mentioned to a patient, or it will be found to develop the mania in an alarming way. The only practical cure is complete deprivation and confinement. M. Duchêne is of opinion that, as in many other cases, morphinomaniacs do not always seek to cure themselves. They may consent to confinement in a moment of lucidity, but directly the deprivation becomes too trying they at once seek their liberty.

**CURED BY BEING POISONED.**—The latest instance of crime bringing its own punishment comes, on the authority of Dr. Leonard Guthrie, from Italy. An Italian woman had a husband and the husband had the dropsy. But the dropsy did not work quickly enough. The woman put a toad into her husband's wine to poison him. But the poison which the toad's skin secretes has an active principle—phrynin—which much resembles digitalis, which is the best possible remedy for dropsy pending on heart disease. So, instead of killing her husband, she restored him to health.

**A NOVEL THEORY OF DYEING.**—It is well-known that two theories have been maintained in explanation of the process of dyeing. According to the one—the so-called mechanical view—the process is a simple absorption, similar to that by which animal charcoal takes up gases and liquids and retains them in its pores. The other theory traces the phenomena of dyeing to definite combinations. Neither of the above theories are perfectly satisfactory. In consequence, M. Witt has put forward a theory in which he assimilates tintorial operations to the phenomena of solution, or, in other words, to combination in indefinite pro-

portions. He maintains that the colouring matter is dissolved in the fibre, which becomes dyed only if its affinity for the colouring matter is greater than that of the previous solvent. Thus, wool is dyed by magenta dissolved in water, but is not dyed if the colour is dissolved in pure alcohol. If the solvent powers of the fibre and of the water are approximately equal, there is established a kind of equilibrium, and the dye-bath does not become completely exhausted. If the solvent power of the fibre is less than that of the water there is no dyeing. In this case the solvent power of the water may be decreased by adding sodium chloride or sulphate, &c. Or the solvent power of the fibre may be heightened, e. g., by chloring wool, or by depositing sulphur upon it, or by mercerising cotton.

THE latest scare in microbes has been started by Prof. Uffelmann, of Rostock, who infected a letter with cholera bacilli and put it into a post-bag. When the letter was taken out twenty-three and a half hours later, the bacilli were still alive. Bacilli were also found living on postcards twenty hours after infection. The micro-organisms were found to die rapidly when placed upon coins. A fly charged with cholera bacilli was afterwards placed on some beef. A little later the meat was found to be swarming with bacteria. A finger was infected with cholera bacilli and dried. One hour later the finger was rubbed on some roast meat, and numerous bacilli developed subsequently. The moral of all these experiments is obvious.

PEOPLE who are interested in knowing what the temperature of their feet was after travelling over streets and other places where salt was used to melt the snow during the last week should remember that a mixture of two parts of pounded ice and one of common salt will reduce the temperature of a body surrounded by it from 50 degs. to zero.

AN official notice has been issued in Russia that "physicians shall have the right to make use of hypnotism in the treatment of their patients. In every case of the application they must inform the administrative authorities, at the same time giving the names of the physicians in whose presence the patient was hypnotised."

**PRESERVE THE CHILDREN'S TEETH.**—Of great importance is the proper care of the deciduous teeth. Their neglect is the cause of intense dental pain endured by children, and of consequent loss of sleep, drain upon their vitality, and, finally, the loss of the aching organ. From the last arises a disordered digestion and all its train of unfortunate symptoms, caused by not having organs to properly masticate the food. The presence of healthy deciduous teeth in the jaws till the development of the permanent set, is necessary for the proper evolution of the jaws and teeth. Even dead roots, with or without crowns, should not be extracted prematurely, as it causes absorption of the alveolus and retarding and irregularity in the growth of the permanent teeth. Therefore the deciduous one should be treated and preserved. It becomes the duty of the physician to instruct the parents in the importance of this subject, and insist upon proper hygiene of the children's teeth. All particles of food should be removed after each meal, and the teeth frequently cleansed with a soft brush and tepid water.

AIR in bedroom is now considered highly necessary for health by a large class of people. We all know how unpleasant it is to enter a bedroom which has been occupied during the night, and in the case of which the windows have not been open. One is conscious of breathing a close, stifling atmosphere. This arises from the impurities which have been thrown off from the skin and lungs of the sleeper. These of course pollute the air of the room and

**A SPOTLESS COMPLEXION.**—Sulpholine Lotion clears off Pimples, Blemishes, Irritating Objectionable Appearances, Redness, Uncomfortable Skin Disfigurements, leaving a beautiful skin. Shilling Bottles of Sulpholine everywhere.—[ADVT.]



also the bedclothes. How necessary—those who consider health know—it is to throw windows open, and to open the bed thoroughly on leaving the sleeping apartment. If this is not done, and the room is shut up all day, an unhealthy air reigns in the sleeping apartment, which, after a while, affects the health of the inmate, and, in many cases, causes serious illness. We would urge dwellers in small flats to sleep with the door leading into the sitting-room open, and to admit air by the window of the sitting-room if the open bedroom window is objected to.

[SPECIAL ARTICLE.]

## DISEASES OF THE EAR.

BY A SURGEON.

(See *Frontispiece*.)

THE faculties Seeing, Hearing, and Speaking are so important to the happiness of the creature that one cannot contemplate the loss of either without a feeling of genuine sympathy for the bereaved. Loss of speech is bad, loss of sight worse; but surely loss of the power to hear must be the worst of all, for those afflicted in such a way live in a world of their own, shut out from the privilege of communion with their fellows, except, perhaps, at a sacrifice of pleasure by reason of the strain upon the voice of the speaker, and the oftentimes absurd consequence of repetition, that in most cases the deaf person prefers to hold his peace. He may see by the movement of the lips that one is talking; and the instincts of his nature suggests that he is the subject of the conversation—perhaps the smiles upon the faces are of him—may be in ridicule. Ah; to a sensitive person, or to a suspicious temperament, deafness must be indeed a curse!—a perpetual misery and source of anxious irritation; although, if the truth be told—and it should be for the credit of our species—there is a sort of superstitious—or shall we say good-natured?—horror of making fun of the afflicted that enfolds even the deaf man in an armour of triple brass.

It is a wise ordination, perhaps, that when any one sense is absent the remainder endeavour to make up for the loss of a comrade by extra service—the sight and perception improve so greatly after the loss of hearing that a deaf person can often form a notion of the words that are being spoken by the movement of the mouth of the speaker, materially assisted by the expressive countenance and gestures; so that we are apt to hear unreasoning persons exclaim, because of some clever act of perception of the deaf person in which a sentence spoken has been understood—not heard!—"I do not believe he is as deaf as he pretends"—and perhaps he really is not!

It is our province here, however, to speak of Hearing, and the mechanism by which sounds are conveyed to the brain; and if you will follow us carefully you will find that the ear is but a simple piece of machinery after all, but so beautiful in its wonderful simplicity.

By the powers of investigation with which we are endowed we have been able to discover that sound is merely vibration of the air striking on a sensitive membrane—for there is no sound in a vacuum—wherefore, if there was no atmosphere to assist us, we might as well all be deaf for all that it would signify. The air is set vibrating, and these vibrations strike upon the sensitive membrane, or drum, that is conveniently stretched across an air chamber, like a sheet spread for dissolving views, and which converts the sensation to the brain by a process we shall have no difficulty in understanding; but how it comes to pass that a variation in the frequency and force of the vibrations of this drum, produced by the vibrations of the air, can produce in the mind such a delicious sense—called hearing—is a mystery that has baffled the researches of science. Thus far shalt thou go, but no farther—you may discover all the wonderful mechanism of eye, of the ear, of the nose, of the tongue, of touch, and may connect

the cause of sensation, and trace its communication to the brain; but "beyond that is My secret," saith the great Creator, and man has not ventured to penetrate the secrets of God's arcana—not because he *dare* not, but simply because he cannot. The casket is locked, and the Almighty holds the key. Bah! our learning is nothing after all! What do we know of the five senses, or any other energy of life, beyond its mechanism; just sufficient to set us longing for more knowledge and a greater insight into the mysteries of Godhead; but the seal has been set. "These secrets are Mine, and you may work and worry until your miserable bodies and brains are food for worms like yourself, but you will never penetrate the secrets that I have given you in life."

How the brain stores pictures and scenes; remembers conversation and voices; tunes and sweet sounds, or noises; or, the differences of taste, touch, and smell, preferring some to others, enjoying or disliking, as the case may be, is one of the great unfathomable mysteries of life, quite as inexplicable as is life itself, and yet not peculiar to mankind, but extended to the very lowest animal organisation—and to plants, in a measure.

To man has been given the power of investigating and searching for the truth; of reasoning upon facts, and advancing step by step in his discoveries—to the one great limit—which plainly proclaims him to be, if only an advanced sort of jelly-fish, a very highly-advanced jelly-fish, indeed, with the possibility—nay, probability—in the course of a few more thousands of years, of similar improvement, advancing to such a state of scientific perfection that it is doubtful if he would not know as much as the Almighty—if there be such a power!—and would not even stop at knowing everything, and being better and more clever than everybody that ever was, and so on improving—and improving—until—ah! until what?—until the end—and *who shall decide when that shall be if there be no Supreme Ruler?*

If we enter upon the investigation in a different spirit, and acknowledge that man has a soul, or ethereal essence, that connects him with a higher spiritual power, and enables him by the possession of this divine essence to appreciate pleasant scenes and sweet music, and enjoy the beauties of created life, as prepared for his enjoyment, we shall be content to study the mechanism of sight and hearing, taste, touch, and smell, and convey the impression, as far as the nerves, and leave the rest to Him.

The sensation of sound is produced by the vibration of the air striking upon the tympanum, or drum of the ear—that is the first step to be considered—and it is an interesting one, for the question is naturally asked *why* the vibrations should strike upon the drum? It is easy of explanation, and can be understood if you will remember your young days when you stood at the edge of a pond and threw stones into the water, to watch the circular waves that extended all round the spot where the stone disappeared, and see how these waves extended and extended, quickly spreading to an extraordinary distance, considering the size of the stone, and the force with which it was thrown; but gradually dying out as they spread further away, until they are apparently absorbed altogether, and disappear from your view.

So it is with sound. A note is struck, and the rings of vibration spread until they reach your ears; but not only your ears, but the ears of all around, as well as everything else, even the walls are struck by them, but, not "having ears," they cannot appreciate the sound, though they often beat it back and make an echo rebound, and so confuse the wave rings by driving them one upon the other that the sound is equally—nay, more—disturbed than waves of water would be.

The duty of the eternal ear, then, is to collect these waves and convey them to the drum.

By referring to Fig. 1. (8), it will be seen that the long opening to the internal ear is very small, therefore Nature has fitted us with a pair of funnels for the purpose of conveying through this small opening a larger proportion of the vibrating waves than could otherwise reach the drum unless the drum was as large as the funnel of the ear.

The shape of this external funnel, or shell, is peculiar, and has its universal characteristics that are found in every human ear throughout the world, that is the apparently unimportant shape of the folds and creases, whose names we append to the Figure (2), but which are only interesting to anatomists, or those who desire to study the same and discuss them in comparison; to the people they are uninteresting.

This external ear, or shell-shaped (called *concha*, from a Latin word signifying a *shell*) funnel collects the waves of sound and empties them on to the drum; and those who wish to collect more of the waves of vibration than this shell would manage to collect by itself, make a larger funnel still by cupping a hand round the ear, or using a "speaking trumpet."

In the animal world the movement permitted to the ear is very great, and tales are told of men the lobes of whose ears were so large and flexible that they could knock flies off the top of their bald heads with them, or fasten them together behind at the back of the neck; but if such deformities ever did exist they are not usual, and the "pretty pink shell" prevails. Man has but little power of moving the ear, notwithstanding that he is supplied with muscles for the purpose. Some individuals can move the ear up and down, or sideways, but such privileges are not vouchsafed to all. However, we give the drawings of the muscles attached to the cartilage of the ear that its movements may be understood when they exist.

In our next number we plunge direct into the INNER EAR.

## THE SOFT ANSWER.

"WHAT a blessed thing it would be if more people understood the true significance of the expression, 'A soft answer turneth away wrath,'" said an elderly woman of wide experience, as she left a house noted for its disagreements, bickerings, and continual family jars. "How I wish that I had the power to impress upon those people the advantage, the actual physical and mental benefit, to say nothing of the moral phase, of that passage of Holy Writ. I have been five days in that house, and I do not think it is the least exaggeration to say I have heard five times five pert responses, insolent contradictions, unfeeling criticisms on what was done with good intentions, and disagreeable, almost brutal nagging about things that no one could help. It is truly a weariness to the flesh, and the worst of it all is, those people do not seem to understand that there is any other way to do, or that they are in the least at fault themselves; each one lays the whole of the blame to the other, and feels personally aggrieved that all this wrangling is continually going on. The father and mother rarely agree on any subject, the brothers quarrel with the sisters as a regular thing and on general principles, while the girls are constantly nagging and contending among themselves. How the boys act when they are out of the house I am sure I can't imagine, but when they are at home they rarely address each other, except to say something annoying. I get so tired of it that I seem sometimes scarcely able to bear it, but they are very dear friends of mine, and I put up with it the best I can. If I say a word, there is such deep regret expressed at the situation and such total blindness is evident on the part of the one I am addressing that I give up in despair.

"The other day, I said something to one of the boys about teasing his younger sister, which he had been doing in a most aggravating way, but he set out with such a series of arguments to prove that he was right and she was wrong, that I was glad to quit the subject and introduce some topic more profitable as well as more agreeable.

"Truly a soft answer turns away wrath, and it would be well if all families appreciated the fact, but this text should be taught in connection with the one about the beam in one's own eye."

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour.  
Arrests the Fall.  
Renews the Growth.  
Cleanses the Scalp.  
—Adv't.



## THE REVOLT OF THE DAUGHTERS.

MRS. CRACKANTHORPE devotes an article in the *Nineteenth Century* to the serious differences which she says exist in fashionable families between mothers and daughters:—

When an *habitué* of London society, says Mrs. Crackanthorpe, himself a keen observer of manners, is heard to remark that this question must be ripe, seeing the very large percentage of households where war, open or concealed, exists between mothers and daughters, it is serious. When a leading London doctor confides to a friend that he is much concerned by a new phenomenon in his practice—to wit, the frequent presence in his waiting-room of mothers broken down in body and perplexed in mind over "difficulties" with their grown-up daughters, and of daughters come to consult him privately whose nerves have "gone wrong," because, as they put their case, they are not "understood" or "sympathised with" by their mothers, this is significant, indeed. The evil cannot be lightly laughed away as a passing trouble, to be speedily cured by marriage in the one case, and in the other—where the mother's inappropriate youthfulness is a chief disturbing cause—by the certain grip of relentless old age.

While admitting to the full the provocative nature, the egoism, the governing unreasonableness, which too often characterise the attitude of the daughters during the struggle for supremacy, everything in fact which goes to form that expressive yet inelegant word *tiresome*, we yet find ourselves ranged on the side of the younger generation. They are young. They are vital. The springs of life, the thirst to taste its joys, run very strong in their veins. They desire ardently to try things on their own account. They long for the "unexpected," not always the "properly introduced," still less the "well-accredited" of that sage and prudent ambassador their mother. Far from them is the desire for things that are wrong in themselves. They have no unwholesome hankering for forbidden fruit. Their individuality is at this moment the strongest—and the most inconvenient—thing about them. They pray passionately to be allowed to travel ever so short a way alone. Can it be denied that mothers are oftentimes mortally stupid? Let mothers, especially "good" mothers, practise in secret the art of contemplating their daughters as part of a vast "collective" youth, and not as highly specialised young females on whom no wind is to blow roughly, whose ears are to be stuffed with medicated cotton-wool, and whose sight is to be ever safeguarded by substantial blinkers well tied on by the prudent parent.

Girls want to make their own minor mistakes, and not to be strictly limited by unwritten law to producing feeble imitations of their mothers' best copies. And why not, since mistakes have to be made? No one is worth a thought who has not made them, and he or she who has lost the capacity for their manufacture, as an occasional indulgence, is far on towards old age. We are not writing of girls in their teens, but of women turned twenty. With sons this course has to be taken, as every mother of sons knows. Her best loved son must have his *Wanderjahre*. Why not allow the possibility that nice girls, well-disposed girls, may also desire a mild sort of *Wanderjahre* period, during which they, too, want not to break fences, but to get occasional glimpses of the landscape beyond the family domain? Blunders not a few they may make, but not of the kind that need be counted with. The far-seeing mother will consent to sit a quiet and smiling spectator when her daughter ventures on small, or even comparatively big, social experiments. She will not employ her leisure moments in crushing every troublesome symptom of individuality, nor in flat-ironing the surface creases that may from time to time appear. She will be slow to blame and quick to praise.

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

## A MAD POET.

FOR twenty years or more Alexander MacDonald Clarke, the so-called "mad poet," was a marked character in New York. He was seen on Broadway morning, afternoon, and evening, his favourite walk being from the Battery to Bleecker-street. Here he had full opportunity to scan the beauty of the city and receive from the smiling faces of women what he thought was a personal recognition of his genius. He was always particular on such occasions to return with great affability some evident token of the pleasure such recognition gave him. His personal appearance on the street was noticeable from the fact that he usually wore a dark blue cloth coat of the patrician cut and a blue cloth cap of liberal size and of a pattern often worn by the nobility abroad when travelling incognito. He affected Byron's airs and costumes to a noticeable degree. When a mere lad while bathing in the Thames River, at New London, Clarke struck his head against a sharp rock, and, as a consequence, was subject to frequent and violent headaches, which tended to make him erratic but not mad. Although excitable, he was not revengeful under provocation, though often sorely tried and vexed. A scribbler for a daily paper once said to him that it was easy to write like a madman. Clarke replied, "No, sir; it is not easy to write like a madman, but it is very easy to write like a fool."

### BLIGHTED BY A LOVE AFFAIR.

Clarke was induced to come to New York by Fitz-Greene Halleck, who made him familiar in an extravaganza, "The Discarded," and who of all others appreciated him and was one of his warmest and staunchest friends. A Bohemian of Bohemians he soon attracted the notice of the coterie of literary men who made up the Bohemia of that day. His undoubted ability and genial nature made him a favourite, though the critics were severe. There is no doubt that his life was partially blighted by an early love affair. Between the years 1819 and 1841 he composed and gave to the world many of his poetical effusions, many of them through the newspapers, but the larger part in book form. The latter were several times published, but are now very rare and expensive. All the belles and topics of the day are celebrated in his poems. He could be humorous, sentimental, and indignant in rapid succession, as his writings show. There is a vein of tenderness pervading all their grotesqueness and irregularity, and they contain many touches of delicate human sensibility. His oddities were all amiable; he had no vices, and was always, in his way, a gentleman. He was rather vain of his appearance, as well he might be, for he was decidedly a handsome man. He walked erect, having a military air, and with measured gait, and seemed as willing to be observed of others as he was to observe them.

### HIS MARRIAGE.

Mary Augusta Brundridge, a poor actress on the boards of the Park Theatre, was induced to marry Clarke upon the representation that he was worth 10,000 dollars. The marriage took place on the 16th of July, 1821, and was dissolved the following March. When Clarke became so destitute that he hardly knew where his next meal would come from, the actress took pity on him and stealthily supplied him with food and money. This kind office was also performed by Halleck, of whom Clarke said: "I would rather have a kind word from that nobleman, Fitz-Greene Halleck, than from an emperor." In 1840 Halleck was living in Warren-street, where he was often in the habit of having Clarke "happen in" to breakfast with him. One morning Clarke awoke to find himself penniless, and, though very hungry, having no prospect of a meal. At a loss what to do, he was passing Halleck's door when the poet called him in and gave him a two-dollar-and-a-half gold piece. On his way to the Astor House he chanced to meet a street musician who was playing "Mary of Argyle," an old ballad of which he was very fond. Carried away by the strains of music, Clarke gave the man the only coin he had, the gold piece given him by Halleck, who had happened

to witness the whole affair. Clarke, in speaking of it, said: "I ran one way to get rid of Halleck, and the fiddler ran the other way to get rid of me, thinking I had given him the coin by mistake." This is only one instance of the happy-go-lucky way in which the "mad poet" lived.

### PERSONAL CHARACTERISTICS.

He possessed a finely shaped head, and the general contour of his features was regular, and the expression of his countenance mild and agreeable. He generally wore a placid, benignant smile, but sometimes appeared to be absorbed in deep thought, evidently not having his mind upon the moving throng and changing scenes around him. His raiment was what would be termed "shabby genteel," but there was something magnetic about the man which especially excited interest in his behalf. His unbuttoned "Byronic" shirt collar looked peculiarly odd when contrasted with the trim attire of the majority of his fellows. He lounged about the street, assuming an abstracted air, with his gaze fixed upon the pavement, as if weighed down by some poignant sorrow. When audibly addressed by an acquaintance, he returned the salute as if suddenly aroused from a deep sleep, and after a faint smile of recognition would relapse into his accustomed brown study. "How does he live?" was often the question of sympathetic women. "Would the unfortunate gentleman accept of some gratuity?" was not unfrequently added as the melancholy genius was on his accustomed tramp, intently seeking for something he was never to find on earth. MacDonald Clarke never suffered for food while there was anything in Windust's storeroom, neither did he lack a few shillings to jingle in his pocket, for he unostentatiously mingled with the generous set whose motto, "Let us live by the way," included the mad poet within its range. Though his pen was an active one, his purse was never heavy, and there is a bit of pathos in the entry, "Had to pawn my diamond ring (the gift of a lady), and go tick at Delmonico's for dinner." He was a regular attendant at the theatre, and not a Sunday passed that he was not seen at Grace Church. One who knew him well has said that a kindlier, more lovable man never lived, but you had only to see him once to realise that he was gay to hide an aching heart. "Recognition" as a literary genius never came to him. On the night of March 5, 1842, Clarke was found aimlessly wandering about the street, and was taken to the city jail by a policeman and put in a cell. The darkness of despair must have come upon him there, and the poet, now mad indeed, doubtless turned on a water faucet and flooded the room, for the next morning he was found dead in a pool of water, a smile upon his face, as though, at last, his dreams were realised. In one of the most beautiful spots in Greenwood Cemetery, overlooking Sylvan Lake, he was laid to rest, and a simple shaft was erected by Fitz-Greene Halleck and a few other friends.—*Globe*.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

- 24,433. An anal support, or pessary for sufferers from hemorrhoids. EDMUND HOWL, 18, Southampton-buildings, Chancery-lane, London. Dec. 10th, 1893.
- 24,516. A pocket heater for surgical and like purposes. SAMUEL SIDNEY BROMHEAD, 97, Newgate-street, London. Dec. 10th, 1893.
- 24,588. An improved medicinal compound or mixture. MARGARET KNOWLES, 3, St. Nicholas-buildings, Newcastle-on-Tyne. Dec. 21st, 1893.
- 24,622. An improved device or appliance for supporting varicose veins. WILLIAM PHILLIPS THOMPSON, 3, Lord-street, Liverpool. Dec. 21st, 1893.

### SPECIFICATIONS PUBLISHED.

- 1884. DALLAS. Surgical instruments, 1893.
- 2636. LAKE. Injectors, 1893.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Messrs. THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln. [ADVT.]



## COLLEGE SPORTS.

WITH the football season at its highest and renewed interest in college sports, the question of the relative advantages and disadvantages of cultivating athletics among students has been revived. The subject had, it was thought, been settled, but football as now played is such a rough and apparently dangerous game that it has roused again the spirit of antagonism to all sports, which was for a while allayed.

It is not denied that athletic sports have done much to improve the stamina and develop the whole mental and physical organisms of growing young men, but the disadvantage, it is contended, are great and increasing.

The college man of to-day differs widely from the pale, flat-chested and frail student who was formerly so commonly seen in college halls. The men are recruited from a stronger and more vigorous class, who would have chafed under the dull routine of study, but find ample exercise for their energy in active outdoor sports. Many colleges make athletics a compulsory part of the curriculum. Nor has the general mental development suffered from this attention to the physical condition of the men. On the contrary, careful statistics, as well as the great bulk of the testimony of educators, show that the students are mentally better for their bodily activity.

The disadvantages charged are certainly weighty and serious. These are not merely the distraction of the students from their lessons and frequent and sometimes prolonged absences from the college halls, but the formation of evil habits and associations, which may develop into fixed ones and prove the ruin of the young man in after years. There is undoubtedly much truth in these charges, and those having the control of young men are right in doing all they can to check this unfortunate tendency, but it is by no means proven that athletic sports, and especially inter-collegiate sports, have this effect. On the contrary, the players themselves are usually irreproachable in conduct, and not rarely stand well in their classes in spite of the calls made upon their time by the necessary training. It is the weaker, and especially the younger, college men who disgrace themselves and their colleges when an inter-collegiate match brings them temporarily into a large and strange city. These men outgrow their follies or else are dropped from the college rolls, for just as mentality seems to be strengthened by the growth in physical strength, morality also shares, at least to some extent, in the development. The physically strong man is apt also to be morally strong, and easily resists temptations to which his weaker fellow succumbs.

Football itself is charged with being especially debasing on account of its brutality, but this, it has been proved, is more apparent than real. The spectator who sees for the first time a modern football game looks on in horror at the wild confusion, the fierce rushes and desperate tackles, and wonders, not that some men are annually hurt, but that any survive a season's game. It is only after understanding the game that he sees how skilful the players are not only to avoid being hurt themselves, but to avoid hurting others, for to be disqualified for rough playing is a lasting disgrace to the man and his college. The game is undoubtedly rougher than other college sports, but the players are not necessarily brutalised any more than is the surgeon necessarily cool because he can calmly inflict pain.

College sports, like college studies, require the closest supervision of the college authorities. This, however, should take the direction of the correction of abuses rather than in repression of the sports themselves. The man who disgraces himself while young in inter-collegiate sports should be made to feel that he has disgraced his college also, and should be punished just as he would be had the offence been committed within bounds instead of in a far-off city.

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youthful colour, gloss, and beauty.—Adv.

## MEDICAL AND OTHER NEWS.

**ELECTRICAL SANITATION AT WORTHING.**—This popular health resort, which has now completely recovered from the disaster which so sadly befell it last summer, is now about to be the scene of some most interesting experiments in the shape of sewage disinfection by means of electrolysed sea water. The town council have voted a considerable sum of money to enable M. Hermite, the celebrated French sanitary engineer, whose method has proved so successful at Havre, Lorient, &c., to get to work during the present month to demonstrate the efficiency of his system for the first time in an English town. The results will be watched with the keenest interest by all the most eminent sanitary authorities of the day, as well as by the general public, for if the system prove as successful as M. Hermite fully anticipates, it will be a very valuable solution of a problem which intimately concerns the welfare of every seaside community in the Kingdom.

**CHILD POISONED BY MISTAKE.**—At the Marylebone Coroner's Court last week, Dr. Wynn Westcott held an inquest concerning the death of Lilian Rose Lulman, aged five years, which took place under singular circumstances on Sunday morning. Elizabeth Lulman, the mother, stated that the child been suffering from whooping-cough, and Dr. Kerr had been attending her. The witness had some camphorated oil in a bottle, which she used for rubbing over the child's chest and back. On Saturday evening the witness went to the surgery and obtained some medicine, and upon her return home the child said she was thirsty and wanted a drink. The witness remarked that it was time for her medicine, and poured out a teaspoonful of liquid, which the child took, and then said, "Oh, mother, it is so nasty!" The witness smelled the spoon, and then found that in the dim light she had given her daughter the camphorated oil in mistake for the medicine. The bottle had borne no label. She at once ran to a neighbour and gave the child some hot milk and brandy, but death took place at seven o'clock the following morning. Catherine May, a lodger in the house, stated that she went to Dr. Kerr, and he attended twice that evening. Dr. Norman Kerr deposed that he was called in at nine o'clock on Saturday night. The child had epileptic convulsions and was foaming at the mouth, and death, which was due to poisoning by camphor administered in the shape of camphorated oil, took place on Sunday morning. The doctor added that the mother had been very much upset lately, having recently lost a child, and another was dying at home. The jury returned a verdict of death by misadventure.

**HOW DISEASE IS SPREAD.**—Joseph William Cox was summoned at the instance of the Vestry of St. Mary, Battersea, for unlawfully engaging in occupation at a fish shop in Battersea Park-road while suffering from scarlet fever. Mrs. Chandler, the manageress of the establishment, was also summoned for suffering the youth to be so employed. It appeared that on October 16th last, Cox was informed by Dr. Hanley, of Victoria-road, that he was suffering from scarlet fever. The premises were watched by Mr. Isaac Young, the chief sanitary inspector, who saw Cox serve as many as fifty persons with fish. Cox was at this time peeling, the most dangerous stage of the disease. Evidence having been given to prove these facts, Mr. Hanne, on behalf of the defendants, pleaded ignorance. Mr. Denman agreed with Mr. Young as to the serious character of the offence, and fined Cox a penalty of £3. He did not believe Mrs. Chandler came within the Act, as she was not either Cox's nurse or attendant, and the summons against her would therefore be dismissed.

"I'M GLAD IT'S HORNIMAN'S" is the title of an artistically coloured picture almanac for 1894, published by Horniman & Co., the well-known Pure Tea Merchants. This almanac is now being "Given Away" in every Town and Village of the United Kingdom to all who apply to either of the 5,974 agents selling HORNIMAN'S PURE TEA.—[Adv.]

THOUGH this is the period of the year when the Russian influenza which has afflicted us for so many winters past, is usually at its worst, there are happily indications of its rapid subsidence. Rather more than three weeks ago the number of deaths from influenza in the inner circle of London had increased in a comparatively short time to 164. In the succeeding week the death-roll numbered 147, and last week it was further diminished to 108. If the public can be induced to realise the extreme infectiousness of this disease, which is much more apt to be communicated than small-pox is, and if they can be prevailed upon to take proper precautions against infection, we may confidently hope that it will not continue its ravages for many weeks longer.

No fewer than twenty infants under a year old were suffocated in bed in London last week, and in the great majority of cases it cannot be doubted that they perished through sleeping in bed with their parents instead of in a cot. There were seven cases of suicide, and five people drank themselves to death. We notice that the death of a young woman engaged in a match factory is certified to have been occasioned by "necrosis (phosphorous) of upper jaw, two years and three months, diarrhoea." This certificate is certainly not remarkable for its lucidity, and shows how much needed a change of law is with regard to these documents.

## BLOODLESS CHEEKS.

THEIR CAUSES AND CURES.

WHAT physician can conduct his profession for a week—aye, or even for a day in some districts—without being consulted by pale-faced maidens as to the cause and cure of the symptoms of anæmia. We all know the symptoms. The pale cheeks, the listless eye, the blue lips, and the unenergetic manner sufficiently indicate the disease. Now let us look into the cause. Let us see whether a remedy cannot be obtained. In the first place you must understand these symptoms are the result of a deficiency of the red colouring principle of the blood, which is called hæmoglobin. The vital essence of the hæmoglobin is iron. And you may naturally enquire "Of what service is iron to the blood?" It is of the utmost importance. It collects the oxygen from the atmosphere on its passage through the lungs. It carries this gas through the body, keeping up its temperature, burning up the waste products, giving life to the dormant tissues, strength to the nerves, and tone to the general system. Truly an important factor—one which cannot be overlooked. So the remedy seems self-suggestive, viz, give iron. So patients rush to their Blaud's pills, steel drops, iron mixture, and other forms from which they derive little or no benefit. They forget one thing. They forget to ask themselves one simple question, "Can the system assimilate it in the form I am taking?" Recent experiments which have been conducted in various of the large hospitals throughout the country indicate there is one form and one only to satisfactory replace this deficiency—to re-animate, as it were, the blood. This is by the daily administration of two Bimalatinoids of Carbonate of Iron three times daily after meals. More harm is done by the injudicious administration of iron in this country than possibly from any other remedy.

## AS YOU MAKE IT.—

In ourselves the sunshine dwells;  
In ourselves the music swells;  
Everywhere the heart, awake,  
Finds what pleasure it can make;  
Everywhere the light and shade  
By the gazer's eye is made.

—Selected.

MAGIC!—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glickon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893, "Glickon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d., 1s. 14d., all chemists; direct W. LOCKING & SON, Leeds (late Hull).—Adv.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**TROY PUDDING.**—One cup of seeded and chopped raisins, one cup of suet, chopped fine, one cup of molasses, one cup of milk, three and a half cups of flour, a little salt, one teaspoonful of saleratus, spice to taste; stir it all together, put it into a pudding cloth, and boil three hours. Serve it with wine sauce.

**SCALLOPED TOMATOES.**—Take a pint of stewed tomatoes, which have been rubbed through a colander, thicken with one and one-fourth cups of lightly picked crumbs of graham bread or whole wheat bread, or a sufficient quantity to make it quite thick; add salt if desired, and a half cup of sweet cream; mix well, and bake for twenty minutes.

**STUFFED POTATO.**—Bake large potatoes of equal size. When done, cut them evenly three-fourths of an inch from the end, and scrape out the inside, taking care not to break skins. Season the potato with salt and a little thick, sweet cream, being careful not to have it too moist, and beat thoroughly with a fork until light; refill the skins with the seasoned potato, fit the broken portions together, and reheat in the oven. When hot throughout, wrap the potatoes in squares of white tissue paper fringed at both ends; twist the ends of the paper lightly together above the fringe, and stand the potatoes in a vegetable dish, with the cut end uppermost. When served, the potatoes are held in the hand, one end of the paper untwisted, and the top of the potato removed, and the contents eaten with a fork or spoon.

**FLOUR GRIDDLE CAKES.**—One quart of sweet milk, two eggs, one teaspoonful of salt, one tablespoonful of butter melted in the milk, one gill of yeast, or quarter of a yeast cake, and flour enough to make a smooth batter. Make in the morning and they will be ready for tea.

**RUM OMELET.**—Fry the omelet in the usual way, fold it, with a little salt scattered over it first, and turn it out on a hot dish. Dust sugar over it and singe the sugar into strips with a hot iron rod; pour a wine glass of warm rum around the omelet, light it, and send it to the table flaming.

**CELERY SAUCE.**—Put one pint of milk on to boil in a double boiler. Cut fine six stalks of celery and add to the milk with a little salt. When the celery is soft, which will be in about an hour, add a tablespoonful of butter rubbed in half a tablespoonful of flour. Let it cook a few minutes longer, stirring continually.

**KIDNEY SOUP.**—Ingredients: Liquor from a boiled leg of mutton; one bullock's kidney; three sticks of celery; three or four turnips; three or four carrots; a bunch of sweet herbs (tied together); pepper and salt; one spoonful of mushroom ketchup. Method: Place the kidney in the liquor, put it on the fire, and, when it is half done, take it out and cut it into dice. Cut the celery, turnips, and carrots into small pieces, and add them, with the herbs, to the kidney, seasoning to taste. Boil slowly for five or six hours, adding meanwhile the ketchup. When done, take out the herbs, and serve the vegetables in the soup, which will be all the better if made the day before it is wanted.

**BEEF TEA.**—Ingredients: One pound of gravy beef, three quarters of a pint of water, a little salt. Method: Cut away every particle

A GO-AS-YOU-PLEASE TOURNAMENT for a distance of five or six hundred miles would, no doubt, attract great attention amongst pedestrians. Tests of endurance which call forth worthy emulation have the effect of improving the physical standard of our young men. They learn that the training requisite demands cleanliness, sobriety, and regular living, as the first essentials of success. This, of course, teaches the lesson that Halloway's Pills and Ointment are rapid aids for bringing a man into the pink of condition. They strengthen the constitution, purify the blood, promote digestion, and cleanse the stomach. The Ointment dispenses stiffness of the joints and makes the muscles like steel in their strength and flexibility. [ADVT.]

of fat from the meat, mince it with a chopping knife, put it into an enamel saucepan, with the above proportion of water. Place the pan on the fire, and press the beef with a wooden spoon till it is on the point of boiling; then take it off, and let it simmer gently on the side of the stove for a quarter of an hour. When ready, pour the tea from the beef, but do not strain it. Season with salt, and serve with dry toast, or lightly boiled rice.

**TRY** egg sauce with boiled fowl, and make it from this recipe;—Put one ounce of butter in a stewpan, and when it is melted mix in half an ounce of flour, stir till it is quite smooth over the fire, and add gradually three-quarters of a pint of milk. Stir till it thickens, then move to one side of the fire and mix with it one hard-boiled egg chopped small. This recipe will never fail to produce good sauce free from lumps. If you do not wish to use so much butter less will do, but never put more flour than butter.

**MAYONNAISE SAUCE** is very easily made; but it takes a little time to do, and will not thicken properly if it is made in a hot room or kitchen. Place the raw yolk of an egg in a basin and stir it with a wooden spoon, add gradually to it, whilst stirring, half a pint (or more if desired) of salad oil. When the oil is all added, the sauce should be very thick and yellow. Then stir in gradually one tablespoonful of vinegar, a dessertspoonful of tarragon vinegar, pepper, salt, and made mustard to taste. If the sauce is still too thick, add a little more vinegar, which will quickly thin it.

**WINTER PUDDING.**—Take four ounces of dry cheese, and grate it, then mix it with six or seven ounces of bread crumbs which have been dried in the oven and pounded. Beat two eggs with three-quarters of a pint of milk, season with pepper, salt, and mustard. Pour this over the bread and cheese, and bake in a moderate oven for three-quarters of an hour.

**CHEAP PORK PIE.**—Take one and a half pounds of lean fresh pork and cut it in small pieces. Place a layer in the bottom of a pie-dish, lightly sprinkle with powdered allspice. Then put a layer of sliced apples. Continue this till the dish is full, cover with paste, and bake for two or two and a half hours. A little stock seasoned highly should be added before the paste is put on.

**WORTH TRYING FOR.**—In these days of feverish speculation when keen competition and the concomitant spread of education are teaching traders of every class to resort to things novel in the way of advertisement, the new series of competitions inaugurated by Messrs. Lever Bros., of "Sunlight Soap" celebrity are especially deserving of notice. In the series of competitions now presented, the proprietors of "Sunlight Soap" offer a list of premiums on actual industry and enterprise, and unless those intending to enter the competitive lists intend to work, they cannot hope to win. Dividing the United Kingdom into eight districts, they invite the public to forward the upper portion of the wrapper of each packet of soap sold by them. This forms a coupon, and the greatest number forwarded to Port Sunlight, near Birkenhead, within one calendar month, post paid, and superscribed with the territorial figure entitles the first five contestants to the choice of a lady's or gent's "Premier" safety pneumatic-tyre bicycle, value £20. Four-guinea Waltham stem-winding silver watches are offered to the next twenty highest aggregates, and a long succession of graded but capital prizes follow.

**THE PRESCRIPTION FREE.**—Tramp: I just dropped in, mum, to offer my new cure for indigestion, dyspepsia, and kindred ailments, mum. It may prove a great blessing to your family, mum, and I charge you nothing for the prescription.—Housekeeper: Well, I must say that's reasonable enough. What is the cure?—Tramp: Live on plain food, and give your rich and indigestible dishes to the poor, I'm the poor, mum,

## HINTS FOR THE HOUSEHOLD

**TRY** tar paper for moths.

Try placing a pin under the button you are sewing on.

Try in cutting dress material to get out the waist and draperies first.

**TO REMOVE RUST FROM BRASS.**—First wash the articles thoroughly with a strong, hot solution of washing soda. Follow this by repeated applications of a solution of oxalic acid, which should be applied with a soft rag, then polish with a long strip of flannel list sprinkled with the finest powdered rotten stone. This will bring up a beautiful surface, and if you wish to keep it in the same state without constant labour, apply a coat of cold lacquer with a camel's hair brush.

In cleaning kid or patent leather boots, if a good polish is desired, the shoe should first be wiped over with a sponge, or soft rag, dipped in milk or soapy water, and allowed to dry before the polish is applied.

ALL passages, pantry, cellars, &c., should be constantly whitewashed. This not only gives a clean appearance, but makes the dwelling healthy in every part. Do not countenance the notion that because a room is not seen it need not be whitewashed.

**FIRST-RATE FURNITURE CREAM.**—Shred finely two ounces of bees' wax and half an ounce of white wax into half a pint of turpentine; set in a warm place until dissolved, then pour over the mixture the following, boiled together until melted: Half a pint of water, an ounce of castile soap, and a piece of resin the size of a small nutmeg. Mix thoroughly, and keep in a wide-necked stone bottle for use. This cleans well and leaves a good polish, and may be made at a fourth the price it is sold at.

**APPLICATION FOR BURNS.**—Take of the best white glue (extra) 15 ounces, break into small pieces, add to it two pints of water, and allow it to become soft then dissolve by means of a water bath, and add two ounces of glycerine and six drachms of carbolic acid; continue the heat until thoroughly dissolved. On cooling, this mixture hardens to an elastic mass covered with a parchment-like skin, and may be kept for any time. When required for use, it is placed for a few minutes in a water bath until sufficiently liquid, and applied by means of a broad brush; it forms in about two minutes a shining, smooth, flexible, and nearly transparent skin.

**WASHING LACE.**—After soaking in cold water all night, squeeze but do not ring out the water. Have ready a thick lather, made with curd soap and boiling water; when cool enough to use, shake the lace well in it, without rubbing, and leave it to soak for some hours. Squeeze it out and rinse well in several waters, blue or coffee being added to the last water, according to colour required. Have ready a stiff pillow, or board with flannel over it, and a clean cloth over that, and pin, with lace pins, every point of the lace carefully out. Unpin when quite dry. For a small piece of lace a good way is to cover a bottle or a board with flannel, tack with very fine cotton the lace all round it quite evenly, and then, having prepared the lather as above, wash the bottle or board in it, rinse well in several waters (blue or coffee being added at the last), and then press out the water as much as possible, and leave the lace to dry on the bottle or board. Untack carefully when quite dry.

**ROUGH ON THE BABY.**—A provincial newspaper recently called attention to a feeding bottle advertisement, which concluded with the words: "When baby is done drinking it must be unscrewed and laid in a cool place under a tap. If the baby does not thrive on fresh milk it should be boiled." This is a trifle hard on the baby.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles everywhere.—[ADVT.]



## THE MOTHER'S PAGE.

### ADVICE TO MOTHERS UPON THE HEALTHY REARING OF CHILDREN.

FROM the moment baby arrives, the responsibilities of the mother may be fairly considered to commence, and upon the effective and judicious manner with which she performs the duties that now devolve upon her will depend the physical development and health of the coming individual.

If mothers could only be taught to believe that the future of the child depended upon the treatment bestowed upon its early years, they would study and eagerly follow, as far as circumstances would permit, the hints and suggestions that will be given under the above heading.

Perhaps it may be supposed that well-to-do people only can pay the necessary attention to their children, and provide for them all the requirements of their youth; whereas, it is a well-established fact that the strongest and healthiest are the offspring of those who cannot, or do not, afford luxurious living for their young, but bring them up with a greater regard for health than indulgence.

Children should be taught habits of cleanliness and activity, self-restraint in regard to food—by far the most difficult precept to enforce—and encouraged in cheerful and enlivening pursuits.

The Nursery should be lofty, airy, dry, light, and cheerful, and not on the ground floor. If possible there should be two nurseries—a night and a day nursery—so that one can be ventilated by opening the windows whilst the other is in use. Fresh air is very important to children, as it invigorates them, whilst confined air induces constitutional diseases such as rickets and glandular complaints.

The windows of the day nursery should be open very early in the morning in dry weather. In a few minutes the air will be changed, and the result of the children leaving the bed-room for the fresh air of the day-nursery will be to make them playful and ready for breakfast.

Draughts must be studiously avoided.

In foggy or damp weather the windows must not be opened.

Night air must never be admitted into nurseries where children are sleeping.

Every nursery should be fitted with an open chimney; but "smoky" chimneys are bad. The temperature of the nursery should be carefully regulated, for either excessive heat or cold are equally injurious. Although children require a warmer atmosphere than adults, and are less capable of withstanding the effects of changes, it will be found that a mean of about 62 or 63 degs., Fahrenheit—not less than 60 degs., and not higher than 66 degs.—will be most suited to the young life.

This will suggest the use of a thermometer—a very useful adjunct to the furniture of a nursery.

Cleanliness in nurseries is very important. They should be swept every day, and damp tea-leaves sprinkled about to prevent the dust from rising and hanging about in the air.

In damp or cold weather the floor may be wiped with a wet flannel, but in fine dry weather it should be scrubbed thoroughly once a week.

Children should not be in the room during either sweeping or scrubbing.

Bedsteads and cradles should be kept free from dust or fluff underneath them, for such accumulations are favourable to fleas.

Bedding, blankets, and sheets should be exposed to the air of an open window in fine weather, or to a fire in winter. The practice of warming children's beds with warming-pans, hot irons, or hot-water bottles, cannot be too strongly reprobated, having, where practised, almost invariably sacrificed the health of the child.

Sheets should be changed not less often than once a fortnight.

Carpet in the bedroom should not be nailed

to the floor; plain boards, with mere slips by the bedside, are far the better for the children, and more readily removed in case of infectious diseases breaking out, such as measles, scarlatina, &c.

The walls of nurseries are better painted than papered, or even colour-washed; but this principle, although possessing so many favourable points of consideration, is very slow of adoption. Mothers believe the walls look colder painted than they do if papered.

The wooden furniture of a nursery should be free from ugly corners. The angles should be all rounded off as far as practicable. The fireplace must be shielded by a wire guard, and the windows by crossbars.

The utensils requisite for nursery use should be distinct from those of the family, and may be roughly summarised thus:—Breakfast and tea-things, spoons, tea-kettle, trays, candlesticks, tin or earthenware bath, night-lamps (over which may be suspended small pannikins for warming food), a washing table (a large pan let into a low frame), low chairs and stools, and a high chair, besides the usual wicker pan-chair for baby.

Closets, cupboards, and shelves cannot be too plentiful, that habits of neatness and tidiness may be taught as soon as possible. Night nurseries require little beyond bedding and utensils for washing and bathing.

Cribs (a little oblong bedstead, with head, foot, and side rails) are more generally used now than the rocking-cradle, and perhaps with advantage to the children. Gentle rocking may sometimes be a source of soothing comfort to the child, but by some it is said to induce "water on the brain," especially, it may be presumed, when excessively applied.

Horsehair or flock mattresses are better for children than feather beds, and are less likely to lead to curvature of the spine.

The coverings should be light and warm. Blankets—woolly, such as the Witney—sheeting, soft twill or fine calico. Counterpanes must not be close fabric or heavy.

Hangings and valances to children's beds should not be in any wise encouraged; indeed, every access should be given to the free circulation of air round the crib, provided always there shall be no draughts.

Cradles should not be allowed to rest on the floor.

In the next article we shall consider the best system of feeding children, and the most appropriate forms of diet, and how to prepare it.

\* \* \* \*

LITTLE children seem to have a mania for putting beans, buttons, gravel, &c., up their noses, which has the effect of frightening their poor mothers half out of their senses and increasing the income of the family physician. If a mother will stow this chip away in memory's wood box, she will be saved all worry and expense. Get the little one to open its mouth, place your own over it, blow with all the force at your command, and out will fly the intruder.

\* \* \* \*

MRS. STODDARD speaks of that sacred passion, maternal love, that "like an orange tree buds and blossoms and bears at once." When a true woman puts her finger for the first time into the tiny hand of her baby, and feels that helpless clutch which tightens her very heart strings, she is born again with the newborn child. A mother has a sacred claim on the world, even if that claim rests solely on the fact of her motherhood and not on any other. Her life may be a cipher, but when the child comes, God writes a figure before it and gives it value.

\* \* \* \*

I AM fond of children. I think them the poetry of the world, the fresh flowers of our hearths and homes; little conjurors, with their

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1½d. and 3s. 6d. (the latter contains three times the quantity) of all Chemists. Sent anywhere on receipt of 1s. or 3d. stamps by the Maker, E. T. TOWLE, Chemist, Nottingham. Beware of imitations, injurious and worthless.—(ADVT.)

"natural magic," evoking by their spells what delights and enriches all ranks, and equalises the different classes of society. Often as they bring with them anxieties and cares, and live to occasion sorrow and grief, we should get on very badly without them. Only think if there was never anything anywhere to be seen but great grown-up men and women! How we should long for the sight of a little child! Every infant comes into the world like a delegated prophet, the harbinger and herald of good tidings, whose office it is "to turn the hearts of the fathers to the children," and to draw "the disobedient to the wisdom of the just." A child softens and purifies the heart warming and melting it by its gentle presence; it enriches the soul by new feelings, and awakens within it what is favourable to virtue. It is a beam of life, a fountain of love, a teacher whose lessons few can resist. Infants recall us from much that engenders and encourages selfishness, that freezes the affections, roughens the manners, indurates the heart; they brighten the home, deepen love, invigorate exertion, infuse courage, and vivify and sustain the charities of life. It would be a terrible world, I do think, if it was not embellished by little children.—*Thomas Binney.*

### THE METHOD OF SHERLOCK HOLMES.

IN creating the character of "Sherlock Holmes," Dr. Conan Doyle owed much to the training he received as a student of medical diagnosis. He gracefully expresses, indeed, his gratitude to Dr. Joseph Bell for early lessons in the practice of minute observation in the out-patient room. The enforcement and vivid illustrations of this practice are as timely as they are valuable. The young practitioner of to-day, far more learned in the science of his profession than were our fathers, is sadly behind them as a close observer of external features; this is, however, but a temporary phase of educational progress, for science herself rests upon close observation. In our generation scientific teaching has been especially technical and theoretical, and it was needful that a reform of these methods should precede those of the "physician as a naturalist," as Dr. Gairdner would say. Still the less measurable but very important inferences which can be rapidly made by acute perception of superficial or incidental facts must be taught by our clinical professors of the future as they were by those of the past. Our fathers had mainly to rely upon these; we have a far wider foundation for our conclusions; nevertheless, we cannot afford to overlook any sources of information. Indications of race, of diathesis, of temperament, if less definite, are no less useful to the skilled and cautious observer, and we are aware that many of our best clinical teachers are wont to check promptly the dash for the stethoscope and spirit lamp which is so characteristic of modern students, and to insist on a preliminary survey of the patient in every visual aspect before proceeding to more elaborate methods.—*British Medical Journal.*

A PAT REPLY.—CUSTOMER (in a restaurant) —"See here, waiter, I've found a button in this salad." WAITER—"That is all right, sir; it is a part of the dressing."

INSENSIBLY, and as by a sort of magic, the kind of manner which a man catches, eats into him and makes him in the end, what at first he only seems.—*Bulwer Lytton.*

MRS. WINSLOW'S PENNYROYAL PILLS, Peoples' Remedies Co., Sole Proprietors. Testimonials from all parts of the World. Invaluable to Ladies. Remove all Obstructions to Health. Boxes, 1s. 1½d., 2s. 6d., and 4s. 6d. Of Chemists and Medicine Vendors, or per post (in plain wrapper), Putney Bridge, from the Managers, The Arch Laboratory, Putney Bridge, Fulham, S.W. Wholesale: Barclay, Sanger, Lynch, & Co. (Advt.)

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, &c., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Waltham, Surrey. Sold everywhere please observe the *EE* in Steedman.—Advt.



## THE INFLUENZA EPIDEMIC.

### INFLUENZA. ITS INFECTIOUS NATURE.

ALL doubts as to the infectious nature of influenza are set at rest by the further report recently issued under the auspices of the Local Government Board. According to Dr. Caldwell Smith, who contributes valuable evidence on the subject, the vagaries of the disease are best understood by a study of the life history of Pfeiffer's bacillus, and the method of infection is the breathing of recently expired air from the lungs of an infected person. The instances collected show that complete isolation will secure perfect immunity. The Brighton sanatorium, which is beyond the reach of infection, passed unscathed through the first two outbreaks; but cases broke out on the return of a servant from the town, which, however, were in their turn successfully isolated.

On the other hand, a teacher of music who had visited two relatives down with the epidemic on April 6, returned to his own district, which had hitherto been free from infection, and was attacked on April 9. He did not, however, give up his work, with the result that on April 11 ten pupils whom he had visited, and, on the following day, the household with whom he lodged, were all in a similar case.

With regard to the virulence of the disease this year, it is stated that it has "retained its vitality, but in a suspended or inconspicuous form, perhaps by transmission from one human being to another in a succession of mild sporadic cases, perhaps in some medium external to the human body." No definite means of prevention can be laid down beyond the obvious advice that cases should at once be isolated as completely as possible, and that ventilation should be strictly attended to. It has been clearly enough established that the mixing of the healthy and the affected, and the concentration of the germs in a confined atmosphere, are the principal causes of infection.

Dr. Klein contributes to this report some photographic representations of the characteristic bacillus, with interesting notes on its pathological properties. Animals, including the monkeys at the Zoological Gardens are, it appears, not affected by its ravages. This is rather curious, for monkeys have a notorious weakness for chest and lung complaints. One would like to have had more definite information than is given upon the question of treatment; otherwise there is danger that the private consumption of quinine and antipyrine may become regenerated at some future date into a vicious craving, and require eradication by divinely-appointed Exeter Hall faddists. There is also some divergence of views among the poorer classes: witness the railway man who explained with learned unction to a well-known literary lady that the influenza being a grub, and grubs being killed by sulphur, he and his wife were in the habit of snuffing up large quantities of lucifer matches.—*Pall Mall Gazette*.

## THE RECRUDESCENCE OF INFLUENZA.

THE sincere regret with which the nation has learned that the Princess of Wales has been suffering from influenza will be tempered, it is to be hoped, by the anticipation that the character of the malady, and its origin, will now come to be better understood. When it paid us its first visit in recent years, about the close of 1889, it was a matter of general remark that the victims were, in many cases, persons occupying high positions in society; and although we may not attribute any particular powers of choice to the microbe which is credited with being the moving spirit of the disease, it is sufficiently noticeable that already personages so exalted as the Queen of Saxony and our own Princess have to be numbered

among those who have recently been attacked. Possibly there may be ground for hoping that these attacks on the charmed circle of royalty may not pass without compensation. It would be ungenerous indeed to suppose that our medical men are consciously less careful of patients in the humbler ranks of society than when they are called to attend the sick-beds of the great. But some allowance must be made for human nature; and it would surprise no one—it would greatly gratify everyone—to learn that the Princess of Wales had been made the object of quite unusual attention and care. Such exceptional solicitude and attention cannot but be helpful to the progress of medicine. It has sometimes been said—we have no doubt with a good deal of truth—that scientific plumbing dates from the time when the Prince of Wales was attacked by typhoid fever at Sandringham; and there can be no harm in hoping that kindred benefits to mankind may attend the treatment of the trouble that has, unfortunately, befallen his beloved consort, while the universal prayer of the people will be that the illustrious patient will not suffer from any of the distressing sequelæ which so often accompany the development of this disease. It is, indeed, the subsequent effects that are more to be dreaded than the malady itself. There was a time when influenza was treated as a very light affair, either because that name was given to catarrhal affections that did not possess the specific characteristics of the disease as it is now known among us, or because the attacks were greatly less virulent than those to which we have become accustomed in recent years. Certainly no wise man would venture to speak lightly of influenza now; it has had too serious results to be treated otherwise than as one of the gravest ills that flesh is heir to.

And the distressing thing about this recrudescence is that it leaves the impression that the trouble has come to stay. It does not seem very useful to discuss the question, as the German physicians are said to be doing at present, whether this fresh outbreak is a new visitation of the disease, or merely a reviving of germs left behind on the last occasion of its presence among us. Nor do we mean to commit ourselves to any particular view of the subject by the use of the word "recrudescence." Whichever theory may be adopted, the painful truth seems to be that, not in this country alone, but in the West of Europe generally, we are threatened with outbreaks so frequent that the disease may be regarded as having established for itself a character that we can only call endemic. This is sufficiently serious, in view of the ravages which it has already committed; and the only consolation that we can allow ourselves to take is that, if it is to remain with us, there will be more abundant opportunities for our medical men studying the characteristics, and tracing out the causes of the disease, than they could have if it were a mere passing visitant.

The symptoms we know: it is the etiology of the malady that is still so obscure, and that has hitherto eluded the most diligent and careful researches of our scientific investigators. If the origin were known, it would be possible to combat the trouble at its source, and to employ preventive measures against its propagation and even its first appearance; and the way would, no doubt, be made plainer for its effective treatment when it has established a hold, and for the minimising of the sequelæ. The one thing about which there can be said to be any certainty is purely negative—namely, that influenza seems to be quite independent of atmospheric conditions; it is a trouble that flourishes in all weathers. Little or no hope can therefore be held out that as the season advances, and we begin to enjoy a milder temperature, the ailment will disappear. It is equally at home in heat and in cold. If it may be considered as established, therefore, that the appearance of the disease is due to the presence of a microbe, which may be conveyed by the air, it is plain that the vitality of this persistent plague cannot be affected, as so many of its genus are, by varying degrees of temperature; and it would appear that it is equally indifferent to the amount of oxygen present in the surroundings in which it finds a

home. We have not been hearing much of late about Dr. Pfeiffer's alleged discovery of the influenza bacillus; but even if we knew a good deal more about it than has yet been published, we might still be a long way from being able to utilise our knowledge in the way of preventing attacks of the disease. Dr. Pfeiffer regard it as probable that matter from the lungs of patients, charged with the germs of the disease, is to be credited with the diffusion of the ailment; and so far most, we should imagine, will be disposed to agree with him, while all will concur in his opinion that disinfection of such matter is urgently demanded as a preventive of the propagation of the trouble. These are ideas, however, which might occur to anyone, quite apart from the question of the discovery of the characteristic bacillus; and it can hardly be said that as yet we are much further forward in our researches.

But, although it cannot be affirmed that bacteriologists have yet penetrated the mystery of the origin of *la grippe*, of one sad truth we are sure, and that is that the microbe, whatever he may be, can put himself in evidence again and again. "Returns" and "relapses" have been only too frequent, both in individuals and in the community at large. In the case of many other ailments we have the consolation that one attack secures immunity from a second. But no such privilege is enjoyed by sufferers from influenza. It may return a second and even a third time, leaving the victim necessarily weaker after each visit. And in the meantime, while our scientists are seeking to get at the root of the matter; no better advice can be given in the direction of providing against the attacks of this subtle malady than the commonplace one that you should do all you can to keep up your strength, and, above all, avoid, if it be possible, anything like a chill. This is what the doctor will tell you, and he can tell you little more. But be sure to call him in at once if unfortunately you should be attacked; and follow implicitly the advice which he is also certain to give you:—"Go to bed, and stop there till you are well!"—*Sanitary Record*.

## HINTS ABOUT INFLUENZA.

THE danger of influenza lies chiefly in two facts. It often brings on lung troubles, which may result in death in a short time; or the patient may apparently get all right from influenza, and then find later that it has caused other complications, which hang about and cause serious inconvenience, or even fatal results, months later. The points where it seems to cause the greatest strain are in the excretory organs, and this, probably, because the body is trying to get rid of the poisonous products of the micro-organisms; so that we find the lungs, the skin, and the kidneys at once affected by the disease, and our duty should be to keep all three of these workings well, so as not to cause still greater strain on any of the others.

Keep the lungs well at work by breathing as deeply as possible, and by rubbing the chest well with oil night and morning. Avoid change of temperature, so that the fire should be kept burning in the bedroom all night. Good ventilation is equally essential. Keep the skin well at work by a daily warm bath, or if this be found too fatiguing, then a wet pack may be used; or where this is not done, the whole body should be well rubbed down daily with a soft flesh glove. Wear light, warm, porous clothing. Keep the kidneys well at work. Pains in the loins are almost sure to appear. Be sure to keep the whole of the back well clothed and warm, for a chill at such a time might be very serious. Reduce the amount of work for the kidneys as much as possible, so that they may help the lungs and skin the more. Do this by taking but a small amount of nitrogenous food and plenty of ripe fruit. Probably at first the appetite will be quite gone. Don't force it, but see that every two hours a small cup of hot milk or bread and milk, or gruel, or barley water is prepared, and probably a little will be eaten. Take the remainder away at once, and serve up some fresh two hours after. Grapes and oranges may be supplied *ad lib.*, so also may roasted



apples which have been allowed to go nearly cold. Milk puddings, macaroni, custards, rice, tapioca, &c., should be offered, and light vegetables, such as stewed celery, spinach, and cream, potatoes mashed with milk or cream, should be daintily prepared.—*The Lady*.

## THE SAD SEQUELÆ OF CHRISTMAS.

THAT Christmas, has its good points is undeniable, and in saying this we refer of course to the material side of the great Christian Feast. A season of general holiday can only conduce to general good, and the more we as a people become over-worked and overstrung the more do such interludes of idleness and irresponsibility play an important part in our social economy. But Christmas always brings with it certain sad sequels. There are persons to whom the little revolution of a complete holiday acts as a stimulus to all their latent foolishness. Using their few days of liberty as a period of licence, they cheerily transform themselves—out of pure regard to the season—from laborious and abstemious citizens, some into dissolute and dangerous nuisances and others into heedless and careless beings, entailing thereby upon themselves, or, worse, upon their stronger-headed neighbours, a chapter of accidents so unvarying that it has begun to form in the public mind a definite part of the holiday programme. Already in the newspapers one or two of the usual stories have made their appearance. From Lake Windermere comes a sad account of a fatal boating accident; at Sheffield a wretched man died from drinking for a wager; and we may be certain that magistrates' and coroners' courts in various parts of the country will add their dismal contributions to the inevitable tale. If these episodes are most fitly dealt with in police records, there is one form of accident upon which it is particularly right that *The Lancet* should say a word. We refer to the catastrophes from burning, of which one at least is chronicled during the Christmas holidays. Although we do not compare these with the events we have just alluded to by suggesting that they are the result of vulgar dissipation, which they are not, they are certainly the outcome of an abatement of due watchfulness and a relaxation of ordinarily prudent regulations. The Christmas-tree, loaded with inflammable knick-knacks, beneath each of which there is wired a lighted candle, and around whose boughs, tricked out with cotton-wool snow, children circle in muslin, headed by a Father Christmas in a long tow beard, simply constitutes material for a conflagration which only requires the slightest accident to light. We have with much pleasure reported that Christmas-trees have been very plentiful in our hospital wards this year, but it must be remembered that the little patients, only a few of whom would be able to move about with sufficient freedom to get into mischief, are under a discipline that could not prevail in a private family. We are not saying a word against a popular form of Christmas celebration; it is only desired to impress most deeply upon those in charge of such festivities that a moment's carelessness may bring about awful—nay, fatal, issues. Nor are Christmas-trees the only sources of danger at the seasonable party, as the terrible accident which occurred at Guildford, in the Surrey County Hospital, on Christmas Night shows. During a game at snap-dragon someone threw a quantity of spirit into the dish. Instantly the flames mounted up, and several of the party caught fire. A clergyman and two of the choir boys were seriously burnt, and one of the latter, we regret to learn, died on Wednesday night. We do not desire to add a single pang to the grief that the actual agent in this catastrophe must feel, for we hardly stigmatise it as the result of his individual carelessness, but look upon it rather as the direct consequence of the playing of a dangerous game by a party under hilarious circumstances, and without, therefore, the usual precautions.—*Lancet*.

AS TO HANDS.—Large hands give great attention to detail; small hands to the general effect; small hands plan, large hands execute.

## SANITARY LAWS.

By PROFESSOR A. WYNTER BLYTH.

[Extracted from a Paper recently read before the Church of England Sanitary Association.]

IT is an ancient maxim that an Englishman's house is his castle, but in these modern days the axiom rather runs—"An Englishman's house is his castle, provided it be clean and pure." Modern sanitary law, indeed, confers within certain limits the right of perpetual inquisition into the ages, sexes, and numbers of our families, the structure and condition of our homes, the quality of the food we eat, the water we drink, the air we breathe, and the soil on which we live. The law is with and environs us when we come into the light of life, when we depart into the darkness of death; it accompanies us to the school-room, to the workshop; it has to be obeyed alike in the mansions of the well-to-do and in the crowded one-room tenement. Imperfect it may be—unequal it may be in its operation, but as it stands it is in principle a model code—the best in the civilised world. But, although confessedly the best, no ideal perfection has been attained, and there are numerous defects in details. To possess a fair knowledge of the sanitary statutes requires time and application for the statutes are numerous; some are of considerable length. Let me mention a few of the more important: The Public Health Act, 1875; the Public Health (Water) Act, 1878; the Infectious Diseases Notification Act; the Infectious Diseases Prevention Act; the Housing of the Working Classes Acts; the Factory Acts; the Canal Boats Acts; and the Rivers Pollution Acts. It would be useful for every person to be acquainted with the provisions of these statutes. It is essential for those who sit upon sanitary boards to know them well. Yet, if you take the members of local authorities throughout the kingdom, how many of them know accurately their powers, limitations, and statutory duties? In my opinion, the first requisite of qualification for a seat on a sanitary board is a knowledge of such matters. There is a proposal before the country at the present time to create new bodies, who will have certain powers with regard to the sanitation of small districts. These new bodies are to be called "parish councils." Either these councils will be obstructive to sanitation or a great assistance, according to the kind of persons elected. If it were possible to arrange that the parish council was to be the first round of the ladder of political ambition, then there would be no fear of the result. The best intellects of the country would be attracted to the parish council. What I mean is this: It might be laid down that in future no one could be a district councillor unless he had served at least a year on the parish council, and no one could be a county councillor unless he had served a year on the district council, and that candidates for Parliament were not eligible unless the aspirant had served a year on the county council. In this simple manner a knowledge of sanitary law and the details of local government would be acquired slowly but surely, and we should be spared the constant spectacle of gross ignorance in our local, and even occasionally in our imperial, legislators.

With these introductory remarks I will pass on and make a few criticisms on some desirable amendments of the law and on certain difficulties in its practical effect.

The sanitary laws governing the Metropolis are entirely analogous to those in force in the provinces, and represent a distinct advance on the Public Health Act, 1875; but my remarks will be rather directed to extra-Metropolitan law. The sanitary statutes deal with the following matters: Abatement of nuisances; provisions for sewerage and for sewage disposal; the provision, protection and purity of water supplies; the destruction of insanitary property or amendment on a large or a small area in towns only; the health of workers in factories and workshops; the hygiene of canal boats and ships; prevention of disease; and the wholesomeness and purity of food.

Considered as a whole, the enactments deal-

ing with these subjects are superior, as before stated, to those of other countries, although from France, Germany, and the United States we may have something to learn in a few details.

Where English legislation has most failed is in the constitution of the authorities. In the first place, the supreme authority—the Local Government Board—is a political board, and the heads of the department in critical times are apt to think far more of the effects of their decisions on the votes of the locality than on the merits of the particular case. One of the most urgent reforms needed is a board of supervision, or health board, not connected with the poor law, and one the constitution of which is not intimately connected with politics.

The rural sanitary authority is practically the board of guardians. In the Parish Councils Bill this is not essentially altered, and experience has shown that the guardians, as a rule, are not the best body to be entrusted with the administration of the sanitary acts. Rural sanitation is, as compared with urban sanitation, in a stationary state. Here and there a rural sanitary authority shows activity and efficiency, but the majority have little knowledge or belief in the economical results of hygienic reform.

Passing from the imperfections of the authorities to the law itself, I would present the following criticisms:—

With regard to the law of nuisance.—The word "nuisance" admits of many meanings, but its meaning is restricted in the Public Health Act, 1875, to certain specified matters, these matters varying from filthy ditch to the unfenced shafts of abandoned quarries; so that it is a matter of impossibility to frame any definition of "nuisance" which will include all matters contemplated by that act. I have, it is true, elsewhere attempted the following definition: "A nuisance under the sanitary acts is something which either actually injures, or is likely to injure, health, and admits of a remedy, either by the individual whose act or omission causes the nuisance or by the local authority," and on trial it will be found that most matters dealt with are comprised within the definition. Without stopping to consider what are the things dealt with as nuisances, let us inquire into the practical working of nuisance abatement. Let the actual case of a defective drain leading into a sewer of a town be taken. A verbal complaint is made to the office of a sanitary authority that there have been cases of diphtheria in the house, and that there are from time to time bad smells. The sanitary inspector enters the complaint in the complaint book, and visits the house, and sees that everything is clean, and that, so far as surface indications go, there is no nuisance. He therefore can make no definite report without having the ground open, the drain exposed, and so forth; but since the Public Health Act distinctly states (sec. 41) that no drain can be uncovered without a written "complaint" to the local authority, he has first to get the written complaint, and next to state the case to his local authority. His local authority, mark you, meet once a fortnight (on a Saturday). The verbal complaint has been made on the Monday following the meeting, so that when he has got everything in order he has to wait some ten or twelve days before he can get the formal order of the board to open this. At the next meeting he does obtain the formal order. On opening the ground he finds a very bad state of things: an old brick drain communicating with the town sewer; the drain flat, in a bad condition, and practically ventilating the sewer into the house. The landlord is an obstinate man, one who does not reside on the premises; he is a non-believer in sanitation, and possibly for that reason has been placed on the Sanitary Committee of the local board. The sanitary officer has, of course, to wait until the next meeting; that is to say, the final official report is made six weeks after the first complaint, less two days. This is itself a long time. But now you will say this grievous nuisance will soon be put to rights. Nothing of the kind. We are at the commencement of a very lengthy legal process. We will pass over the attempts, likely enough to be successful, of the owner, who disputes the report, states that the drain was put in by himself, that it should



be seen by the committee, the matter adjourned to the next meeting, and so forth. But you will imagine that a majority support their officer, and that a notice in due form is served giving a time for the completion of the work. The time will probably be fourteen days. By the next meeting it is obvious the fourteen days will not be expired. At the following fortnightly meeting it will be reported that the notice has not been attended to in any way. A majority of the board then order proceedings to be taken. This means application for a summons and the fixing of a day for the hearing thereof. Few magistrates allow a summons to be returnable in less than a week. The defendant appears by his solicitor or counsel, the case is heard, argued, and decided in favour of the local authority, and an order is made for the defendant to carry out the work within a stated time. At last we shall have this unfortunate drain reconstructed. Nothing of the kind. If the advocate knows his business and is instructed to fight to the bitter end, he has the power of appealing to quarter sessions; and, says sec. 99 of the Public Health Act, 1875, "Where any person appeals against an order to the court of quarter sessions in manner provided by this act no liability to penalty shall arise, nor shall any proceedings be taken or work be done under such order until after the determination of such appeal, unless such appeal ceases to be prosecuted." By taking advantage of these latter words the case can be prolonged almost indefinitely, for it is very difficult in some cases to know when the time arrives at which the appeal ceases to be prosecuted. In any case I have shown, by taking a common case of urgent nuisance, that with a sanitary authority meeting once in fourteen days, and an obstinate, contentious owner, the nuisance is not likely to be abated by following strictly the procedure laid down in the act in a less time than six months. Appeals for the purposes of delay are provided against by the London Health Act, and under that act involve pecuniary loss, but in the provinces no special power at present exists to inflict any penalty for a frivolous appeal. The remedy for the long delay in abating a legal nuisance is obvious. Power should be conferred on the clerk of the sanitary authority to sign notices on the written reports of the sanitary officers, such action to be confirmed, or otherwise, at the next meeting of the sanitary authority. The power of appeal should be regulated according to the provisions of the London act. It should also be a standing instruction to the clerk of the sanitary authority that once a notice by order of the board has been given, the resolution sanctions legal proceedings to enforce the same.

Although in the provinces, under the Public Health Act, 1875, there is no direction to bring the existence of a nuisance immediately to the notice of the person whose duty it will be to remedy the same, a sanitary authority can easily direct their officers to pursue this course. The experience of the Metropolis shows how useful this procedure is. Under the London Health Act the first and immediate thing to do when a nuisance is discovered is to send what is called the "written intimation"; and it is found, although neglect of the written intimation is not a legal offence (for it has to be followed by a formal notice), that in various districts from 75 per cent. to over 90 per cent. of the written intimations are at once attended to, rendering the formal notice unnecessary.

(To be continued.)

As a result of our special articles upon the mischief of modern boots, we have had submitted for our inspection by Messrs. Holden, of 223, Regent Street, specimens of various patterns of their "Natureform" boots, and natural boots and shoes for adults and children. These are undoubtedly constructed upon sound, physiological, and hygienic principles as set forth in the first of our special articles upon the subject, and we are pleased to find a boot-maker who is enterprising enough to produce a thoroughly well-made boot which answers its purpose as a protection and covering for the feet, without entailing the suffering and distortion which the so-called fashionable shapes bring in their train.

## WHY WOMEN HAVE THE "BLUES."

"WHY do so many women have melancholia?" repeated the doctor, who has a large practice among the "depressed" and "nervous" feminine population. "Because they don't care to avoid it. Because they absolutely disregard the rules of mental and physical well-being. Because they would rather eat what they like and suffer indigestion and the blues afterward than to eat what is good for them but doesn't tickle their palates. Because they'd rather sit around on down cushion than take a tramp six miles through the open air. Because they read too much sentimental stuff. Because they haven't enough to occupy their minds and their hands."

Then the doctor paused to take breath, and began again somewhat less aggressively:—

"It is never the women who have cause to feel blue," he said, "who indulge in blues. The women who have shiftless husbands, hard-hearted landlords, sick babies, and all the usual accompaniments of poverty never grow so depressed that they have to be treated for it. They are too busy. It's the woman with an adoring family, social position, and a comfortable income who doesn't find life worth living. It isn't the servant girl who gets up at six to kindle the fire and who slaves all day who indulges in melancholia, but the daughter of the family, who arises at eight, dawdles over her breakfast, reads a little, practices a little, shops a little, craves excitement with all her heart, and is melancholia because she doesn't have it.

"There is no habit which grows upon one so rapidly," went on the doctor. "It becomes a disease in a very short time. My own plan, whenever I feel an attack coming on, is to put on my walking boots and tramp vigorously as far as I can. It is simply impossible to exercise and feel blue at the same time. Of course, a general care of the health is necessary, and work is the chief factor in effecting a cure. Every woman who has a tendency to melancholia should have an occupation which, if it doesn't entirely absorb her, will at least keep her busy. And she should give her mind up to practical rather than theoretical affairs. She should study how to put an extra shelf in a cupboard or how to stop a squeaking door, or how to make an overshoe that won't come off at the heel, rather than the teachings of the theosophical school or the philosophy of Herbert Spencer. Ordinarily good health, plenty of exercise, plenty of work, and an interest in the affairs of this world rather than the next are the great preventives and cures of melancholia.

## POISONS AND POISONINGS.

SIXTEEN Chinese emperors are reported to have died of poison.

Nearly forty Turkish sultans and Arabian caliphs died by poison.

Until the English occupation, poisoning was very common in India.

Hemlock poison was a Greek mode of execution. Socrates died thus.

Nero tried to poison himself to escape execution, but the dose was not sufficient.

The Toffania poison was described in a papal bull as "arsenic distilled in aqua fortis."

Nearly two hundred Greek generals and statesmen are named who committed suicide with poison.

Charles II. of England is supposed by some historians to have been poisoned by a jealous mistress.

During the middle ages, poisoning, especially in Italy, was regarded as an entirely justifiable means of getting rid of an enemy.

Veronese, the painter, was poisoned by an angry mistress of noble birth, whose name he

had clouded by boasting of his familiarity with her.

In 1836 the trial of William Palmer attracted general attention. He poisoned J. B. Cook and many other persons, and was publicly hanged.

A wholesale poisoner was Mary Ann Cotton, of Durham, who in 1872 poisoned sixteen persons, mostly children. She was tried and executed.

The most noted female poisoners, Cleopatra, Lucrezia Borgia, and Mme. Prinvelliers were blondes with fair complexions, yellow or tawny hair, and eyes grey or blue.

The names of seventeen Roman emperors of the west, and twenty-two emperors of the east are preserved who are supposed to have died at the hands of secret poisoners.

Poisoning is believed to be very common at the present day in Turkey and Persia. Two historians say that Alexander the Great died from a dose of poison in his wine.

## THE CHURCH AND THE DISPOSAL OF THE DEAD

THE following paper was read at the December meeting of the Burial and Funeral Reform Association at the Church House, by the Hon. Sec. Mr. Byron Reed in the chair.

The words "earth to earth, ashes to ashes, dust to dust," uttered by the officiating minister at the burial of the dead, while "earth is being cast upon the body by some standing by," manifestly imply the laying of the body into the earth, literally and completely. But, instead of this, the dead have been stowed away now for generations, in durable coffins, in vaults, or in already crowded graves, a mode of disposal which cannot be called burial, and which is inimical to the public health, and therefore contrary to the spirit of Christianity. Moreover, when death has been caused by consumption, typhoid fever, or other zymotic disease no effort is made, speaking generally, to destroy the infective germs. The body is buried, carrying with it the possibilities of another outbreak of an infectious disease. This also is opposed to the spirit of Christianity.

The words "earth to earth" point to a mode of interment which, supplemented by every necessary sanitary precaution, would hurt nobody. Buried, not too deeply, in a coffin as perishable as itself, the body is transformed. Laid in its own grave, the access of air being unimpeded, and grass and trees growing above, the body is gradually dissolved, to the harm of none. Even though the soil be not suitable it would not be difficult for men of science to devise means by which the burial of even vast numbers may be rendered innocuous. The advocates of "earth to earth" burial are ready to adopt any and every adjunct which sanitary authorities declare necessary. They simply ask to be told what they ought to do to render burial in the earth harmless. To obtain an authoritative utterance as to what constitutes sanitary burial, a memorial was presented last January to the Home Secretary at the Home Office asking for an exhaustive enquiry into the effects of "earth to earth" burial upon the air above, the earth around, and the water courses below burial places. The Home Secretary, though granting a Parliamentary Committee of Enquiry into another matter asked for by the deputation, was unable at that time to deal with the question of modes of burial generally. It is the intention of the Burial Reform Association to approach the Government again on this subject. In the opinion of many, sanitary economical interment will not be generally attainable until every burial ground is placed under the direct super-

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vision of a duly constituted Sanitary Authority, and the details of the interment regulated by Act of Parliament.

The words "ashes to ashes, dust to dust" point to something which may be done in certain circumstances before the actual burial. When death has arisen from any disease communicable by germs, care should be taken to

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destroy the germs remaining in the body after death. There are chemical compounds which, placed around the body in the coffin, effect the destruction of germs next perfectly to cremation and without its drawbacks, leaving in the coffin ashes and dust. The Burial Reform Association has memorialised the Government to render imperative by law the destruction before burial of infective germs. To get rid of the whitened sepulchres, fair without, and within all uncleanness, and to safe-guard the public health, the Association is glad, by every available means, to make known and recommend inventions and appliances which tend to bring about the desired reforms. The more widely extended use of these inventions will lower their cost, and bring them within reach of the poor. The aim of the Society is to encourage a simple, sanitary, and therefore inexpensive mode of burial. Such mode would be in accordance with the spirit of Christianity.

## A MEAL OF POTATOES.

By A. B. HARRIS.

Potatoes roasted in hot ashes,  
With only a pinch of salt  
That has not lost its savour,  
Have an appetising flavour,  
Beyond complaint or fault.

— Old Rhyme. —

A LADY who lately visited some of the out-of-the-way hamlets on the French and German Frontier, says that she witnessed a meal in one of the peasant's houses, "of which it does not take long to write the menu. It consisted, first and last, of baked potatoes. A large hoop is put in the centre of the table, merely to prevent the potatoes from rolling off, and they are picked out of the embers, and thrown into the hoop, and that is all." It is, also, all the food the people eat, except when occasionally there is the variety of a little goat's meat.

Now, potatoes baked in the ashes are delicious; nothing is needed but a pinch of salt to flavour them. The person who has never eaten a potato cooked in that way does not know what satisfying qualities there are in that vegetable. Among old-fashioned people in the country, who had an open fire-place or a "fire-frame," it used to be quite a common occurrence to bake potatoes in the ashes. The good wife would clear a space between the irons, brush the bricks clean with a turkey wing, kept in a corner for that purpose, put down a pile of potatoes and heap the hot ashes over them in a big mound, with live coals on top. When they were done (and she always knew just when), she would bring forward a woolen bag, and, having raked them from their bed, put them in, and give them a vigorous shaking to remove the ashes.

This way was appreciated by Daniel Webster, who understood better than many modern cooks how certain articles should be baked, roasted, or boiled. Sometimes when he went back to his farm in New Hampshire, he used to ask John Taylor's wife to bake some potatoes in the ashes for him, "just the way my mother used to. In no other way do they ever taste so good." He liked to take a little hand-basket and go down cellar and pick out the potatoes, open the embers, put them in, and sit in the chimney-corner and wait till they were done. Then, with a pinch of salt and a pat of the fragrant farm butter he made a meal "fit for the gods."

In the light of another instance, told by a traveller in "Unknown Switzerland," the hoop was an advance upon a yet more primitive method. He says that in the valley of Anniviers the whole family formerly ate from a hollow dug out of the table itself, around which they gathered at mealtimes; and that "some of these tables are still to be seen with the holes closed up."

From a hollow in the table to a hoop is a step towards refinement. But the primitiveness of each mode! how it simplifies housekeeping!

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everything, and refrain from criticism. A little party of travellers were stopping over a storm at Widow Kelligan's "shebeen." The air was savoury with steaming potatoes and roasted herrings. All lent a hand in preparing the supper; and here it is, and the way in which it is served:—

"A great potato basket, which would hold some two hundred weight, was turned bottom up, the pot was taken off the fire, and the contents thrown out on it in a great steaming mass of potatoes. A handful of coarse salt was taken from a box, and put on one side of the basket, and another on another side. The

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Or from Chemists, Grocers, &c.

The potatoes were fine, and cooked to perfection; we took them in our fingers, peeled them how we could, dipped them in the salt, and ate till we were satisfied."

"Hurroo!" cried the man Andy, 'we're in the height iv good luck! Herrin's it is, and it might have been only pitaties an' point, . . . —that is whin there is only wan herrin' amongst a crowd—too little to give aich a taste, and so they put it in the middle, and point the pitaties at it to give them a flavor."

Apopos of potatoes in Ireland, what a charming passage is that in "Castle Daly," where Ellen says: "And I know two or three things, besides how to build up peat-fires. . . One is, exactly how it feels to run about barefoot on a turfy mountain-side on a spring morning early, and how delicious potatoes dipped in egg-noggin taste when you come in afterwards, and sit on the cabin step with the sweet peat-smoke curling around you—a sensible Connaught pig munching the parings at your side. . . You would not think the peasants such savages for living in the way they do, if you happen to know how pleasant all that is."

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

IS TIGHT-LACING INCREASING OR  
DECREASING?

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Besides the decisive answer of a "Womanly Woman" to the strange suggestion of a "Londoner," that tight-lacing is going out of fashion, I would refer him to the fashion-prints in shop-windows, and advertisements, and the illustrated papers, in which waists still keep decreasing in circumference, and increasing in the long hollow tapered form which inflicts the greatest compression of any. No doubt such pictures exaggerate, and present only the extreme cases, but they show which way the fashion is moving, as well as if they represented the average for the time.

A few weeks ago the lady who gives pictures and descriptions of the dresses she most admires in one of the illustrated papers, denounced 17in. waists as almost incredible. She did not perceive that those in her own pictures, was all much nearer 13, by the proportion of their diameter to the height of the ladies, if taken at about 66ins., and that is distinctly above the average. At that height a waist whose width is a fourteenth of it is, as near as may be, 14ins. round, and the width of a 16in. waist is a twelfth of the height of the person—the product of the two being always 200.

The "Londoner" seems to forget that he must not

## Not That Way Now.

People used to take plain cod liver oil for coughs, colds, throat and lung troubles only after other remedies had been tried and found wanting.

## Scott's Emulsion

is the modern idea of cod liver oil, the first instead of a final resort, when such ailments appear. The fish-fat taste is removed and the oil itself is partly digested before taken into the stomach.

Prepared by Scott & Bowne, Ltd., London.  
Sold by all Chemists and Vendors of Medicine  
at 2/6 and 4/6.

expect to see the smallest waists at this time of year in thick jackets, or those hideous ones called "half-tipt," which look as if they were made for grandmothers and borrowed. Still one does see some very small ones occasionally even in thick dresses, of course made tight. And the general improvement in uprightness and straightness down the front, from wearing stiffer busks, is evident in any dress; and so are heels quite as high and small at the bottom as anyone can walk on comfortably and well. Beyond that they are ugly and objectionable in every respect and mere monstrosities.

He is equally wrong about male tight-lacing. Though it is not the fashion to dress tight externally as it was up to forty years ago, it is easy to see from the gait and carriage of well-dressed men, that a great number of them are well laced, and that their dress fits much better for it. Shirt collars are also higher and closes round the neck than the half-open ones of a year or two ago, and practically as stiff as steel; for no neck can bend them except in weather hot enough to melt them. Everything seems to

## A BLESSING TO MOTHERS.

No more poisoning of Infants.



## MRS. JOHNSON'S AMERICAN SOOTHING SYRUP,

Rubbed on the Gums, prevents all Pain in Cutting the Teeth.

CONSEQUENTLY CONVULSIONS AND OTHER TROUBLES ARE ABSOLUTELY AVOIDED.  
Price 1s. 1d. and 2s. 9d.

SOLD BY ALL DEALERS. WHOLESALE—BARCLAY & SONS, LTD., 95, FARRINGDON ST., LONDON.

## Rowntree's "Elect" Cocoa.

PURITY, STRENGTH, FLAVOUR.

6d. and larger tins.

The Cocoa Works, York, England.



# PURE-BREWED Vinegar



**A FOOD.**  
AN EMBROCATION. AN ANTISEPTIC

## R. & N. POTT.

GUARANTEE AS TO PURITY

ATTACHED TO

ALL CASKS, BOTTLES, AND INVOICES.

Established 1641, over 250 Years.

68, SUMNER ST., SOUTHWARK,  
LONDON, S.E.

indicate more rigorous and general figure cultivation, than at any time since the revival of it, which the newspapers and some books began to notice about thirty years ago.—Yours truly,  
Dec. 29, 1893. E.G.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

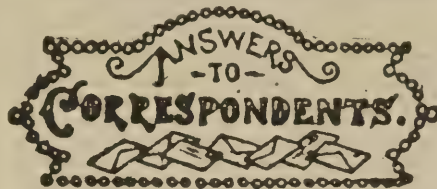
DEBT.—I teach drawing and painting in a ladies' school. I was paid the first term's salary in small instalments, only obtained a very small portion of the second term's salary after much waiting, and none at all of the third. The principal

now owes me £13. The last letter I wrote to her on the subject she has completely ignored. What steps can I take? I cannot afford to lose the money, but am afraid to incur heavy law expenses.—"A Teacher."

### ANSWERS.

W. H. KENDALL.—We find the demand upon our time is too severe in the matter of receiving letters and forwarding them on to correspondents. So pray excuse; we shall be glad to place our advertisement columns at your disposal.

PATENT MEDICINE.—The principal Acts relating to the preparation and sale of patent medicines are 44 G. III., c. 98, 1802; and 27 and 28 V., c. 51. Every person being the proprietor, maker, compounder of, and every person vending or exposing for sale, or keeping ready for sale, a drug or other preparation or compositions whatever, used or applied externally or internally as medicines or medicaments for the prevention, cure, or relief of any disorder or complaint incident to, or in any wise affecting the human body, must take out an annual licence of 5s., and the medicines duly labelled. If of the value of 1s. or under, a 1d. label, 1/6.



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

Just published, 1s., post free 1s. 1d.

THE PHYSICIAN. A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, &c. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience.

Offices—18, Catherine Street, Strand, London, W.C.

### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:-

King's College Hospital.  
University College Hospital.  
London Temperance Hospital.  
West London Hospital.  
City of London Hospital for Diseases of the Chest

Nazareth House, Ham-mersmith.  
British Home for Incurables, Clapham-rise.  
Ophthalmic Hospital, King William-street, W.C.  
Poor Box—Five Police Courts.

To breathe 'Sanitas' is to breathe Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
AND ALL  
Lung and Throat Affections.

DIRECTION:  
INHALE and FUMIGATE with "SANITAS OIL."

PAMPHLETS FREE ON APPLICATION.  
THE SANITAS Co., Ltd., Bethnal Green, London, E.

"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.  
Fumigators, 3s. 6d. each.  
"Sanitas" Eucalyptus Disinfectors, 1s. each.  
"Sanitas" Eucalyptus Oil, 1s. Bottles.

Hospital for Sick Children  
St. Peter's Hospital.  
Evelina Hospital for Sick Children.

London Hospital.  
Charing Cross Hospital.  
St. Thomas's Hospital.  
City Orthopaedic Hospital

F. McNALLY.—Try the effect of a dose of the following medicine taken each night at nine o'clock: Bromide of potassium twenty-five grains, tincture of belladonna eight minims, ammoniated tincture of valerian half a drachm. Water to half an ounce. Keep the bowels regular with a dose each morning of Epsom salts (one teaspoonful), take plenty of exercise out of doors, never sleep on your back, and always rise on first waking, to empty the bladder.

JOHN OLLENDORF.—We do not object to your taking baths with the chill off the first thing in the morning, indeed, we think they would be beneficial. Your diet is evidently at fault in some way. We should advise you to take Frame Food Diet at night time, and light assimilable food during the day, such as boiled fish and corn, &c. Drink plenty of milk in a very convenient shape and form. And, medicinally, we should advise Scott's emulsion of the hypophosphites with cod-liver oil.

ANNA BORA.—Yes, it is curable if not too pronounced. But you must go to a skilled expert, or to a quack association. Internal administration of drugs is of no use whatever. If you like to send stamped addressed envelope we will advise you when to go.

MISERABLE.—What sex are you? How old are you? What is your occupation? It is impossible to answer your letter without the above information.

HOPELESS.—There is nothing about your condition to justify a spirit of hopelessness. You must stop taking large doses of whisky, that is all. Because some people can take large doses it does not follow that all can; you are one of those who cannot. The best thing you can do is to take the medicine we prescribed for you whenever you get an attack, and that will cure you. Avoid all intoxicants, and be careful to keep the bowels freely open. The disease is a purely local one.

SAXONIA.—Probably you are still suffering from the effects of your past drinking habits. That is to say, the liver is affected and you will have to be very careful what you take to eat and drink. Be very careful to keep the bowels freely open by means of palatinoids of cascara sagrada, taken every night at bedtime and followed the next morning, if necessary, by a mild dose of some aperient fruit salts. Your diet should be light and assimilable, consisting chiefly of boiled fish and corn, with green vegetables, and avoidance of pastry, puddings, and all sweets. Take the following medicine: Dilute hydrochloric acid half a drachm, bromide of potassium one drachm, chloroform water to six ounces. Use six parts three times a day immediately after meals.

DUNLOCH.—You appear to be suffering from a chronic condition induced by the original inflammation, and which is not infrequently dependent upon the presence of an erosion in some portion of the passage. It would, therefore, be advisable that the parts should—as you are desirous of marrying shortly—be examined by a specialist. We shall be happy to give you the address of a suitable gentleman on receiving a stamped addressed envelope, with a reminder of your difficulty.

THE GUARANTEED  
PRODUCT OF

## PRIME OX BEEF.

**BOVRIL GIVES STRENGTH.**

And STRENGTH is precisely what is wanted; STRENGTH to resist the insidious approach of the Epidemic; STRENGTH to throw off an attack in its incipient stage; or where, from want of precaution, it has already obtained a firm hold, STRENGTH to carry the patient through it to a speedy convalescence and recovery.

## BOVRIL, LIMITED, FOOD SPECIALISTS, LONDON, E.C.

"The FAMILY DOCTOR a Practical Household Periodical, useful and interesting."—Globe.

FORTIFIES THE  
SYSTEM AGAINST

## INFLUENZA, COLDS, & CHILLS.

DOUGLAS LITHGOW, M.D., LL.D., M.R.C.P., &c., &c.,  
27a, Lowndes Street, S.W., 7th June, 1892.

"With regard to Bovril, I cannot speak too highly, believing as I do, after much experience, that it is superior to any other similar preparation in the market, in point of nutritive value and delicacy of flavouring. I may just add that I prescribed it exclusively during the recent epidemic of influenza, and although I attended over 700 cases of every form of severity, and with every possible complication, I did not lose a single case."



# WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

AN IDEAL BEVERAGE FOR FAMILY  
USE. STRONGLY RECOMMENDED BY  
THE HIGHEST MEDICAL AUTHORITY.

**SEE MEDICAL TESTIMONY  
AND ANALYSIS.**

ORDER TRIAL SAMPLE CASE FROM  
YOUR GROCER OR WINE MERCHANT,

**BE SURE AND OBTAIN WHEATLEY'S,**

OR WRITE DIRECT TO

**WHEATLEY & BATES  
(LIMITED),**

**SHEFFIELD,**

*Who will have pleasure in sending Pamphlets  
and Particulars, post free.*

Seventh Edition 5s., Epitome 1s., post free.

## URINARY DISEASES.

By DAVID JONES, M.D., Surgeon to the Hospital for  
Stone, &c., 10, Dean Street, Soho, London. Diagrams  
illustrating the Removal of Stone without Cutting, and  
Cure of Enlarged Prostate and Stricture by the Spray  
Treatment and Electrolysis, with interesting cases and  
indisputable references.

Apply to Clerk.

## "NO USE TO GO TO CHURCH."

THOMAS LOCKYEAR says—"I was so deaf  
that I could not hear St. Thomas's Bells (a very  
powerful peal), and as to going to Church, it was  
no good at all, for I could not hear a word. After  
using 'Orchard's Cure for Deafness' I was quite  
restored, and last Sunday heard every word at  
Church."

1s. 1½d. per Bottle. Free by post for 14 stamps from  
EDWIN J. ORCHARD, Chemist, SALISBURY.

## CORNS! BUNIONS! NAILS!

And all Diseases of the Feet successfully treated, without  
pain, by MR. GARDNER, 55, REGENT STREET, W. Highest  
surgical testimonials [Sir Wm. Jenner, &c.]. Also testimonials  
from the Prime Minister, Bishop of London, H.R.H. Prince  
Christian, &c. CORN, BUNION, and Chubbain Ointment  
absolutely cures gony and all painful affections of tender feet  
soft corns, stiff and enlarged toes, joints, &c. Post free 15 stamps  
GARDNER'S SOAP, the Best Emollient. Promotes  
healthy action and softness of the skin, also gives great purity  
and delicacy of complexion. 13 stamps.

## FREEMAN'S BATHING SPIRITS,

A never-failing remedy for Rheumatism, Sprains,  
Bruises, Cramp, &c. 1s. 3d. per bottle, post free, duty  
included.

**TIBB'S BRONCHIALINE**, for Irritation and all  
Affections of the Throat. 1s. 3d. and 2s. 9d. per bottle  
Post free, duty included. Free sample on application  
Prepared genuine only by FREDERICK TIBB, 30  
Parkhurst Road, Holloway, London.

## TO THE AFFLICTED.

FOR 38 stamps, a sufficient supply of Lady St. John's Samaritan  
Salve to cure any ordinary cases of Bad Legs, Bad Breasts,  
Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas,  
Burns, Piles, & Skin Diseases.—J. QUEMBY, 324, Wandsworth-road, London. Trial Box, 9 stamps. All Chemists.

S. T. F.—1. Any sore may be syphilitic—when there is the possibility of risk. The question can only be determined after careful examination by a specialist. 2. Until the first point is settled, the second cannot be answered. 3. If there be no syphilis, medicine is unnecessary. If the disease be present, you should lose no time in following up any treatment prescribed. 4. You had better not wait for the development of symptoms.

BERT. HOWE.—We should advise you to go in for a prolonged course of treatment, starting with the medicine here prescribed: tincture of peroxide of iron fifteen drops, sulphate of magnesia twenty grains, solution of strychnia (B.P.) two minims, water to half an ounce. To be taken after each meal. Bathe the parts every day with cold water, and make up your mind to take as much open-air exercise as possible.

A. L. V.—We are not quite certain as to the last of your initials. The condition described may be due to the presence of phosphates, which in their turn may be an indication of several general troubles. You had better give us further details as to your habits, diet, occupation, history, &c., in order to enable us to form something like a diagnosis. Meanwhile take the following mixture before each meal: Dilute hydrochloric acid ten drops, sulphate of magnesia twenty-five grains, bitter infusion of hawthorn one ounce.

ANXIOUS.—Evidently you are a "liverish" subject. Your meals must be very light in character, such as boiled fish and fowl, with green vegetables. Avoid much farinaceous food, such as much potato, bread, porridge, and sweets, pastry, puddings, &c. Take plenty of outdoor exercise and the following medicine: Sulphate of magnesia three drachms, carbonate two drachms, peppermint water to six ounces. One-sixth part thrice daily.

EXCELSIOR.—It is perfectly natural to have this nocturnal coincidence at the rate of about once in ten days or a fortnight. But you appear to us to drink a great deal of stimulating drink, namely cocoa. If the cocoa is really good, to take a dozen cups a day is far too stimulating. Why not water with your dinner? Be very careful to keep the bowels freely open, and if you cannot get a cold bath every morning, you can get a rub down with a wet towel, succeeded by a dry rub. Constipation is a very common cause of nocturnal trouble, so you had better take some cathartics of cascara. You do not require any other medicine, though you might improve upon your hours for meals.

CARAMEL.—1. Certainly not, speaking from a point of view of mere capacity. 2. We fear not. You have probably exhausted the centres for that special form of pleasure, though you may be just as capable of the legitimate form. 3. No. 4. Well, there may be some disappointment if you do not respond. For the discharge, we should recommend, an injection of lime water twice or three times a day, about a pint at a time.

A READER OF THE "F.D."—The cause of this pain is the fact of your pulling a barrow about. You may have had a heavier load than usual, or there may be something else connected with this circumstance. We should advise you to rub the muscles of the chest with some stimulating embrocation, or else have a series of hot baths so as to cause free perspiration. It is only a fatigue of the muscles and nothing to do with the lungs.

II. J. DENNIS.—We cannot give the names of physicians in these columns. You can obtain the boots from Holden Bros., 223, Regent Street, W.

II. SHELTON.—We think it probable that your headache is due to imperfect digestion, aggravated by the bad condition of some of your teeth. We should advise, therefore, to have the teeth attended to at once, and to regulate your diet carefully for the next few months. We can only reply to O.J. Reader. Take also each morning before rising a dose of the following mixture: Sulphate of soda forty grains, sulphate of magnesia twenty grains, tincture of nuxvomica ten drops, peppermint water to one ounce. Write to us again in a few weeks time.

CARRIAGE PAIN.—We are glad the bandaging and dressing suggested in our former reply have given you any considerable relief. It is clear that there is some cause at work other than the ordinary conditions which give rise to the troubles from which you are suffering. You need not fear that were the sores to heal you would suffer from some internal manifestation of the disease. That notion has been long ago exploded, and the author of the article to which you refer is of course responsible for his own opinions, which are not necessarily ours. Take the following medicine: Iodide of potassium five grains, sulphate of soda thirty grains, decoction of sarsaparilla two drachms. Water to half an ounce. Three times a day after meals. Avoid all preserved foods, take fresh fish, fresh meat, fresh poultry, fresh vegetables (especially green stuff), and give up sugar coffee, and all stimulants. Of course you will continue to use the bandage and dressings.

LIONHEART.—You are right. The troubles may be induced and increased by overloading the stomach. The cure as far as that cause is concerned, is to select your diet carefully, to eat your food slowly, and to drink only after every meal is finished. Go on with the medicine for another month, and report again as to your further progress.

MALAIAB.—The complaint appears, from your description, to be that known as physiological acne, but, as you have been to a skin hospital without relief, we should advise you to privately consult a good skin specialist. We will with pleasure give you the name of a physician on receiving from you a stamped and addressed envelope, stating your request, with a reminder of the circumstances of the case.

FRED.—Try the following medicine for a month: Tincture of nuxvomica eight minims, tincture of bark half a drachm, glycerine half a drachm. Water to half an ounce. This may do you some good, but it is possible that you may need to undergo a course of internal electrical treatment with a view to a complete re-education of the nerves.

COX.—You have common sense enough to tell us that you are committing that which must do you an injury of harm, both physically and mentally. We can only advise you to make up your mind to give up the habit at once and finally, for though there are many so-called preventives, to rely upon them must be only a deception and a snare. If you are unable to resist, it is possible that circumlocution may be of service; in default of that, painting the parts occasionally with blistering fluid may help you to overcome the habit.

W. T. EGHAM.—Probably this is not nettle-rash at all, but shingles. She should take quinine. But the best thing you can do is to call in a good doctor.

COIFFEUR.—It is ridiculous to expect us to tell you what will prevent decomposition of your application, unless you tell us what the constituents are. Certain drugs would be effective in one case and not in another, while the addition of a germicide to some preparations might actually alter the whole of the chemical arrangements and affinities of the solution. If, therefore, you wish us to give you the name of a suitable chemical agent, you must first acquaint us with the constitution of the solution which you wish to preserve from putrefaction.

M. KAY.—You do not describe the conditions sufficiently to enable us to decide as to their nature. However, we suppose the troubles are due to the presence of lichen papules and that you are a sufferer from chronic indigestion and rheumatic tendencies. We should advise you to give up coffee, sugar, and stimulants, to eat your food slowly, and take the following mixture three times a day after food: Sulphate of magnesia twenty grains, tincture of nuxvomica five drops, peppermint water to half an ounce. Give up poulticing at once, and apply carbolic ointment to the affected parts.

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver. Purifies the blood and is delightfully refreshing. Through Chemists and Stores.

SPECIAL OFFER.—To prove its efficacy, 1s. 9d. bottle will be sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON

## Proctor's Hemorrhoidal PILE CRYSTAL.

The only remedy known that will absolutely Cure Piles. Thousands of persons have been cured by its aid. It is a perfectly safe and certain remedy, and will certainly cure piles, whether of constitutional tendency or arising from a sedentary habit. Sent to any address post paid for 16 stamps by R. PROCTOR, Chemist to His Grace the Duke of Norfolk, GLOSSOP. Or any Chemist will obtain it from any of the following Wholesale Agents:—London: MEARS, BARCLAY; NEWBURY: SUTTON; LYNCH & CO.; BULMER & CRISP; Liverpool: EVANS & CO.; Manchester: WOOLLEY & CO.; York: W. BLEASDALE & CO.; Edinburgh: INMAN & CO.

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"NATUREFORM" SHOES for CHILDREN  
Prevent and Cure Malformations, Corns, Bunions,  
Ingrowing Nails, Flat Feet, Crooked Toes, &c., &c.

Price from 3s. per pair.

Send old shoe or drawing of foot. Post Orders  
received promptly. Special Terms for  
Quantities, Charities, Institutions, Clubs, &c.  
Send for Price List.

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Send 21s. for Sample Box.

## THE ACID CURE.

A Safe, Simple, Inexpensive, Efficient Family Remedy.  
**RHEUMATISM.**—Mr. Pascal writes: "The Acid  
has cured me of Rheumatism and Sciatica."

**NEURALGIA.**—Mr. Diffeys writes: "The Acid is  
an excellent thing; by it I have cured two  
Travellers of Neuralgia."

BOTTLE ACETIC ACID, 1s. 3d. SPONGE ON HANDLE, 6d.  
Sold by all Chemists and Pat. Med. Vendors. Pamphlet,  
"The Acid Cure" Gratis by 4d. Postal Wrapper.

F. COUTTS & SONS, 6, GT. EASTERN ST., LONDON, E.C.

## A WONDERFUL MEDICINE. Beecham's Pills

ARE universally admitted to be worth a  
Guinea a Box for Bilious and Nervous Disorders,  
such as Wind and Pain in the Stomach, Sick  
Headache, Giddiness, Fulness and Swelling after  
Meals, Dizziness and Drowsiness, Cold Chills, Flushings  
of Heat, Loss of Appetite, Shortness of Breath,  
Costiveness, Sourly and Blisters on the Skin, Disturbed  
Sleep, Frightful Dreams, and all Nervous and  
Trembling Sensations, &c. The first dose will give  
relief in twenty minutes. Every sufferer is earnestly  
invited to try one Box of these Pills and they will be  
acknowledged to be

## WORTH A GUINEA A BOX.

For females of all ages these Pills are invaluable, as  
a few doses of them carry off all humours, and bring  
about all that is required. No female should be without  
them.

For a Weak Stomach, Impaired Digestion, and all  
Disorders of the Liver, they act like magic, and a few  
doses will be found to work wonders on the most  
important organs in the human machine. They  
strengthen the whole muscular system, restore the  
long-lost complexion, bring back the keen edge of  
appetite, and arouse into action with the rosebud of  
health the whole physical energy of the human frame.  
These are FACTS testified continually by members of  
all classes of society, and one of the best guarantees  
to the Nervous and Debilitated is BEECHAM'S PILLS  
have the Largest Sale of any Patent Medicine in the World.

## BEECHAM'S MAGIC COUGH PILLS.

As a remedy for Coughs in general, Asthma, Bronchial  
Affections, Hoarseness, Shortness of Breath,  
Tightness and Oppression of the Chest, Wheezing, &c.,  
these Pills stand unrivalled. They are the best ever  
offered to the public and will speedily remove that  
sense of oppression and difficulty of breathing, which  
nightly deprive the patient of rest. Let any person  
give BEECHAM'S COUGH PILLS a trial, and the  
most violent Cough will in a short time be removed.

Prepared only, and sold Wholesale and Retail, by  
the Proprietor, Thomas Beecham, St. Helena, Lancashire,  
in boxes 9d., 1s. 1½d., and 2s. 9d. each.

Sold by all Druggists and Patent Medicine Dealers  
everywhere.

N.B.—Full directions are given with each box.



# SUNLIGHT SOAP COMPETITIONS.

## 232,000 PRIZES OF BICYCLES, WATCHES, & BOOKS, VALUE £41,904.

The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

Competitors to Save as many "SUNLIGHT" Soap Wrappers as they can collect. Cut off the top portion of each Wrapper—that portion containing the heading "SUNLIGHT SOAP." These (called the "Coupons") are to be sent, enclosed with a sheet of paper on which the Competitor has written his or her full name and address, and the number of coupons sent in, postage paid, to Messrs. Lever Brothers, Limited, Port Sunlight, near Birkenhead, marked on Postal Wrapper (top left-hand corner), with the NUMBER of the DISTRICT Competitor lives in.

No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under—
1	IRELAND.
2	SCOTLAND.
3	MIDDLESEX, KENT, & SURREY
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WORCESTERSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.

The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—

Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Premier Safety Cycle, with Dunlop Pneumatic Tyres, value £20<sup>3</sup> .....

The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. ....

The next 200 Competitors will each receive a Book, published at 5s. ....

The next 300 Competitors will each receive a Book, published at 3s. 6d. ....

The next 400 Competitors will each receive a Book, published at 2s. 6d. ....

The next 500 Competitors will each receive a Book, published at 2s. ....

The next 1,000 Competitors will each receive a Book, published at 1s. ....

### RULES.

I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.

II. Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.

III. A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Half-penny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.

IV. Messrs. Lever Brothers, Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.

\*The Bicycles are the celebrated Helical (Spiral) Tube Premier Cycles (Highest Award World's Fair Chicago, 1893), manufactured by the Premier Cycle Company, Limited, of Coventry, and 14, Holborn Viaduct, London, fitted with Dunlop (1894) Pneumatic Tyres, Salisbury's "Invincible" Lamp, Lamplugh's 405 Saddle, Harrison's Gong, Tool Valise, Pump, &c.

Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.		
£	s.	d.	£	s.	d.
100	0	0	9600	0	0
84	0	0	8064	0	0
50	0	0	4800	0	0
52	10	0	5040	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
			41904	0	0





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**A NERVOUS FEMALE.**—If you are of a costive habit, you should regulate your habit in accordance with your condition. Have the following pills made up: Aloin one grain, extract of belladonna half grain, extract of nuxvomica half grain, to make one pill, to be taken at night when necessary, or you may take palatinoids of cascara sagrada. Take plenty of active out-door exercise, and avoid drinking hot strong tea in any quantity. Take also the following medicine: Sulphate of magnesia three drachms, carbonate of ammonia two drachms, peppermint water to six ounces. One-sixth part three times a day immediately after meals.

**A. M. C.—1.** A soft Turkey towel. Terebene or vinolia soap. **2.** Yes. Five minutes will be sufficient, but the two are not equally invigorating. Water at 60 degs. Fahr. would suit you best. There is no possible objection to your using Tidman's sea salt. **3.** The colour of the bristles is of no consequence. They should be long, firm, but flexible to a certain degree, and should consist only of hog's bristles. **4.** Take more open-air exercise.

**T. W.—Yes;** influenza is distinctly "catching," and you were quite right in declining to undertake the duty.

**C. D. BELL.**—No doubt it all springs from the same cause, but the question is, what is that cause? We can hardly doubt that you are suffering from dropsy, though it may be sub acute-rheumatism. Perhaps it is due to poor blood or to heart disease. Without making an examination we cannot tell. You might go to a really good doctor who will take the trouble to examine you properly and tell you exactly what is the matter with you. It is impossible for us to prescribe medicine for you when we do not know what to prescribe for.

**LAMP-POST.**—1. This is due to nervousness and will disappear with tears and wisdom. **2.** We are unable to give an opinion about this without personal inspection. You may be slightly deformed on one side, or you may not, we cannot tell without seeing.

**ENRAD.**—We only know of absolute abstinence as being perfectly safe. We cannot go at length into the question in this column. We believe that chills and such mechanical measures are harmful.

**OLD READER.**—1. At ninety years of age only the most easily digested foods should be taken; thus, for breakfast cocoana, made with equal parts of milk and water, and taken with dry toast and a little butter. Half an egg beaten up with milk and a teaspoonful or two of brandy may be taken at about eleven o'clock; a little fresh fish or boiled fowl with or without broth or soup for dinner in the middle of the day. Weak tea with plenty of milk and toast at four or five o'clock, and a basin of beef-tea or mutton broth, with a little weak spirits and water to follow as the evening meal. Some nourishment, such as jelly or beef-tea, should also be taken once or twice during the night. **2.** Ten drops of aromatic spirits of ammonia, twenty drops of glycerine, with twenty drops of tincture of bark in half an ounce of water, may be taken two or three times a day between meals. **3.** No; you had better leave well alone.

**MARITUS.**—The hemorrhage is associated with the climacteric period (change), and is beneficial so long as it is not too great. As there has already been hemorrhage into one of the eyes, it would probably be unwise to interfere with Nature's method of overcoming the general congestion, and still more so, to so increase the congestion by suggesting that the patient should take stimulants. We do not attribute the loss of blood to the fall of twenty years ago. (five) the patient the following mixture at eleven a.m. and four p.m. daily: Dilute sulphuric acid ten minims, sulphate of magnesia forty grains, sulphate of quinine two grains, tincture of cardamoms half a drachm. Water to half an ounce.

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THE BLOOD being the source from which our systems are built up, and from which we derive our mental as well as our physical capabilities, it is important that it should be kept pure. If it contains vile festering poisons all organic functions are weakened thereby, and settling upon important organs, such as the lungs, liver, or kidneys, the effect is most disastrous. Hence it behoves everyone to keep his or her blood in a perfectly healthy condition. No matter what the symptoms may be, the real cause of a large proportion of all diseases is bad blood.

SKIN DISEASES, Eruptions, Blotches, Spots. Pimples, Pustules, Boils, Carbuncles, Ringworms, Sore Eyes, Erysipelas, Scuffs, Discolouration of the Skin, Humours and Diseases of the Blood and Skin, of whatever name or nature, are literally carried out of the system in a short time by the use of this world-famed medicine.

IMPORTANT ADVICE TO ALL.—Cleanse the vitiated blood whenever you find its impurities bursting through the skin in pimples, eruptions, and sores; cleanse it when you find it is obstructed and sluggish in the veins; cleanse it when it is foul—your feelings will tell you when. Keep your blood pure, and the health of the system will follow.

CAUTION.—Purchasers of Clarke's Blood Mixture should see that they get the genuine article. Worthless imitations and substitutes are sometimes palmed off by unprincipled vendors. The words "Lincoln and Midland Counties Drug Company, Lincoln, England," are engraved on the Government Stamp, and "Clarke's World-famed Blood Mixture," blown in the bottle, WITHOUT WHICH NONE ARE GENUINE.

"Marl Hill, Chalford, May 10, 1893.

"My wife had abscesses on the leg, caused in the first place by a blow which brought on the first abscess, after which they kept on coming until she had ten. She tried almost everything she could think or hear tell of, but without receiving any benefit, when a friend advised her to try Clarke's Blood Mixture, which she did, and after taking four 2s. 9d. bottles her leg got quite well, and it has never broken out since. My wife has very great faith in it, and is truly thankful that there is such a thing as Clarke's Blood Mixture.—I am, dear Sir, yours respectfully,

GEORGE STRATFORD.

"P.S.—It was my wife's wonderful cure that induced me to try it for myself."

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No. 464.—VOL. XVIII. SATURDAY, JANUARY 20, 1894. PRICE ONE PENNY.

**DISEASES OF THE EAR.**  
**By a SURGEON.**

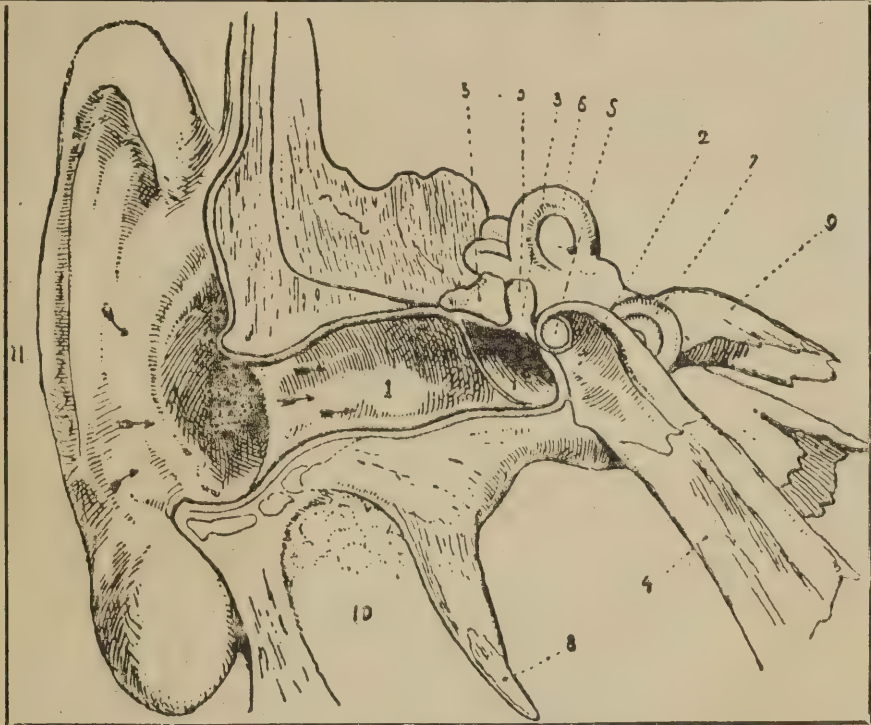


FIG. 4.—A SECTION OF THE INTERNAL EAR.

1. The outer chamber. 2. The inner chamber. 3. The drum. 4. The eustachian tube.  
5. The small bones, or levers. 6. The semicircular passages. 7. The cochlea.  
8. The styloid process of the temporal bone. 9. End of temporal bone.  
10. Parotid gland. 11. Pinna of the ear.

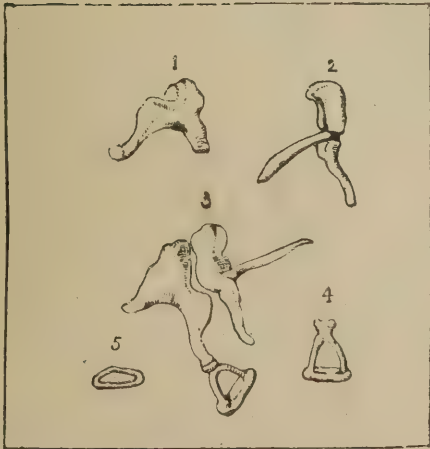


FIG. 5.—SMALL BONES OF THE EAR,

1. Incus. 2. Malleus. 3. Bones in position. 4. Stapes. 5. Os orbicularis.

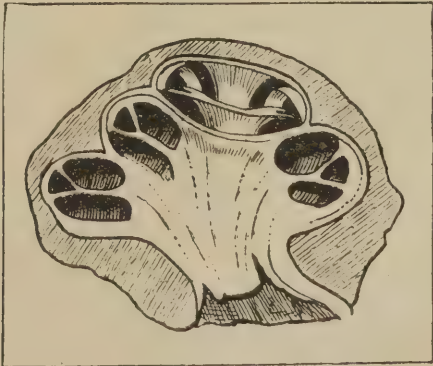


FIG. 6.—A SECTION OF THE COCHLEA SHOWING THE DIVISION OF THE CHAMBERS.

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SATURDAY, JANUARY 20, 1894.

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## CONTENTS.

PAGE.	PAGE
Diseases of the Ear .. .. .	321
(Illustrated) .. .. .	321
Editorials .. .. .	322
Diseases of the Ear .. .. .	323
Insect Stories from .. .. .	323
India .. .. .	323
Platonic Affection .. .. .	324
Old Age as a Law of .. .. .	324
Nature .. .. .	324
Sanitary Laws .. .. .	325
A Carlishad Idyll .. .. .	325
Recipes for the Table .. .. .	326
Hints for the House- .. .. .	326
hold .. .. .	326
The Mother's Page .. .. .	327
Use of Perfumes .. .. .	327
Water .. .. .	328
Veils, a Danger to .. .. .	328
Eyes .. .. .	328
Charges against Hos- .. .. .	328
pitals .. .. .	328
Food .. .. .	328
Medical and Other .. .. .	329
News .. .. .	329
Tales Worth Telling: .. .. .	329
"A Vial of Wrath" .. .. .	329
Protective Inocula- .. .. .	330
tion and Preventive .. .. .	330
Medicine .. .. .	330
Our Open Column .. .. .	330
Notes & Queries .. .. .	331
Answers to Corre- .. .. .	331
spondents .. .. .	331
&c., &c., &c.	

## EDITORIALS.

**HOW TO PREVENT DIPHTHERIA.**—A scientific paper recently gave this prescription, which everybody should remember: At the first indication of diphtheria in the throat of a child make the room close, then take a tin cup and pour into it a quantity of tar and turpentine, equal parts, then hold the cup over a fire so as to fill the room with the fumes. The patient on inhaling the fumes will cough and spit out the membranous matter, and the diphtheria will pass off.

In cases of illness, where the burning thirst of the patient cannot be assuaged by water or cracked ice, it is said that a teaspoonful of glycerine will afford prompt and comparatively long relief.

**ARTIFICIAL EYES.**—The manufacture of artificial eyes is essentially a recent industry, and it is not generally known that we are indebted for their production to a district in Thuringia, where the whole population—husbands, wives, and children—work together at the business. It is remarkable that though these German villagers work by hand, "no artificial eye has its exact fellow, either in size or colour, in the whole world." None of us can be too thankful for good eyesight; but when accident or disease makes necessary the loss of an eyeball, it is a relief, at least to all one's friends, to be able to replace it with such wonderful approximation in appearance as these simple glass-blowers are able to produce.

**ASTOUNDING!**—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the precise words, "they are worth a guinea a pill." For Diarrhoea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. 1s. 1½d., 2s. 9d., 4s. 6d., all chemists; direct, W. LOCKING & SON, Leeds (late Hull).—Advt.

**AS A SIGN OF DEATH.**—A contemporary states that, if a needle be inserted into the skin of the supposed corpse and withdrawn, the hole will remain entire if the patient be really dead. But if the patient lives, the skin will close up, and the hole disappear.

**AN ordinary man exhales every day one pound of carbonate oxide.**

**AN adult perspires twenty-eight ounces in twenty-four hours.**

**AMERICAN PROCESS OF MANUFACTURING DIMPLES.**—The operator—a successful dermatologist—employs electricity principally, and can produce the coveted beauty of any size and depth. The chin seems to be the favoured spot for the operation, because the artificial dimple is immovable, and the cheek dimple owes half its charm to its evanescence. One way of producing them is to insert a vulcanised needle under the skin; this destroys the tissue with which it comes in contact. Wrinkles are attributed by this experienced complexionist, not only to worry, ill-health, overwork, but also to the modern fad of the steam bath, which decreases the bulk of the superficial layers of the skin, and attenuates the second. The most common palliative is electricity.

**VACCINATION IN ANCIENT TIMES.**—Dr. Pringle not long since brought before the Epidemiological Society a passage which he had extracted from an ancient Hindu work, which, he says, proves that vaccination was known and practised in India centuries before the birth of Jenner. "The small-pox produced from the udder of the cow will be the same mild nature as the original disease . . . the pock should be of good colour, filled with clear liquid, and surrounded by a circle of red. . . . There will be only a slight fever of one, two, or three days, but no fear need be entertained of small-pox so long as life endures." Other passages are quoted from the same work. This is certainly very curious, but we should like to feel assured that the said "ancient Hindu work" is not a forgery, but really a genuine article. There have been so many examples of late years of clever forgeries that have deceived even scientific men, that one must be on one's guard in accepting historical documents of this description.

**THE ART OF NOT HEARING.**—A kind of discreet deafness saves one from many insults and much blame, therefore the art of not hearing should be learned by all. It is quite as important to domestic happiness as a cultivated ear, for which so much money and time are expended. There are so many things which it is painful to hear, many which we ought not to hear, very many which, if heard, would disturb the temper, corrupt simplicity and modesty, detract from contentment and happiness, that everyone should be educated to take in or shut out sounds, according to his pleasure. If a hot and restless friend begins to inflame our feelings, we should consider what mischief those fiery sparks may do in our magazine below, where our temper is kept, and instantly close the door. It has been remarked that if all the petty things said of one by heedless or ill-natured idlers were to be brought home to him he would become a mere walking pincushion stuck full of sharp remarks.

**THE HANDS.**—A beautiful hand is a source of pleasure to the possessor and the observer, therefore it is well to know how to care for them. Pure white soap and a rubber flesh glove are the very best means of cleansing them, and the art of manicure will produce rosy finger-tips and sea-shell nails if Nature has been stingy in providing them. Wise mothers think of the nails when girls are growing, and if attended to by a professional manicure at

stated intervals, will well reward their care. Children should not be allowed to bite their nails, as it spoils the symmetry and retards their proper growth, and it is a very difficult habit to conquer as time goes on. Manicures protest against brushes and knives for cleaning the nails; but nothing answers the purpose so well as a rubber nail brush, and an orange stick, which does not splinter, and can be run under the nail close to the flesh without injury. There is nothing equal to the hand for polishing the nails, though it is well before doing this to rub them briskly with a polisher slightly powdered.

**SOME EXCELLENT RULES TO FOLLOW IN THE CARE OF TEETH.**—Use a soft brush and water the temperature of the mouth. Brush the teeth up and down in the morning, before going to bed, and after eating, whether it is three or six times a day. Use a good tooth powder twice a week, not oftener, except in cases of sickness, when the acids from a disordered stomach are apt to have an unwholesome effect upon the dentine. Avoid all tooth pastes and dentifrices that foam in the mouth; the latter is a sure sign of soap, and soap injures the gums, without in any way cleansing the teeth. The very best powder is of precipitated chalk; it is absolutely harmless and will clean the enamel without affecting the gums. Orris root added gives a pleasant flavour, but in no way improves the chalk. At least a quart of tepid water should be used in rinsing the mouth. Coarse, hard brushes and scapy dentifrices cause the gums to recede, leaving the dentine exposed. Use a quill pick if necessary after eating, but a piece of waxed floss is better. These rules are worth heeding.

**BOILED MILK.**—From a very large number of observations and tests in various institutions and in private practice, and from various sources, the following conclusions as to the relative digestibility of boiled and unboiled milk, in the human stomach, seems to be quite well established:—1. Boiled milk leaves the healthy stomach more rapidly than an equal quantity of unboiled milk. 2. The digestion of boiled milk is more rapidly accomplished than that of unboiled milk. 3. The coagulation of unboiled milk in the stomach is completed in five minutes. 4. The coagulation is caused by the acid of the gastric juice, and by the influence of a special ferment (milk-curdling ferment). 5. The acidity of the gastric juice is at first due almost solely to lactic acid, and later, in the process of digestion, to the presence of hydrochloric acid. 6. Hydrochloric acid first appears in perceptible amount forty-five minutes after the indigestion of half a pint of milk. 7. For the first hour and a quarter after the ingestion of milk the acidity gradually increases, and then decreases until the milk has entirely left the stomach. 8. The curds of casein in the digestion of boiled milk are much softer than in the case of uncooked milk.

**FARMING.**—The glory of the farmer is that, in the division of labours, it is his part to create. All trade rests at last on his primitive activity. He stands close to Nature; he obtains from the earth the bread and the meat. The food which was not he causes to be. The first farmer was the first man, and all historic nobility rests on possession and use of land. Men do not like hard work, but every man has an exceptional respect for tillage, and a feeling that this is the original calling of his race, and that he himself is only excused from it by some circumstance which made him delegate it for a time to other hands. If he have not some skill which recommends him to the farmer, some product for which the farmer will give him corn, he must himself return into his place among the planters. And the profession has in all eyes its ancient charm, as standing nearest to God—the First Cause.—Emerson.

"IF YOU CANNOT SLEEP" because you have a cough or tickling in your throat, use the unrivalled remedy KEATING'S COUGH LOZENGES, one alone affords relief—well called "sweet relief"—in cases of cough, asthma, bronchitis. Sold everywhere in tins, 1½d. each; free on receipt of stamps. Thos. Keating, Chemist, London.—[ADVT.]

TO TOBACCONISTS (commencing).—Illustr. Guide, 250 pages, "Post Free." How to Commence. 420 to 1400. Tobacco-ists' Outfitting Co., 16, Euston Rd., London. Manager: Hy. Myers. Est. 1865. Size 10 "Cleveland Cigarettes."—Advt.



[SPECIAL ARTICLE.]

## DISEASES OF THE EAR.

BY A SURGEON.

(See Frontispiece.)

## PART II.

HAVING made up our minds to explore the innermost recesses of the ear, we start from the outside, and enter cautiously the external opening (1), which leads into a sort of long chamber, completely closed at the further end by a membranous curtain drawn tightly across, and secured firmly all round, so that there is no possible opening or means of passing through.

This membrane (3) is known as the drum of the ear, or tympanum, and is that against which the atmospheric vibrations beat. This curtain does not hang quite vertically, but slopes from the top towards the interior for a purpose that will be seen directly.

By looking at the diagram, No. 4, we see that, instead of this curtain being the end of the chamber, it is but a screen drawn across an extensive chamber (1, 2), which marks the entrance to a long, narrow passage that communicates with the throat; so that if there were no tympanum a passage would exist from the outside ear to the throat, somewhere behind the uvula and palate, and a smoker might then as easily expel smoke through his ears as through his mouth or nostrils; but as long as the drum is there and sound, such a feat is an absolute impossibility. So we determine boldly to pierce this curtain and enter the inner chamber. Ah, now we see something of the machinery! And now we can see that it is not the *sound* of the drum that gives the sense of hearing, but a still more complicated arrangement.

You must remember that we are in the midst of a bony cavern now, having ventured through the curtain, and entered the inner chamber of the ear, that leads from its very bottom down that long slanting tube to the throat.

Now, as the slant of the curtain is continuous with the flooring of the slanting passage, we must not pass through, or we shall to a certainty glide down into what may be styled oblivion, for if once we passed into the throat we should soon be down the gullet and into the stomach to be digested; so we content ourselves with enlarging the opening, and thrusting our heads quite through.

Above we see a little arrangement of bony levers, as shown at Fig. 3, which rejoice in the name of "hammer," "anvil," and "stirrup." The hammer is seen driving head foremost into the top of the hollowed-out anvil, and at the end of one leg of the anvil is the stirrup. The handle of the hammer is fastened in such a way that it rests against the tympanum or drum, and thus, being moved by the vibrations of the drum, communicates them to the anvil, and the anvil moves the stirrup to rattle and shake another membrane with which it is in communication, stretched across an opening on the other side, opposite the curtain through which we are looking.

If we could manage to get at that membrane, and penetrate that as we have done the drum, we should be deluged with water, for it is the closed opening of a labyrinth of passages that are flooded like the roads of a deserted coal mine; but in this instance it is for a purpose, and not a mere matter of accident or misuse.

Retracing our steps for a moment before opening that membrane, as if for the purpose of fetching a long-handled piercer, we notice that the very entrance to the ear is guarded by a *cheveu de frise* of bristling hair, and that the walls and floor of the first chamber are sticky with a waxy secretion that sometimes accumulates into lumps and has to be washed

away or the passage will be entirely blocked, and deafness ensue.

This "cerumen," as it is fancifully styled, appears to be useful to prevent insects getting into the inner ear, or from buzzing up against the tympanum; but as insects are very rarely found adhering to it, we think there must be some other use not yet clearly explained. Fancy a person's ears running with wax to form a sort of "catch-'em-alive-oh" for insects! Besides, those that were caught would have to stop there until they were removed, which would be almost worse than letting them fly in and fly out. That the portcullis of bristles may be useful to keep insects out cannot be doubted, just as much as the lashes of the eye, but the protection is not perfect in either case, and in the ear sometimes does not exist at all.

Having once more traversed the external or first chamber with its sticky sides, and once more passed our heads through the membranous curtain, we are somewhat surprised at first to find that the chamber on the other side is well supplied with air, but, upon consideration, we remember that it is in communication with the throat, and obtains its air from that channel. And then we acknowledge that it is a wonderful provision of Nature, for if the drum were not stretched across a passage it would not receive the vibrations, and if there were not air on both sides it would not vibrate either.

If we penetrate the membrane on the other side, we must wait till the rush of water has subsided and drained out. Now, by a long step across the opening of the eustachian tube, we enter a slippery, slimy, vestibule, damp from recent moisture, and hanging in every direction with weed-like shreds, which hang limp and flaccid now the water has gone. These shreds are not weeds, however, but nervous fibrillæ that are waiting to be agitated by the moving about of the water in which they float. When they are irritated by movement they refer the same to the bodies of the nerves of which they form a part, and these nerves convey the sensation to the brain.

When the water moves quickly or slowly, the sensation is either quick or slow—that is to say, loud or quiet; and the value of the note is in accord with the rapidity of the vibrations of the drum.

The air beats on the drum then, the drum vibrates and shakes the bony levers, and they shake the membrane that communicates with the nerve fibres that extend throughout the vestibule where the fluid was.

Entering into this vestibule other openings are visible, one going quickly into a winding passage, exactly like the shell of a snail; the other openings lead to long passages that come back again into the vestibule from which they started.

All these passages, which give a great extent in a small compass, are lined with a membrane, and the snail-like passage is divided into halves, thus giving an extra floor for the arrangement of sensitive nerve fibres.

Amongst this inner part of the ear, termed the cochlea, and the semi-circular passages—all hollowed out of the solid temporal bone, remember—are to be found what are termed "otoliths," which are little stones formed of lime, that are supposed to roll about and irritate the nerve fibres more severely; but when those nerve fibres are irritated, how comes it that the mind receives the sensation of sound, can hear music and voices, and retain a recollection of that which has been heard—to reproduce it with exactitude upon a future occasion?

We have taken our readers as far as the mechanical part of hearing is concerned; but beyond that we cannot instruct. What the sensation of sound may be, or what its effect upon the brain, as conveyed by nervous threads, is a matter that we cannot, and, possibly, never may be able to explain.

## INSECT STORIES FROM INDIA.

SOME interesting stories of insect life are contributed to the *Times of India*. The writer says:—I have just been watching a burrowing wasp at work, a sight quite as full of instruction for the sluggard as any ant. She was rather a beauty in her way, light and graceful in figure, and of a glossy black colour, with a very effective bit of red on the tail, or what entomologists call the terminal segments of the abdomen. When I first saw her she was digging into a soft bit of ground much as a dog digs into a rat's hole, making the earth fly behind her with her forepaws. Now and then she would stop and carry away a troublesome stone in her mouth and then begin digging again. When she had made a little shallow pit, she ceased, and going to a little distance, began to drag down the body of a large villanous-looking spider, which she must have killed and put there. The spider was lowered into the pit, and then the wasp pressed her sting into its body several times. Then she rammed it well down into the pit, and turning round, set to work to shovel in the earth that she had taken out. In a few seconds the grave was full, but the wasp continued for such a long time running backwards and forwards and tossing the earth about with her feet in an aimless sort of way that I lost patience and left. No doubt, she was trying to obliterate the traces of her work lest an enemy, some insect hyæna, might come that way and dig out her spider. What strikes one more than anything else when watching these burrowing, or mud building, wasps is the ferocious haste with which they work.

Here is a story from Kurrachee:—A little wasp, or ichneumon, had been out shikarring and had bagged a fat spider, which she was laboriously dragging across the door mat when I saw her. Her nest was evidently somewhere about the top of the door, and as her prize was too heavy for her to fly with, she had decided to take it up by way of the door-post. Even this was no easy task. Her propelling engines consisted of six feet and four wings, and she worked them all at high pressure, but made very slow speed. When she had buzzed and scrambled her painful way up to very near the top of the post, her foot slipped, and down she came headlong to the ground. But she had the spirit of Robert Bruce's spider. She picked herself up and started again with determination in her countenance. This time she had scarcely got half way up when she lost her hold and came down to the ground once more. There was evidently no strength left in her now. She was thoroughly done. She looked round for a second. It was a hot morning, and the sun shone full in at the door. She left her spider, and going to the middle of the doormat, stretched herself out at full length and went to sleep. After violent exertion we talk of sitting down to get cool. A wasp evidently requires to get warm. It has spent its little stock of fuel, and the fire of life burns low.

It is a very curious thing that, though Indian ants are very much in advance of their European relations in the arts of husbandry, harvesting grain, and keeping cattle, neither Mr. Wroughton nor any of his many correspondents have come upon any traces of slavery among them. Mr. Wroughton believes that they are "above anything of the sort," but it is perhaps too soon to say this, for we really know very little yet of the home life of Indian ants. In Europe, as is well known, there are ants of more than one species which are as bad as the Arabs in Africa. They make regular raids on the nests of other kinds, and kidnap the children, which they carry home and bring up as slaves. They appear to treat them kindly afterwards. At any rate the slaves show no desire to escape, but work industriously for their masters, taking the tenderest care of their offspring, and doing all the domestic drudgery of the nest. It seems strange, but you must remember that the idea of personal liberty and personal rights has no place in the mind of an ant. Duty to queen and country is her ruling passion, and she works and lives, or dies, if need be, for the common weal. And these slaves, captured in the very cradle, have no knowledge of any queen or country except those of their masters.

"FOR THE BLOOD IS THE LIFE."—CLARKE'S WORLD-FAMED BLOOD MIXTURE is warranted to cleanse the blood from all impurities from whatever cause arising. For Scrofula, Scourvy, Eczema, Skin, and Blood Diseases, its effects are marvellous. Thousands of testimonials from all parts. In Bottles 2s. 9d., and in cases containing 6 times the quantity 11s. each, of all chemists. Send for 33 or 132 stamps, by the Lincoln and Midland Counties Drug Co., Lincoln.—[ADVT.]

MAGIC!—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glickon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893, "Glickon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d., ls. 14d., all chemists; direct W. LOCKING & SON, Leeds (late Hull).—Advt.



## PLATONIC AFFECTION.

PLATONIC affection! What a theme for the nineteenth century. We, the knowing ones of the earth, smile at it, scoff at it, jeer at it under our breaths, and treat it as the ravings of the unsophisticated, the ebullient folly of youth. It savours too much, for our "all awake" fancies and feelings, of the middle and dark ages. Yet who knows? If we would acknowledge it to ourselves, have not some of us an inward consciousness that perhaps in this hurrying, scurrying world of ours, even in this our time, there are "Dobbins," men and women too, willing to sacrifice themselves, thoughts, feelings, and, aye! their very bodies for some dear one, dearer to them than life itself, whom they love with a great love, "surpassing the love of woman." We cannot tell! "Amelias" we have met in plenty, but the faithful "Dobbins," too often pass unnoticed and unsuspected.

Platonic affection! What a speculation it is! It is so hard to tell where it ends and another love (not Platonic) begins. It has been said that Platonic love can only rise Phoenix-like from the ashes of a dead love; or, taking another view, it is only the birth of another less pure and more passionate feeling. It is beyond us, above us, although we fain would feel and believe it is around us.

Its origin is easily found if we do but care to seek it among the many offshoots of Christianity—namely, "Chivalry"; thus showing how closely, without any concurrence, or even knowledge of the original promoter, social and religious reforms and movements may work together for good. However, chivalry soon left its foster parent; developed, like many another wilful child, a spirit of its own, which showed in opposition and antagonism to lawful discipline, and became an unruly member of things ecclesiastical.

Woman, and woman alone, was at the root of the earliest evil. They, trodden down, hated by the mediæval Church, soon touched the heart of man, and having found woman a necessary evil, set about, first, pitying her with that pity akin to love, fondly investing her with all the attributes of an angel, succeeded in firing himself with a heroic, and, in our language, chivalrous idea of rescuing her from a position little better than slavery, and crowning her with honour, glory, and might.

Naturally, there were some unpleasantnesses to be met with, some, if not a good many, difficulties to be conquered and done away with, but doubtless these lent but zest to the conflicts, and added leaves to the laurels of the victors.

Naturally too, although doubtless in the first case it was undertaken to redress the wrongs of "woman" as a body and as an abstract, we cannot help suspecting individual cases were more frequent, and personal charms pleaded not a little with those who were only too ready to be up and doing in the "good cause." Alas, for the plain ones of the earth!

In our ears, unfortunately, the word has erroneous associations. We, when we hear it lightly spoken of, or use it in even its best and purest form ourselves, do not think of the important part "Platonic love" has played in the shaping of our ends and desires; speaking, of course, not individually, for few of us can boast of being either the recipient or donor of that inestimable gift; not, for instance, in the love of the ancient Greeks for the beautiful; they worshipped the beautiful in every form. To them was given the art of beautifying and the art of creation. Their sculptors, in the early days, did what has never been done since for art. To them we are indebted for idyllic conceptions of the beautiful, the divine, so different from the extraordinary monstrosities produced by the Egyptians and Babylonians, whose idea of divine beauty was nothing but grotesque ugliness.

We cannot pretend that passion was not blended with Plato's love, although he began

with very wonderful, pure ideas concerning beauty; divested of substance, knowing neither form, sex, or decay.

It was not practical, and could never have been considered more than an abstract principle, or taken any place in modern sociology. It certainly never influenced the course of Greek drama, life, or poetry of those days. Chivalry could only follow him to the veneration of woman, and then fell to pieces, only to be revived in the writings of Dante and Petrarch, who, taking woman for their theme, raved over Beatrice and Laura; the one, luckily for Dante, dying young, and as she never became his wife and mistress, left him only a beautiful memory to rave over, and no cruel hand ever dispelled his illusions.

Petrarch was not so happy in his ideal. She did not die young, and drifted away from him only to become the wife of another man, and the mother of someone else's children; but he says of Laura, in his life: "The beauty of Laura was pure, and I owe everything to her. She has caused to blossom all that was best and good in my life, and has preserved my life from the deep stains of youth, and given me the impulse to soar higher."

As an exponent of unsensual or, as we should say Platonic love, he struck a note that still vibrates in most of our modern literature.

Of course now times are very, very different, and when one hears the cry that "Platonic love" does not, and can no longer exist, who is to blame? Is it not society that sneers at it, and would make all men believe it is but a cloak, a delusion, and a snare? or is it "necessity" that has compelled woman to be so different, and made them take a more active part in the everyday world?

If women complain, and the complaint is common enough, that the "days of chivalry" are dead, passed, and gone, must they not acknowledge the fault (if it be a fault) must lie a little with themselves?

In the old days "The Ladye" stayed at home, had many admirers. The favoured cavalier knelt before her, swore eternal homage and protection, received at her hands a ring and oftentimes a kiss in token and recognition of his services performed, or to be performed, on her behalf.

While the knight was away, she, according to most old traditions, weaved his history, his wars, his victories into her tapestries, sang his valourous deeds in her songs, whispered his name in her vespers.

Now, imagine a nineteenth century young woman doing all this!

Women must remember they have lost their title to be one of those maidens of old. They have usurped in the world men's places. They are in the world no longer as unprotected love-lorn maidens and wives, but they are doctors, clerks, business women, journalists, editors, teachers, and employed with men as their equals.

An old-fashion essence of chivalry, unknown often to themselves, obliges men to make way for a woman—to give her an inside place in the omnibus or tramcar, to pick up her fan or handkerchief, and woman must be contented with such crumbs. Remember, they ride in these days in "bansoms," outside a bus, go to the City alone, take their own tickets and travel without a maid; they have invaded the tennis courts, the river, the cricket-field, they wear men's shirts, men's hats, men's blazers, and affect men's cigarettes and tobacco. Well, for all this they must pay, and the price is the forfeit of the chivalry, and a little of the respect of men.

Imagine a man kneeling down and offering homage and swearing fidelity to a tie-and-scarf-pinned, cigarette-smoking young lady. Doubtless she would answer him not in the sweet "aye and nay" of times gone by, but in chaff and slight slang, more appropriate to our own age, and not be considered unfeminine or unladylike.

"Times are changed and we must change with the times." 'Tis time, but with all the changes, do not let us deny, to men and women alike, a sentiment that may brighten a weary lot, or gloss over a hard day's work. It is a cruel world that forbids to man or woman "a friend." Why should not a woman exchange and enjoy the exchange of ideas with a man of

her own class? Is there no such thing as friendship? Must all such interchange of ideas need have an undercurrent of sentiment about them? Surely if the world were less eager and ready to impute evil where no evil lies, more good would come of it. "Platonic affection" would be better understood, and less veiled laughter and sneers would help a man and woman, and make better Christians of them, than the cruel thought that every friendship must be evil.

There is liberty of action and freedom of thought in these days; perhaps too much, but intercourse between men and women, especially young men, cannot be too highly praised and aided, for it may and must tend to better things—ideas, purer motives and instincts, and the world, old as it is, would find that there is a charm and truth now perhaps unknown in the beauty and purity of Platonic affection.—*Pioneer of Fashion.*

## OLD AGE AS A LAW OF NATURE.

IN orderly coincidence with the close of the late year's existence, a statistical report of existing centenarians who have lived in or died with it has just been published in the pages of a contemporary. It includes altogether thirty-three persons, the eldest, a woman, being aged 116. What is unusual, the number of males is in excess of that of females. Unfortunately the report affords us no information as to the habits or other personal characteristics of these old people. It is true that we are not without information, and that of a scientific and accurate kind, derived from other sources, and this is of considerable interest.

In a study of the life history of the aged nothing strikes one more forcibly than the fact that life, in its latest period, presents itself very much as a state in which vital functions—enfeebled, indeed, though not always greatly so, or even in an irksome degree—continue in active exercise under normal conditions. It is, in fact, the close and crown of a state of existence conducted throughout in regularity and moderation. Appetite, as a rule, has been good and has been indulged within reasonable limits. There seems to be little to choose between temperance and total abstinence in the matter of alcohol, though excess but rarely wins the reward of longevity.

If in any direction it is allowable for competitors in the race of life to dispense with self-control, it would appear that they may to a great extent use this liberty with respect to physical and mental exertion. Nature has made large allowance for the inevitable necessity of labour, and has even practically in some cases sanctioned an overstrain of energy provided that due care be taken to conserve the vital powers by temperance in other things. The life thus orderly lived usually ends as orderly, faculties, comfort, and even enjoyment continuing till, as if grown weary, it accepts a timely and final repose in the sleep of ages.—*Lancet.*

BENGALISE SUPERSTITIONS.—Among the Bengalese it is said that shouting the name of the king of birds (garunda) drives away snakes. Shouting "Ram! Ram!" drives away ghosts. The cholera that attacks on Monday or Saturday always proves fatal; cholera that attacks on Thursday never ends fatally. The flowering of the bamboo means famine. In fanning, if the fan strikes the body it should be instant y knocked three times against the ground. When giving alms the giver and receiver should both be on the same side of the threshold. It is bad to pick one's teeth with the nails. If a snake be killed it should immediately be burned, for all serpents that are so unwise as to permit of having their lives taken are inhabited by the souls of Brahmins, which hope thus to escape and work mischief. The words "snake" and "tiger" should never be used after nightfall. Call them "creepers" and insects." Never awaken a sleeping physician. Morning dreams always come true.

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour.      Renews the Growth.  
Arrests the Fall.      Cleanses the Scalp.  
—ADV'T.

A SPOTLESS COMPLEXION.—Sulpholine Lotion clears off Pimples, Blemishes, Irritating Objectionable Appearances, Redness, Uncomfortable Skin Disfigurements, leaving a beautiful skin. Shilling Bottles of Sulpholine everywhere.—[ADV'T.]



## SANITARY LAWS.

By PROFESSOR A. WYNTER BLYTH.

[Extracted from a Paper recently read before the Church of England Sanitary Association.]

(Continued from page 314).

THE disposal of sewage and the provision of pure water supplies are intimately connected together, for the simple reason that were it not for sewage pollution ninety-nine out of a hundred sources of water would be fit for domestic use. With regard to powers for providing sewers and for the disposal of sewage, any unprejudiced person who studies the statutes bearing upon the question will consider that ample power has been given in this respect, and that if in any district a sewer is required and has not been provided, or that the drinking water is generally polluted, the fault is assuredly not in the law, but in those whose duty it is to see that its provisions are carried out. So, again, as to the pollution of rivers. Local authorities have long had, irrespective of the much-abused Rivers Pollution Act, quite sufficient power to preserve streams from pollution if they had only a tempted with a will to enforce such powers. By sec. 69 of the Public Health Act, 1875, any local authority, with the sanction of the Attorney-General, may take proceedings in Chancery by indictment for the purpose of protecting any watercourse within their jurisdiction. Further than this, there is little doubt but that a stream might be purified by taking each pollution on its merits as a nuisance; and if taken as a nuisance in the larger sense, or as a whole, use may be made of sec. 225 of the Public Health Act, 1875, a section apparently universally overlooked by sanitary authorities. That section gives power to proceed with regard to nuisance wholly or partially caused by two or more persons. Any one or more of those persons may be prohibited from continuing any acts or defaults which, in the opinion of such Court, contribute to such nuisance, or may be fined or otherwise punished, notwithstanding that the acts or defaults of any one of such persons would not separately have caused a nuisance. Supposing a stream is polluted successively by the drainage of a single cottage, a farm-house, a hamlet, or a village. Although the drainage of the cottage may, considering the volume of the stream into which it flows, be trifling, and the pollution in point of magnitude in no way comparable to that contributed by the village, a sanitary authority can proceed against the cottage first or at the same time as against the other offenders. Partly by the apathy of the authorities, partly from the inherent difficulties of the subject, and in great part from the defects of the statute, the Rivers Pollution Act has not been a success. Recent legislation, it will be remembered, without taking away the power of the local authority to avail themselves of the act, conferred the same powers on county councils, and some of the county councils have endeavoured to purify the streams and rivers from pollution.

Let us now glance at the state and efficiency of the law with regard to the measures passed with the intention of directly combating disease. Extra Metropolitan districts may be divided into districts in which neither the Notification nor the Prevention of Infectious Diseases Acts are in force, and districts in which one or both of those acts have been adopted. In the first case the powers possible to put in force are mainly those conferred by the Public Health Act, 1875, and comprise cleansing, disinfection, provision against exposure of the living infectious persons, provisions for the purpose of ensuring that rooms let for hire are first made safe and free from infection, special powers to cope with unusual or extraordinary epidemics possessed by the Local Government Board, special regulations with regard to milk and dairies, the establishment of hospitals, and the conveyance and burial of the dead.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1d., and 2s. 9d. (the latter contain three times the quantity of all Chemists. Sent anywhere on receipt of 13 or 24 stamps by the Maker. E. T. TOWLE, Chemist Nottingham. Beware of imitations, injurious and worthless.—[ADVT.]

First, with regard to cleansing and disinfection. The law outside the Metropolis is defective in not compelling every local authority to provide means of efficient disinfection. There are still a large number of important districts without any disinfection chamber, and in which the whole process is a farce. A legal notice to cleanse and disinfect can only be given under the authority's special direction; so that with even weekly, or still more, with fortnightly or monthly, meetings of the authority action is far too slow to be efficient or to be of any practical utility. We have no remedy against dirty people, and might take a lesson from the rules of the Berlin Corporation. If a family are persistently dirty in their habits they are promptly turned out, the house cleansed and purified, and the people taken to shelters. "In these shelters they and their clothes are scrubbed and made clean. The workers among them are allowed to go out to their daily avocations, and daily they are made to cleanse themselves. Food is provided for them and their families at a moderate cost, which is paid out of their earnings. If they are out of employment they are put to some simple work within the shelter and are paid for the work they perform."\* This appears mostly to have had a good effect, and after a few weeks' training they are allowed to again occupy a home of their own. But there are some people incorrigibly dirty. Such people the criminal department of the State takes charge of, and drafts them off to work in the sewage fields or some other department of the State, their earnings being in the first place applied to their own keep, and what is over to the support of their families. So, again, the Continental methods, although vastly inferior to our own so far as regards the daily routine of disinfection in a well-officer'd, active sanitary district in epidemic times are far more efficient. During the epidemic of cholera last year in republican France the despotic power the mayors wielded and the way those powers were enforced by the police would have made anyone with a high respect for the liberty of the subject shudder. Whole families were turned out of infected houses at a moment's notice, and located in other houses until either the patient recovered or died, and the vacated place was disinfected, cleansed, and made fit to be re-inhabited.

A defect in our law is that there is no provision putting the entire disinfection in the hands of the local authority. The local authority may serve a notice requiring disinfection. By sec. 120 of the Public Health Act, 1875, it is the duty of the sanitary authority, upon the report of their medical officer of health, to serve a notice on the owner or occupier to cleanse and disinfect a room infected from a case of zymotic disease. Disinfection is a highly technical operation, requiring some considerable skill for its efficient performance; but the notice is to be served upon a person who, probably knowing nothing about the matter, will carry a shovel of sulphur thrice round the room or sprinkle walls with "Sanitas," and send Betty in to sweep and wash the floor, and then declare that the disinfection has been done according to order. It is true that with the owner's consent the local authority has power to disinfect, and also in case a notice has not been obeyed (this latter necessitating delay); but my contention is that in all cases the disinfection should be done free of charge by the officers of the sanitary authority.

AGAIN last week there was a shocking loss of life among infants under one year old by suffocation in bed. Fifteen children were smothered in this way in the course of seven days; but a still heavier death-roll was returned in the preceeding week. There were nine cases of intentional suicide in the period covered by the report, and no fewer than fourteen people drank themselves to death.

\* "A Study of Municipal Government," by James Pollard, C.A.

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

## A CARLSBAD IDYLL.

By WILLIAM TOD HELMUTH.

I AM frightened to death: I am all of a shiver,  
Regarding my normal condition of liver.  
I've been here at Carlsbad a very short while,  
And see nothing else but the *Triumphs of bile*.  
It's "*bile triumphe*" that silently sings  
From the Hotel of Pupp, through the streets,  
To the springs.  
There's bile in the face of each man on the street,  
There's bile in the eyes of each woman you meet.  
There's bile in each nose and it glows through the skin,  
There's bile in the fat and there's bile in the thin,  
There's bile in the blood and there's bile in the bones.  
And even the voice becomes bilious in tones—  
Proclaiming, alas! the lamentable fact,  
That livers grow torpid, declining to act.  
Here are all kinds of people from all kinds of places,  
A great cosmopolitan mixture of races;  
There are sallow Parisians with sharp-pointed shoes,  
A varied assortment of gaberlined Jews;  
There are old stolid Germans who smell of the "stein,"  
And Frenchmen grown gouty from absinthe and wine;  
There's a man with an eyeglass and tight-rolled umbrella,  
With plaid shawl and trousers—"a swell of a fellow";  
The Spaniards from Cadiz look mournfully merry,  
While drinking salt water instead of pale sherry;  
And there comes a son of our gaunt Uncle Sam,  
Who talks "the spread eagle" and don't care a d—n.  
Each one of them, oh! how the thought makes me quiver,  
A victim of bile—and an overworked liver.  
The varying shades of complexion you see  
Proclaim what an artist the liver can be.  
It has, like each painter, its own special style,  
But all of its pigments are mingled with bile.  
With ochre and saffron, grey, orange, and brown,  
It covers the victim from instep to crown,  
Then over them all pours a varnish of sweat  
And whispers: "In spite of the *sprinkle* I'll get  
"Revenge for the labour imposed on me when  
"You posed as a *gourmet* 'mongst over-fed men.  
"At last you must list—'tis your liver that speaks.  
"While tingeing with yellow your pendulous cheeks,  
"Arise in the morning at daylight and sing,  
"Your cup on your shoulder, then walk to the spring  
"With a crowd of poor wretches all sombre and blue,  
"With ghastly complexions all looking like you.  
"Deplete the salt water, munch zwibach, and think  
"Of other delectable compounds of drink,  
"The brandy and soda, the whiskey and ice,  
"The beer drunk in Munich you thought was so nice.  
"Remember the pâtes, the truffles, the game,  
"The Pommery sec and the Château Yquem,  
"The terrapin suppers, the lobsters farce,  
"The Château Lafitte of the year '93;  
"The salads, the whitebait, the timbales, the bisques,  
"The Roquefort, the Stilton, and other such risks,  
"You took to impose extra work upon me,—  
"Come, drink more salt water, it's pleasant to see  
"I have my revenge, I enjoy it with zest,  
"You gave me for years not a moment of rest,  
"You worked me by night and you worked me by day,  
"Till at last I broke down—my functions gave way  
"And if ever again my strength you deride—  
"I'd paint you all yellow and kill you beside."  
Carlsbad, August 15, 1893.



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**WINTER PEA SOUP.**—One pint of split peas, three quarts of water, one pound and a half of beef, one slice of bacon, one handful of spinach, half a bunch of mint, a few cloves, a little mace, a lump of sugar, pepper and salt. Boil the peas in the water till quite soft. Add the beef, the bacon, a portion of the spinach, the cloves, and the mace. Stew for two hours, rub through a sieve, then add the mint, a little spinach (cut into shreds), the sugar, and pepper and salt to taste, and stew again for three-quarters of an hour. Serve with fried or toasted bread, cut into dice, and placed on a separate dish.

**POTATO SOUP.**—One pound of potatoes, one onion, one stick of celery, one pint and a half of white stock, half a pint of cream or milk, pepper and salt. Having peeled the potatoes, cut them, together with the onion and celery, into thin pieces, add them to the stock, and let the whole simmer gently till done. Rub the soup through a tammy-cloth or hair sieve, season, add the cream, make hot, and serve with crusts of bread, fried.

A NEW salad is called "ham and egg." It is made by fine-chopped cooked ham and eggs cut fine and saturated with what the restaurant waiter call "French dressing."

**MARMALADE** sauce for boiled pudding, especially for boiled batter-pudding, is most acceptable. Place two tablespoonsful of marmalade in a gill of water. Boil up and strain over the pudding. The sauce is improved by the addition of a teaspoonful of brandy.

**INVALIDS' BOILED CUSTARD.**—Beat an egg thoroughly and mix it with a teacupful of milk. Pour into a breakfast cup, covered over buttered paper, and steam for twenty minutes. Do not add sugar to these proportions, but sift a little over when serving the pudding.

**APPLE OMELET.**—Take two pounds of apples, peeled and cored, stew till tender with sugar and a little lemon-peel. When nearly cold, beat up well with two ounces of butter, half an ounce of flour, and the yolks of two eggs. Lastly, add the well-whisked whites of eggs, and pour all into a buttered pie-dish. Scatter bread crumbs over the top, and bake to a nice brown.

**ROASTING** in a saucepan is especially suitable for small pieces of meat, and is very economical, because of the small quantity of fuel required. The process is thus: Melt and heat a tablespoonful of dripping in a pot. Brown all sides of the meat in this, so as to harden the outside and keep in the gravy. Then draw the pot to the side of the fire, and let the meat cook slowly. Keep the lid of the saucepan on, and baste the meat frequently. This mode is largely practised in France, and is very excellent.

**VEGETABLE PUREE.**—Place one ounce of dripping, or butter, in a frying-pan. Cut into it one small onion, one carrot, a potato, and a turnip. Stir till all the vegetables are slightly browned, then place them in a stewpan, add two tablespoonsful of rice, a little celery seed, and two quarts of cold water or stock. Simmer gently for an hour, and press the whole through a fine sieve. Return to the saucepan, add two tablespoonsful of cornflour, moistened in a little cold water. Stir continually till it boils, add a seasoning of pepper and salt, and serve. This soup should be just about the consistency of cream. If after you have finished the boil-

ing it should appear too thick, add a little hot stock.

**FISH PUDDING.**—One pound of cold boiled fish, one pound of potatoes, one ounce of butter, one egg, pepper and salt. Take the fish, and, after removing the bones, add the potatoes (washed), mixing both well together with a fork. Then melt the butter, and pour over, adding salt and pepper. Beat up the egg, and add it last. Place in a pudding-dish, smooth and mark neatly on top, and bake for half an hour. (The above mixture, minus the butter, makes into excellent cakes for breakfast. Flour it well, divide it into portions, and, having put a tablespoonful of dripping into a frying-pan, fry the cakes a light brown.)

**TO FRY WHITING.**—Take half a dozen whittings. Clean, skin, and dry the fish thoroughly with a cloth; fasten their tails to their mouths, brush them evenly with beaten egg (two will be sufficient), and cover them with fine bread crumbs, slightly mixed with flour. Fry to a clear brown in plenty of boiling lard; drain and dry well; dish on a heated napkin, and serve with melted butter and the sauce cruetts, or with shrimp or anchovy sauce. A little salt may be beaten up with the eggs.

## HINTS FOR THE HOUSEHOLD.

**CLEANING KNIVES.**—The steel knife is universally recognised as the very best table knife. The silver-plate knife is more convenient to use, as it requires less cleaning, but the edge is not as keen and it is not as useful as the pure steel knife. Bath brick or emery powder with sweet oil is still considered the best material for cleaning knives. A home-made knifeboard with a hinge is a great convenience in a family. To make such a cleaner, take two pieces of board about ten inches long and four inches across, and about an inch thick. Stretch chamois leather across one side of each board, tacking it down with nails around the edges. Unite these two boards by two hinges, so that the leather covers come on the inside, apply the powdered bath brick and sweet oil, or the emery and sweet oil, to one of the leather sides. Put the knives inside one by one and move them up and down as in rubbing to clean them, turning them over as one side is polished. A number of knives may be cleaned in a short time by this method. A simple board covered with chamois leather and a large cork will accomplish the same result, but it will require much more time, and the hinged board once made will last for all time.

**AN EXCELLENT IDEA.**—A writer tells of the expedient of a thoughtful mother whose large family of children made much laundry work. For breakfast and luncheon, instead of large tablecloths, she provided half-yard squares made from a good quality of butcher's linen. These were hemmed and an initial worked in one corner—eight or ten squares for each child. These were laid diamondwise under each plate and renewed as needed, the laundress finding these small pieces much easier to care for than the large cloths. The same writer offers the suggestion that if good-sized milky-white glass beads are sewed on the top of the table mats, crocheted in heavy cotton or made of corset cord, their efficiency in protecting the table from hot dishes is absolute.

**A SAUCEPAN** in which rice, oatmeal, or anything sticky has been cooked may be very easily cleaned by putting in a cupful of ashes when you take it off the fire and then fill with water.

**WHOLE CLOVES** are now used to exterminate the merciless and industrious moth. It is said they are more effectual as a destroying agent than either tobacco, camphor or cedar shavings.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles everywhere.—[ADVT.]

**BESIDE** the various kinds of brushes used for scrubbing, keep one exclusively for washing vegetables; potatoes, turnips, beets, &c., can be more readily cleaned in this way than in any other.

**TO TAKE GREASE SPOTS OUT OF WALL-PAPER.**—Mix pipe-clay with water to the consistency of cream, lay it on the spot, let it remain twenty-four hours, then brush it off.

**TO CLEAN DECANTERS.**—Soak in warm soda and water for outside, cut a potato in dice, put a good handful into the decanter with some warm water, and shake it well till all the stains disappear. Rinse it out with cold water, and let it drain dry.

**TO CEMENT BROKEN CHINA.**—Beat lime to a very fine, almost invisible, dust, sift it through book muslin, then tie it up in a piece of muslin. As powdered starch is sometimes used. Brush some white of egg over the edges of the china, dust the lime rapidly over them, put the edges together, and tie a string round the cup till it is firm. Isinglass dissolved in spirits of wine, in the proportion of one ounce to two wineglasses of spirit, is also a good cement.

**PUDDING** bags should be made of heavy jean.

**SAVE** your cold tea; it is excellent for cleaning grained woods.

**A PECK** of fresh lime in a damp cellar absorbs moisture and prevents malarious troubles.

**GREAT** improvement will be found in tea and coffee if they are kept in glass jars instead of tin.

**STAND** a wet umbrella on the handle to drain; otherwise, the water collecting at the centre will rot the silk.

**IN** bottling pickles or ketchup, boil the corks and while hot you can press them in the bottles and when cold they are sealed tightly.

**A LARGE** rug of linen placed under the sewing machine will catch threads, clippings and cuttings and save a deal of sweeping and dusting.

**WHEN** your face and ears burn so terribly bathe them in very hot water—as hot as you can bear. This will be more apt to cool them than any cold application.

**MYSTERIOUS** rust spots on clothes are caused by Prussian blue which is substituted for indigo in some kinds of laundry bluing. To test bluing, drop a piece of washing soda in a mixture diluted with cold water. If the compound turns to a reddish hue, Prussian blue has been used.

**WHEN** putting in the bread, the oven should be hot enough to hold your hand in and count twenty rather quickly. Care must be taken with the fire to keep the heat steady, allowing it to gradually die away toward the last of the baking; and this is the best time to set in your rolls as a more moderate fire is necessary for them.

**FOR THE DRESSING TABLE.**—An exquisite piece of fancy work is a handkerchief box made of two squares of cardboard covered with perfumed wadding and then with white silk. That for the cover has a dainty ornamentation in water colours. They are joined by a very full frill of thin silk, which thus forms a puff. Around the upper piece is sewed a ruffle, not very full, of fine lace.

**AN INFALLIBLE MEDICINE.**—Elsie: "Laura's health seems greatly improved." Ada: "Yes; she has heard that her doctor is engaged."

**THE PARSON** who, on being asked what he took for a cold, replied, five handkerchiefs, was a wit. He was below the average, for the ordinary cold rises superior to so small a number.

**MRS. WINSLOW'S PENNYROYAL PILLS.** People's Remedies Co., Sole Proprietors. Testimonials from all parts of the World. Invaluable to Ladies. Remove all Obstructions to Health. Boxes, 1s. 1½d., 2s. 6d., and 4s. 6d. Of Chemists and Medicine Vendors, or per post (in plain wrapper), for Stamps, from the Manageress, The Arch Laboratory, Putney Bridge, Fulham, S.W. Wholesale: Barclay, Sanger, Lynch, & Co. [ADVT.]

THE GREAT SUCCESS that has rewarded the philanthropic efforts to provide the public with good music in our parks, is shown by the large appreciative crowds who linger, with evident delight, near the various bandstands. The creation of the healthy taste for harmony will, in time, yield good fruit in giving the people a liking for a higher state of civilisation and a yearning for that which is good, noble, and true. Holloway's remedies work a similar miracle with the organisation of the body. The Pills, by their purifying influence, cleanse the blood, and the Ointment gives strength and energy to the system. Disease is driven out of its stronghold, and health once again resumes its sway.—ADVT.



# THE MOTHER'S PAGE.

## THE REARING OF CHILDREN.

WHEN it is remembered that the newly-born infant must, in the course of events, become the adult—unless prematurely destroyed—after passing through the various stages of infancy, childhood, and youth; and that the constitutional vigour of the adult, upon which so much happiness of life is concerned, depends to a very great extent upon the health of the infant; and the health of the infant depends, with but very few exceptions, upon the treatment it receives on its journey through these various stages; it is surprising that so little is known and that such very culpable ignorance prevails amongst mothers and nurses.

Surely it is no excuse for a mother when burying her child to dry her eyes, and murmur, "I did all I could to save it"; and yet how many do, believing in their hearts that they are models of resignation, when in reality, the poor little corpse has been the victim and they the torturers, through ignorance, gross and unpardonable ignorance, when there are so many excellent books written upon the preservation of life and health in young children.

That such books are necessary, and yet utterly insufficient, we must go to the statistics to discover, and so we consult the Bills of Mortality.

On an average it will be admitted that at least nine out of every ten children born are moderately healthy. Then how comes it that more than half the deaths registered are of children of tender years, under five, and the majority of these do not live a year!

As a rule, infants are not subject to the diseases that affect the adult, and so we are not surprised to find that the majority of the disorders attacking young children are induced by improper nourishment, producing inanition, diarrhoea, diseases of the glands of the bowels, vomiting, and other intestinal troubles. Bronchitis and pneumonia are in the minority, and deaths from other causes in a smaller minority still.

In fact more children die from the effects of injudicious feeding than from all other sources put together—and who is to blame?

The mother and nurse excuse themselves upon the plea of ignorance; they did all they knew to save the life! Perhaps they did, and half or more of that had better not have been known, and the other half might have been increased a hundredfold to the satisfaction of the parent and the peace and happiness of the child, if not to the salvation of its life.

Given a sickly child, there would be some pleasure in seeing it thrive under your tender care and good management; but given a healthy child, what pleasure can a mother take in having it fretted with pain, and seeing it pine away—for the lack of proper feeding!—none.

With so many means at hand for obtaining the requisite information, how can any woman console herself with the wicked platitude that "she did the best she could," when she has virtually tortured her child to death from the mere want of that which is so easily attainable. Such a mother may excuse herself to the satisfaction of her friends, but she will have some difficulty in persuading the Father of All that she has faithfully fulfilled the trust He bestowed upon her with her child.

Our object is to teach these mothers who prefer to see their children thrive and glow with health and happiness. The careless and indifferent will prefer to practise experiments upon their unfortunate progeny, and bury one or two for every life they save—if they do rear even one.

It must not be thought that we are seeking to make a mother always responsible for the death of every child, for there are some infantile deaths that cannot be prevented, do what you

may; but our argument tends to show that by far the greater number of deaths that occur in children under five years old, and especially in the first and second years, are preventable by proper treatment.

Convulsions, croup, bronchitis, inflammation, diarrhoea, and other complaints are more or less preventable, if the mother only knew how to set about it.

The first and greatest importance will, undoubtedly, be the feeding.

No sooner does the infant draw its first breath than it takes upon itself the necessity of feeding, no sooner has it sufficiently announced to the world its actual arrival by a series of passionate screams, and its unwillingness to enter upon the cares and responsibilities of life, than it settles down to a quiet snooze, and frames its mouth for sucking.

Some nurses anticipate this desire for food by cramming the child's mouth with butter and sugar, honey, gruel, or some other unnecessary mess, so soon as it is washed and dressed, and either she or the mother loses some hours of rest, because the child is suffering from "the wind."

Most of our readers have suffered with the severe griping of wind or diarrhoea, so they will be able to form some conception of the agony thrust upon that delicate little mite by the brawny arms of an interfering nurse.

As a rule, the child requires nothing until it takes its mother's breast.

Nurses screen themselves for any unnecessary or mischievous practice behind the doctor, who is, in our opinion, quite as culpable as the nurse, if he tacitly permit any act that his professional experience should tell him is likely to be harmful to the child. Unfortunately the doctor is taught to regard the mother as his patient, and leaves the infant to the tender mercies of the nurse without having first ascertained if she be competent to treat a newly-born child. "I will leave all that to you, nurse," the doctor says, as he turns to receive the grateful thanks of the mother before taking his departure; and the mother smiles upon him when, if she only believed that he was placing her babe in the hands of an ignorant be'dame, to torture and destroy, through his stupidity or neglect, she would almost leap from the bed and tear him limb from limb; whereas he pockets his fee and walks out, as though he had conquered the world, instead of merely having wasted some hours in a woman's bedroom, and done just about as much good as any other old woman in the town might have done.

A doctor who knows his duty in a lying-in room, and does it, is a rare jewel indeed; he may be ever so affable and kind, and so might a midwife be; but soft words, although pleasant, are not of such importance as the due professional care of mother and of child.

\* \* \* \*

## BABY IN WINTER.

THE baby's daily airing should be as much a part of the winter as of the summer routine. From its earliest infancy it should be, not exposed to cold, of course, allowed its full quota of air and sunshine. No child can possibly thrive who breathes only the air of hot rooms and sees the sunshine only through the window-panes.

Of course, it should be warmly clad to go out into the air. Over the white house-slip a short jacket should be worn and over that a long woollen cloak. The hood should be of fine wool, and a fine white veil should protect the tender skin. As often as possible the baby should be carried in the nurse's arms rather than rolled in the carriage, for except on unusually bright and warm days the latter method of taking exercise is too chilling.

If the house boasts a room with a southern exposure, that is undoubtedly the proper sitting room for the small monarch.

FOR BOTH SEXES.—Personal visit not necessary. CORSETS and BELT'S made to fit any figure. For health and neatness. Satisfaction guaranteed. Instructions for self-measurement gratis to any address.—FORD AND PARR, 141, Stockwell-road, London, S.W., Practical Corset-makers. Estab. 1851.—Advt.

## USE OF PERFUMES.

IN the early days of the world, when man with his usual unselfishness, was prone to make a burnt offering of his brother, aromatic woods were smoked to counteract the unpleasant odour of burning flesh. Such was the origin of perfumes, and their lavish use to-day is too frequently suggestive of it. The more of the primeval savage there lurks in a man the more powerful the contents of his scent bottle and the more liberal his patronage of those barber shops which torture the nostrils by their generous use of bay rum and cheap cologne. Why men, or women either, should want to make walking aniseed bags of themselves is a mystery explained only by the unpleasant fact that the same class of people have a hydrophobic dislike to water in any form. There is no aroma so exquisite as that of the clean, wholesome human body and pure breath. To disguise it by even the most delicate of Parisian extracts is to cast a slight upon a gift of Nature. It is encouraging to note, however, that the taste for perfumes, as for art, is constantly growing more refined and cultivated in this country, and the more delicate and subtle scents only are used for the bath and linen sachet.

The man who dips his moustache in white rose, sprinkles his handkerchief with violets or dampens his hair with the dread jockey club, is extinct in good society. Still, there is vast room for improving the choice of the general public in the matter of these wondrous compounds of the chemist's skill, which carry no possible suggestion of the fragrance of the blossoms they are named and labelled after. Who, at a popular entertainment, has not been half suffocated by the fumes of the deadly patchouli, the impossible scent of the new mown hay, and that favourite of the London flower girls—the penetrating musk? And who has not been nauseated at some of our best theatres by a cad of some sort, whose presence permeated the atmosphere with a mixture of old whisky and Frangipani! What by the way, would be the emotions of that distinguished botanist could he know of the base use to which his name has been put?

Perhaps nothing has done more to corrupt the delicate sense of smell than the rage for pot pourri, which sprang up a few years ago and ran amuck through the country, as did the peacock's eyes and dragon candlesticks, until the mere sight of a covered jar on the mantelpiece made anyone who had not a cold in the head fairly shudder. Happily, the most delicious of all perfumes can never be patented or photographed, though they linger on the brain for years. Not even the sunny curls or the tinted miniature can recall life's happiest moments like the cherished odour of one's favourite flower. What can compare in voluptuous sweetness with the fresh rose she gave you.

A QUEENLY ACT.—When Sontag began her career she was hissed off the stage at Vienna by the friends of her rival, Amelia Steininger, who had begun to decline through dissipation. Years passed, and one day Sontag was riding in Berlin, when she saw a child leading a blind woman. "Come here, my child. Who is that you are leading by the hand?" "That's my mother, Amelia Steininger. She used to be a great singer, but she lost her voice, and she cried so much about it that she lost her eyesight." "Give my love to her," said Sontag, "and tell her an old acquaintance will call this afternoon." The next week, in Berlin, a vast assemblage had gathered at the benefit of the poor blind woman, and it was said that Sontag sang that night as she had never sung before. She engaged a skilled oculist, who in vain tried to give eyesight to the poor woman, and until the day of Steininger's death, Sontag took care of her, and her daughter after her. This was what a queen of song did for her enemy.

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youthful Colour, gloss, and beauty.—Advt.

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere, please observe the *EE* in Steedman.—Advt.



## VEILS, A DANGER TO EYES.

By M. JULIET.

**F**ASHION is queen, but if her subjects could always remember to be sensible in their devotions, the burdens imposed by her would often be much lighter, and yet the spirit of the law would be obeyed. This is especially true just now in the matter of veils.

It can hardly be doubted that the necessity, if such it was, that invented veils brought forth what under some circumstances may be beneficial; but it is exceedingly doubtful if such praise can be bestowed upon the articles worn at the present time.

On a windy and dusty day veils of a proper sort may be worn with no little comfort. They not only serve to keep the wearer from an appearance of untidiness, but are of benefit in protecting the eyes from particles of dust.

On a blustering winter day, when one is riding, a heavy veil, in the form of a scarf, bound around the forehead and over the ears, with the ends well about the neck and chin, is nearly as useful, without being so cumbersome, as the old-fashioned muffler.

But all this does not excuse the risk of injury to the eyes incurred by the continual obscurity of the sight caused by wearing the fanciful fabrics now in vogue.

Of the different styles of such fabrics, it is probable that the watered designs are the most harmful, though it is hard to conceive how they can be much worse than the heavily-figured designs.

We are all aware of the intimate relation between the general nervous system and the special senses. Indeed, the relation of this most important sense of sight to certain organic changes in the body has been the subject of much recent investigation. It is probable that the feeling of being "sight-tired," which we are all liable to experience, very nearly approaches at times to a special disease.

But whether we understand such matters or not, it behoves all of us to appreciate the gift of sight sufficiently not to abuse it by needlessly straining our eyes.

Let us be sensible first and fashionable afterward.

## VALUE OF WATER.

By C. W. B.

**W**ATER enters so largely into the composition of our bodies, of which it forms three-fourths by weight, it plays such an important part in the chemical and physical changes which take place in vital processes, that it may be useful to discuss it for a few moments.

It is the most important diatetic agent that we possess; without it, the tissues of the human body could not exist; when the supply of water is deficient, the most unfortunate results happen. As the plant fades and dies when it requires water, so does man.

It is absolutely necessary that water should be fresh, clear, colourless, inodorous, and that it should have an agreeable taste. It should contain a certain quantity of gas and mineral salts in solution, and be quite free from animal or vegetable matter. The agreeable taste of water is due to the mineral salts and carbonic acid gas dissolved in it.

The purpose of water in the animal economy, is to dissolve the food, and thus to assist in carrying it to different parts of the organism; to dissolve also the products of the blood and tissues, and to hasten secretion; to help, by evaporation, to keep the temperature of the body uniform, and to form the tissues of which the latter is composed.

Water is applied externally to promote cleanliness, and it plays in this relation a most important part. Nothing is more beneficial, before breakfast, than cold affusions or a cold bath, followed by a brisk friction with a rough towel till the skin receives a warm glow. Delicate people who cannot bear a cold bath, should sponge over with cold or tepid water

and rub energetically afterwards. The bath taken thus acts as a tonic of the first importance, strengthening the body, stimulating the skin, and accelerating elimination.

In order to attain the desired end, the bath must not be prolonged until the individual is cold; to have good reaction on the skin it is necessary that the bath and friction should be rapidly performed. Taking this precaution, the skin is kept in a state of perfect health, and protected from chills.

The warm bath acts at first as a stimulant, but if it is prolonged it leads to depression of the heart's action and subsequent weakness. It is excellent at the beginning of fevers (especially in children) to open the pores of the skin and produce perspiration.

The adult man in good health requires daily about one to two pints of water, of which a third is contained in food, and the other two-thirds are supplied in the form of additional liquids. Thus, as we have said, water dissolves and disseminates nutritious substances and eliminates injurious products. When introduced into the mouth it excites, to a certain extent, the salivary secretion, which converts starchy food into sugar by graduations; the water also dissolves the salts and saccharine substances.

Physiologists tell us that when food is introduced into the stomach it is turned over and over, and thoroughly mixed with the gastric juice. What can, we ask, better assist digestion than a minute quantity of water introduced into the stomach sometime after a meal; more rapid assimilation follows and better digestion. The habit of drinking large quantities of liquid during a meal, is, however, in the last degree injurious, as it dilutes the gastric juice, and in some cases causes a direct cessation of the process of secretion. For we often see dyspeptics whose indigestion is due almost solely to the acquired habit of drinking largely during a meal. It is a well-known fact that many people, especially among the wealthy, make too little use of water; there results defective elimination and sickness.

A little cold water taken every morning is a very good hygienic measure, stimulating the action of the intestines, giving tone to the stomach, and increasing the appetite.

Besides, water taken thus on an empty stomach is more rapidly absorbed, enters the tissues, and removes injurious products.

We will now say a few words about the habit of drinking hot water, a habit practised by several eminent members of the medical profession in America, but not appreciated by us according to its merits.

We all know the action of warm water as an emetic; it is a remedy always at hand and perhaps the most useful we have. Taken at a high temperature, it calms vomiting instead of provoking it. Hot water is much employed in certain forms of dyspepsia in America and that with great advantage.

For people whose occupation is sedentary, who have little appetite, and suffer for hours after their meals with pain in the stomach and bowels, with a sensation of weight and fulness, half a glass of water as hot as can be borne, sipped slowly after the meal, causes a disappearance of these symptoms, making the meal enjoyable, and giving a sensation of comfort. For those who do not generally suffer from dyspepsia, but occasionally have a feeling of oppression after a meal, the glass of hot water is very beneficial.

Bilious subjects who suffer much with their head, pale skin, small appetite and irregular motions, presenting symptoms of general depression, may obtain great relief by the use of good food, fresh air, and two or three glasses of hot water a day. Certain people cannot bear a glass of cold water in the early morning, but if they take the water hot, it will produce the same beneficial results. For rheumatic and gouty subjects, with whom the non-elimination of effete products is the cause of trouble, hot water gives excellent results. Hot water is not disagreeable to the palate like tepid water; those who are accustomed to it find even that it leaves a pleasant and refreshing sensation in the mouth.

## CHARGES AGAINST HOSPITALS.

**O**N December 30, Dr. Kenny, M.P. held an inquest in Dublin regarding the death of a woman who died in Jervis-street Hospital of effusion of blood on the brain. It appeared that the deceased was found at the bottom of a stairs, and was brought by the police to Sir P. Dun's Hospital. It was sworn by a constable that he asked to have her detained as she was unconscious, but the resident surgeon said she would be all right, and was to be taken away. She was then brought to Mercer's Hospital, where the resident medical officer said it would be a breach of etiquette to take her in, as everything had been done for her at another hospital. She was then driven to the police-station, and then home. Finally she was admitted into Jervis-street Hospital, where she died.

It was proved that she was comatose when admitted, and that the post-mortem examination revealed a large blood clot over the right parietal and frontal lobes. There was no fracture. The house surgeon at Sir P. Dun's explained to the coroner that the woman appeared to be deeply under the influence of drink. The stomach pump was used, and he thought she would get all right. The jury added a rider to their verdict, stating that the conduct of the officials at the two hospitals deserved the gravest censure. This opinion will hardly be seriously objected to, and it may help to make young house surgeons realise the great responsibilities which they undertake. Most hospitals have like stories to tell. We admit at once the great difficulty that may arise in such cases, especially if the patient has been drinking, but here the golden rule for the house surgeon is "when in doubt, admit."

A few hours will clear up the question, and it is better to admit a drunken man in mistake than to send a dying man out of reach of help. The reason assigned by the house surgeon at Mercer's Hospital, as sworn to by the constable, is preposterous. There is no such "etiquette" as to refuse help to a patient because he happens to have been elsewhere. We are glad to learn that the governors of Mercer's Hospital have passed a resolution in which they say: "We hereby record our condemnation of any such system of medical or surgical etiquette existing as alleged by our house surgeon, which in our opinion is calculated to endanger life; and we hereby order that in future no such system shall be acted upon in this hospital."—*British Medical Journal*.

## FOOD.

By JOSIAH OLDFIELD M.A., at St. Bartholomew Hospital.

## TURNSIPS.

**N**OW that winter has come, we have to depend more upon roots than on fresh vegetables. Just at this time one of the best and commonest of these root foods is the turnip. The turnip (*Brassica campestris*) belongs to the order of the Cruciferae or cross-flowers, so called because of their four petals being arranged in the form of a cross. Most plants of this class contain a pungent essential oil, and the turnip is no exception, so that when cows are fed largely on raw turnips a peculiar flavour is given to the butter, and a good dairy hand at once knows by the smell of the milk, or the taste of the butter, when the cowman has been short of other foods, and so has been too liberal with his turnips.

The greater part of this essential oil, however, readily passes away in cooking, so that it forms no objection to the use of turnips for human food.

So far as what is commonly called "nutrition" goes, the turnip does not stand very high, but it must be remembered that nitrogenous matter is not the only thing the body needs; and though the turnip is exceedingly poor in albuminoids, it supplies its modicum of heat-forming matter in a peculiarly digestible form so that many people who cannot take potatoes because of their starchy composition can



readily digest turnips because they contain no starch, but instead of it they possess a delicate jelly-like matter belonging to the pectose group of foods. It is owing to the presence of this jelly that turnips are largely used as adulterants in jams, and also form the basis of many vegetarian gravies. For jams, together with vegetable marrows and apples, they form the most harmless adulterants, and, apart from the principle that goods should be what the seller professes them to be, I should take no exception, from a hygienic point of view, to turnip, marrow, or apple jam.

For gravies, turnips are very useful, and when they are well made such gravies form a tasty and rich addition to a dish of vegetables or savoury fritters. Turnips contain nearly ninety-three per cent. of water, but this is of more importance with regard to their price than with regard to their nutritive properties, or most foods, by the time they are cooked, contain nearly the same amount.

Most people cook turnips as they do potatoes, *i.e.*, they simply boil them, mash them up, and serve them thus. It is true they are very good this way, but with a little skill a bag of turnips in the house will provide quite a number of dishes, as tasty as they are healthful. Turnips are so good this year that I find the best quality can be delivered in London at two shillings and sixpence to three shillings per cwt., sent up direct from the country.

**BOILED TURNIPS.**—Wash and peel. Put into just enough boiling water to cook them and be evaporated by the time they are soft. Serve whole, sliced, or mashed. Milk and butter, or cream or potatoes, added in mashing greatly improve.

**BROWNED TURNIPS.**—Take cold boiled turnips; cut in slices, grill with butter or olive oil, or mash and place in the oven till the top is browned.

**STUFFED TURNIPS.**—Peel the turnips, boil them in slightly salted water till they are half done; take them out, slice off a thin bit from the bottom to ensure their standing firmly, and cut a piece off the top; scoop out the middle of the turnips, make a stuffing with baked haricots, onions, parsley, a few truffles or mushrooms, and with it fill the turnips; use the slice which was cut off the top as a cover; tie them round with thread, place them in a shallow saucepan, pour over them some boiling stock, add a lump of butter, season, and let them simmer till quite tender. Take them out, arrange them on a dish, remove the threads, and thicken the sauce with the yolk of an egg, pour it over the turnips and serve hot. These will take about two hours.

**TURNIPS A LA MOUTARDE.**—Peel and boil, mash them up with white sauce, chopped herbs, grated horseradish, mustard, and hard-boiled eggs chopped fine. Press into a mould and serve hot with tomatoes round, or with brown sauce.

**OLD FRENCH RECIPE.**—Cut up your turnips into shapes, *e.g.*, olives, almonds, &c., put into a little water and boil; drain off the water and put in some butter; keep them shaking over a good fire without letting them brown, add two teaspoonsful of flour, salt, pepper, keep on shaking; add a little water and draw to the side of the fire, so as to allow the corking to be completed very slowly. Serve with poached eggs.—*Cottage Gardening.*

**INVADING PROFESSIONAL PRIVILEGES.**—Dr. Bowless: "I see that a fellow is making money by advertising a cure for alcoholism. When his victim sends him the necessary half-crown, he sends him a card advising him to drink nothing but water. Dr. Pilze: "Well that is cheap enough for good medical advice, but I wonder if he has a diploma?"

THERE were 18,936 medical men and 101 medical women residing in England and Wales on the day when the last census was taken. The number of female nurses was 53,057 and 601 males. Two ladies were veterinary surgeons as against 3191 men.

**ONE WAY OF PROPOSING.**—Mr. Fainte: "Miss Rosalie, I understand that you have been attending the lectures on 'How to Treat Illnesses.'" She: "Yes." He (drawing nearer): "Can—you tell me what you would do for a broken heart?"

## MEDICAL AND OTHER NEWS.

**A PRESCRIBING HERBALIST.**—Last week an inquest was held on the death of Ada Jessie Leonard, aged three, the daughter of a dock labourer of Limehouse. The mother stated that on Monday week the child was ill and she took her to a "Dr." James, in Parnham-street, who prescribed for the child, that she had bronchitis and measles. On Thursday the child was worse, and she sent for "Dr." James. He came, and again prescribed. On Friday the mother got an order for the parish doctor, who saw the child, but death took place shortly afterwards. Dr. Miller said the cause of death was bronchial pneumonia and measles. Robert Hickton, of Parnham-street, Limehouse, said that he was a herbalist, and kept a shop. The name over it was "James." He had no medical qualification. He prescribed a bottle of medicine for bronchitis at the mother's request, and also called and saw the child. He was not being paid for his visit. He thought the child was suffering from measles, and told the mother so. Fourpence was charged for the bottle of medicine. He had been in business seven weeks, but was not in the habit of prescribing medicine. The Coroner: I must say you are running pretty close to the wind. You have a perfect right to sell any medicine if it doesn't do any harm, but you cannot prescribe. A chemist has no right to do that. You must not act as a doctor. Going to see a patient, and telling him what is the matter, is running pretty close to it, bearing in mind that at the same time you are selling drugs. The Witness: I could see she could not afford a doctor. The Coroner: I think it right to warn you that no one has a right to prescribe except a qualified man. Mrs. Leonard was recalled, and the coroner asked her "Did you think you were dealing with a doctor?" The Witness: Yes, sir. Hickton: I told you that if there was any trouble there would have to be an inquest. The Coroner: That is not the point. You ought to have told her you were not a doctor. Hickton added that he described himself as a herbalist at his shop. The jury returned a verdict of natural death, the coroner remarking that a public exposure in the Press would do far more good than any censure passed on the herbalist.

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WE are glad to be able to announce that the marked decrease in the number of deaths "attributed directly" to influenza continues. It will be remembered that a month ago the fatal cases of influenza in London were returned at 164. The epidemic, it now appears, culminated with those figures. In the following three weeks the number of deaths fell to 147, 109, and 87 respectively. The subsidence of the pest is evidently going on more rapidly in spite of the severe weather, which, however, has no influence on the propagation of this mysterious disease, as experience has amply shown. Such meteorological conditions as have recently prevailed must, however, render sufferers far more likely to catch cold, and thus bring about bronchitis or pneumonia, two dangerous diseases that often follow an attack of influenza. The reduction, therefore, in the mortality, in spite of the temperature experienced last week, is a sign that the worst is over, and that the scourge of many winters past will soon have contracted itself to very small proportions, particularly if the precautions ordinarily observed by sensible people when they have a highly infectious disease in the house are always taken.

\*\*\*  
THE weather has, however, affected the return of deaths from diseases of the respiratory organs generally. In the seven days, the figures rose from 516 to 566. Bronchitis, as usual, was the most fatal of all diseases. It killed 342 persons in the course of the week. Next in the extent of its ravages must be reckoned phthisis, or consumption, which swept 179 people to the grave; but pneumonia also added terribly to the death-roll, the number of fatal cases reaching 169. The 2040 deaths in London also included 81 from whooping-cough, 60 from measles, 35 from scarlet-fever, 10 from enteric fever, and 66 from diphtheria, exclusive of the deaths from this disease which took place in the outer ring.

## TALES WORTH TELLING.

[COMPLETE STORY.]

### A VIAL OF WRATH.

BY ALFRED ENGLISH.

PART I.

IN the north-east part of England there lived two young men who had grown up in rivalry, not in the nature of a love affair, but had early learned to despise each other's good points. Billings acknowledged one day that he really did not know why he hated Podsley. "But do you really hate him?" some one asked.

"Hate him! Why hydrophobia never hated pure blood as I hate that fellow." He hesitated a moment and then added: "Rather an odd comparison, I admit, but when I think of that man I have a mania—a feeling that I have been bitten by a mad dog."

"It's strange that you've never come together," a man remarked.

"Yes, it is rather strange, and yet not so strange either, when you consider the fact that neither of us has ever given the other cause to take active offence. I hated him at school and I have hated him everywhere; and what is strange to me is that instead of my hate wearing out as the years of judgment come on, it seems to become deeper."

Billings had been waiting for the blacksmith to shoe his horse, and as the work was now done he mounted and rode away. He had not been gone long when Podsley rode up. He did not dismount, but turning sideways in his saddle he began in his easy and half-drawing way to harangue the party of men sitting about the door. "I have just seen the preacher," said he, "and he told me that he expected to do a great work in this neighbourhood." He asked me if I were a professor, and I had to tell him that there still remained several degrees of sanctity that I not taken. Thereupon, he rebuked me."

"And he served you right," said the blacksmith.

"I suppose you're right, Tom," Podsley replied, "but it does rather chafe me to see a young fellow just fresh from school talk the great work which he himself is expected to perform. And yet, if it hadn't been for a certain man in this community I suppose that I should have been a preacher, but as the time drew near I found that my heart was too full of hate to preach the gospel of love."

"But couldn't you let the love for the many overcome the hate of the one?" the blacksmith asked.

"No, I threw personal inclination and a mother's yearning on the side of love of the many, but there stood the hate, defying everything."

"We all know who the object of hate is," said the blacksmith.

"Oh, I suppose you do, for there has never been any concealment of it. All his friends and all my friends know it. And yet, to tell you the truth, I don't know why I hate him. It has been a mystery to me nearly all my life. But I remember that about the first lucid thought I ever had was the idea that he had been born merely to annoy me. Well, take care of yourselves."

He rode away, turned to the right and galloped down the country road. He had not gone far when he saw, a short distance ahead, a man sitting on a horse, talking to a girl who had brought a glass of water from a house near by. Podsley knew the man and he rode past him without turning his head, but the girl must have seen that he cast a hard look, for she drew back from the fence and said something in an undertone. Podsley rode on. Billings' horse soon came cantering after him. The road abruptly dipped down and crossed a small stream. Podsley halted to let the horse drink. Billings rode into the stream and halted.

"Bright weather we're having," said Billings.

"Yes, rather. But I don't think that a little rain would do any harm."

"No, except to some weakling who might chance to get wet."



"That's a fact," Podsley rejoined; "and, by the way, there are weaklings in this neighbourhood."

"Yes, I know of one."

"And I know of one."

"Then there must be two."

"I know of but one."

They rode out of the stream, rode side by side. "Billings," said Podsley, "I hate every hair on your head."

"Podsley," retorted Billings, "I loathe every bone in your body."

"Ah, hah, but bones are stronger than hair."

"Yes, but Samson's strength was in his hair."

"That so? How different from you. Your strength seems to be in your tongue."

They halted, faced about and looked at each other. "Billings," said Podsley, "it does seem to me that we have lived in hatred of each other long enough to come to some sort of sensible agreement. I know what you feel by contemplating what I feel myself. So long as we both live there is no real happiness for either of us. Why this is neither of us can tell, but it is a fact. And now can't we come to some sort of settlement?"

Billings was slowly stroking his horse's mane. "I should think so," he answered. "I am more than willing to risk my life to kill you, and I insist that there is no need of but one of us dying."

"That's true," Podsley agreed. "And, to show you the interest I take in the matter, I would much rather that you would be the one to die."

"That is natural, and is, therefore, commendable," said Billings. "At any rate this thing can't go on much longer, and we must, in consequence, fix up some sort of scheme. Now let me make a suggestion! We will draw lots to see which one shall shoot the other. No, that would have too much the appearance of murder. Let me see. We'll draw lots to determine which one shall take poison. And the man who draws the poison lot shall write a statement to the effect that he has committed suicide. The poison shall be handed him by the winner. What do you say?"

"It's unique, and is therefore agreeable to me. Meet me here to-morrow at twelve o'clock. Let each man bring a written confession and a dose of poison."

"I'll be here," said Billings.

#### PART II.

At twelve o'clock the next day they met in the road. They came afoot. "Before we enter into this little competition," said Podsley, "we stake our honour as gentlemen to carry out every detail of this contract, and to do so without carping or grumbling. If I win, you take the poison as soon as I give it to you; if you win I shall do the same."

"I agree. My honour, which is worth more than my life, is at stake."

"Here, toss this coin"

Podsley won. They are now standing in the woods. Billings took out his confession. "I will be found holding this in my hand," said he. "I have left a copy of it at home so that there will be no question about its genuineness."

He broke a vial against a tree and said. "Give me that." Podsley was holding a vial in his hand. "I say, give me that and let's have this thing over. Why don't you give it to me?"

"I will in my own good time. Mind you, your life belongs to me. When I call for it, you must, without a word in objection, yield it up. I will see you again. Good day."

## FAILING EYESIGHT.

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(FOUR DOORS FROM OXFORD STREET.)

Two years' passed away. Podsley left the district, and it was rumoured that Podsley had been killed in London. There was no cause to doubt the rumour. This was three months' after he had left home. Billings was free. He married the girl who had once brought him a drink of water.

One morning someone shouted at the gate. Billings went out.

"Why, what's the matter, dear?" his wife asked. She had seen him stagger when he stepped out. A man on horseback was at the gate. Podsley had returned.

"I thought you were dead," said Billings, "or this would not have happened." He waved his hand toward the house. His wife was standing in the door. She could not hear him.

"But you see that I'm not dead," Podsley answered. "Two weeks ago I started back here to claim my own." He took out the vial.

"You have but to claim it."

Podsley smiled. "I say that I started back to claim my own."

"I understood what you said."

"And do you know what I would claim?"

"My life."

"No, your prayers. There is no hate in my heart. I will now attempt to teach men to live better lives; and I begin by making you a present. Your life is your own—and God's." He smashed the vial on a stone, bowed to the woman who stood in the door and galloped away.

## PROTECTIVE INOCULATION AND PREVENTIVE MEDICINE.

IT is now close upon a century since Jenner first promulgated the doctrine of preventive inoculation, and demonstrated his theory by showing that the vaccina (small-pox) had become by its passage through the body of the cow so modified in its virility that when injected into the human subject it produced mere vesicles, and slight febrile disturbance, instead of the original disease. One may naturally ask "What led Jenner to make these experiments?" It was a general and popular belief in Gloucestershire, that the milkers of the cow herds were exempt from the ravages of small-pox, and upon investigation Jenner found this to be actually the case. It was thought that this discovery of inoculation (or vaccination, as it is called (would entirely revolutionise the field of medicine. But, although new and important developments have occurred (notably by Pasteur in hydrophobia and chicken-pox), it cannot be said that the value of medicine has in any way been disturbed. Until further experiments place the subject upon a much firmer basis we must rely upon our drugs for combating the inroads of disease. It is well known that only in certain conditions where the system has run down, and is below par, does it become receptive to the germs of disease, so that in an epidemic like the present influenza, it becomes absolutely essential to keep the nervous and general system in a sound, healthy condition. This cannot always be done by ordinary food. We see active brain-workers are peculiarly liable to epidemic of influenza. This must go to prove that we require strengthening food for the nerves. Keeping these points in mind, I always prescribe a tablespoonful of Oppenheimer's Cream of Malt, with Cod-liver Oil and Hypophosphites, with meals for weak and delicate patients during the winter months. Not only does this act beneficially in warding off influenza, but by its general tonic action keeps away winter coughs and colds. During convalescence, too, it is wonderful to see how quickly a patient recovers under its treatment. The reason is apparent. It is nothing more nor less than a complete highly concentrated food.

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## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### HIGH HEELS AND TIGHT LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—In the sensible letter from "Womanly Women," in which a certain Lady M. is mentioned, reminds me that I have not written as I promised in my last. I first wish to state that I am not the lady referred to. I promised to write when some boots came from Paris that I ordered to be made with 7 in heels or 13 centimeters. They have come, but fond as I am of wearing high heels, these are *too high*. I cannot walk in them and only stand for a very short time. I shall keep to my 4 in. heels for ordinary wear and 5 to 5½ ins. heels for house and evening. These last particularly with tight shoes and 1½ in. of the height inside make my foot look smaller than any thing else I know, and give me a very nice height.

I still continue tight-lacing, but alas! my waist increases in spite of all efforts to the contrary. I find as I get on in the twenties my figure *thickens*. Fifteen inches is the smallest I can be even for parties, and I cannot bear it long. Seventeen inches is my usual size now, and that often feels tight, but nothing shall induce me to allow my waist to get larger. My young cousins I mentioned before as being under figure training by my old governess are getting on very well. They all have superb figures now, even the youngest, and are all looking forward to their time when they come out. The eldest will be out next year, and has now a beautiful waist measuring only 14 ins. in her smallest corsets. Though this hurts her a good deal, she is a most willing martyr to the lace, and vows that she will be 2 ins. smaller when she comes out, but this I think is impossible. Now that she has long skirts, she is allowed to have 4 in. heels, which she thoroughly enjoys.

How is it that we hear nothing more from "Taille de Fee," or any of the other extreme votaries of tight lacing? Hoping you will be able to find room for this in your valuable journal. I am, your constant reader.

Mayfair, 6th January.

LADY M.

#### EARRINGS.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I was much interested in the letter of "A Lazy Man," and should very much like to know how the holes in the tops and sides of his ears were bored, and what kind of rings he wears in them. Did he do them himself, or a jeweller? Several lady correspondents have described having holes bored in the tops and sides of their ears, but "A Lazy Man" is the first of the other sex who has been so operated upon. As to the pleasure to be derived from wearing rings in the holes of the ears, I can speak from experience, for I have worn them for a long time. As a boy, I was brought up by an aunt in the country, and disliking rough boys, she decided to bring me up more as a girl. Up to the age of eight I was dressed as a girl, but after that I assumed boy's clothes, though for some years, I was more effeminately dressed than most boys. When I was about six years old my aunt decided to have my ears pierced, not on account of any benefit to the eyes, but simply because she wished me to wear earrings, of which ornaments she herself was very fond. At first I objected and begged her not to have my ears bored, but she insisted, and

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piercing my ears, and not giving way to my tears, and I have no intention of giving up wearing earrings.—Yours &c.,

MALE-EARRINGS.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

BRASS.—How can I clean fire-brasses effectually, so that they will not tarnish as when cleaned with bath-brick, acid, &c.?—"Ignorance."

HOP BITTERS.—How is this very expensive patent medicine prepared?—"H."

### ANSWERS.

DRUGS.—An unqualified person cannot, legally, sell any poisonous drug whether in pills or otherwise. A certain Act of Parliament gives a schedule of such drugs which cannot be sold unless by a qualified person. A chemist could furnish particulars.

## ANSWERS -TO- CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

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### ADVICE GRATIS.

By A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

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West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
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Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital

ADELINA.—We suspect the cough is not bronchial, but laryngeal. We should advise him to inhale some firwood oil, three or four drops to be placed in a pint of boiling water and inhaled for a quarter of an hour three or four times a day. He should avoid speaking, smoking, or spirit drinking until he is quite well. Every night the front of the throat just above and below "Adam's apple" should be rubbed with mustard oil and a piece of flannel worn round the neck. He ought to keep in one room for a little while, the bowels should be kept freely open, and he may take the following medicine: Bicarbonate of potassium two drachms, iodide of potassium twenty grains, solution of acetate of morphia twenty minims, water to six ounces. One-sixth part three times a day. The gentleman you mention is a very good man, but we do not think you will need to go to one, if you will follow our instructions.

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BLACKSMITH.—We do not think you have any necessity to be apprehensive. You should take plenty of exercise during the day, and keep the bowels freely open by means of palatinoids of cascara sagrada, obtainable at any chemist's. When you go to bed you must avoid sleeping on your back (see reply to "W. E. G."). If you have any troubled feeling of not being all right in this respect, we have no doubt we could put you in communication with a gentleman who could do you good. You must avoid wine and spirits, and any excess in tobacco.

H. JAMES.—Your liver and stomach are still out of order. You drink too much cocoa, and do not take a sufficient quantity of green vegetable. Eat fresh meat at least once a day, and when thirsty drink barley water or some similar demulcent. Take night and morning forty grains of Espom salts dissolved in half an ounce of peppermint water, and if you smoke at all, cut the habit down to reasonable limits.

A. S. D. R.—It is very common to suffer from this pain and headache just before the establishment of the flow. Anything hot will accelerate matters, taken either internally or externally, such as hot sitz bath. You may take the following as one draught: Bromide of potassium half drachm, compound spirit of sulphur ether half drachm, chlorodyne fifteen drops, chloroform water to an ounce and a half. The draught to be taken when necessary.

C. DYER.—Your manner of occupation, necessitating as it does your standing for eleven hours a day, is, of course, the worst thing possible for your condition. You can only wear a well-fitting suspensory bandage, and keep the bowels freely open. The fee for operation would depend upon where the operation was performed, and who performs it. You can, of course, get it done for nothing at a hospital, unless the surgeon is one who discountsances operations of the kind. You would be away from work about a fortnight, but that would depend upon how the operation is done.

W. E. G.—You probably sleep on your back; if so, you must prevent yourself doing so by tying some hard substance in contact with your back to prevent your doing so; but you will probably find relief from this trouble if you will just get up and empty the bladder. If this does not produce the desired effect you had better write again.

J. T. COURCHA.—1. This constant desire to pass water can be overcome if you make up your mind not to yield to the desire. You know perfectly well that it is not necessary to do so, and if you can only once or twice get the bladder into a condition of over-distention, you will do yourself good. But by continually yielding to these imperative calls, you will become worse and worse, and even, perhaps, beyond the power of cure. The ridding yourself of this habit lies entirely in your own hands. 2. This is partially a consequence of the above and partially due to indigestion. 3. Also due to indigestion. 4. Ditto. You should take a cold or tepid sponge down every morning, and be careful to keep the bowels freely open by means of a cascara palatinoid taken every night at bed-time. Be careful about your diet, and refrain from sweets, pastry, puddings, &c. Your meals should be light and nutritious. Take plenty of exercise during the day, and the following medicine: Dilute nitric acid one drachm, tincture of nux vomica half drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

A. E. SIMMONS.—You have not given us enough information about the matter. You do not say when this occurs, whether by night or day. Nor do you state what reason you have for believing it occurs at all. We may inform you it is an exceedingly rare thing if it really be so. You had better take some palatinoids of Parrish's food for a month or two, and get plenty of fresh air and exercise. Also be careful to keep the bowels freely open.

SEMPER.—1. There is no danger, but discomfort; the cause is probably that she is very weak in herself, and treatment must be directed to that. 2. Yes, these are piles, produced by constipation; a little liquorice powder or other laxative should be taken regularly to overcome this difficulty. 3. With regard to yourself we can only suggest that you should follow the advice and medicine we have recommended to "J. T. Coucher" above. It is due to indigestion.

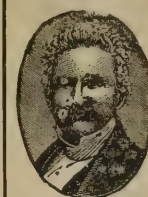
A. PHILLIPS.—We are very much afraid we cannot suggest any magic cure for this condition, beyond advising you to look after your general health and to think less of your own personality. Take a cold or tepid bath every morning, get plenty of active out-door exercise and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed-time and followed the next morning by a mild dose of aperient fruit salts. Take palatinoids of Parrish's food, one three times a day, obtainable at any chemist's.

C. E.—1. We should advise you to do all you can to keep up your bodily health and strength at as high a standard as possible. For this purpose, it is necessary that you should have a cold or tepid bath every morning, and get plenty of active out-door exercise in the open air. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bed-time and followed the next morning by a mild dose of aperient fruit salts. Take a teaspoonful of Parrish's food three times a day immediately after meals. 2. This we are unable to answer without a personal examination. 3. Recuperation of the general health will of course improve your mental powers as well.

J. C.—This slight fullness is of no consequence whatever and will offer no impediment to your prospective marriage, neither will your second query affect the matter in any way.

VINDEX.—Other things being equal (that is to say on the female side), it is absolutely certain that you may become the father of children.

## DR. JACOB TOWNSEND'S SARSAPARILLA "THE BLOOD PURIFIER."



A course of this valuable and Safe Preparation is highly beneficial to the BLOOD, which it ENRICHES and PURIFIES, removing BLOTCHES, PIMPLES, SORES, and all ERUPTIONS. Makes the SKIN CLEAR and HEALTHY. Expels all impure matter from the System, creates appetite, and imparts a tone of VITALITY to the whole body. Children like it. Very agreeable flavour. Recommended by the Faculty in the treatment of BLOOD and SKIN DISEASES. Free from mercury sulphur, arsenic and other injurious ingredients. Established over 50 years.

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(LIMITED),  
SHEFFIELD.**

T. C. M.—There is only one cure for this, and that is age and experience. Now, these two factors will strengthen day by day, so you may look forward to speedy recovery. Take cold baths, plenty of out-door exercise, keep the bowels freely open, and you will be perfectly well.

JOHN.—Yes, this would prevent consumption, you had better get it attended to, a slight nick is necessary that is all. If you wished to know where to go, send a stamped envelope and we will tell you.

ELECTRIC.—1. You must avoid all beer, wines, and spirits, and much standing or walking about. Take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals. Take the medicine for a week after the stoppage of discharge. 2. Yes, certainly.

A CONSTANT READER.—You have chronic indigestion, with the possible addition of worms. Take a palatino of calomel (two grains) twice a week for a month at bedtime, and the following mixture each morning before rising: Sulphate of magnesia forty grains, carbonate of magnesia twelve grains, nitrate of potash five grains, peppermint water to half an ounce. See also advice to "Sussex," as far as it relates to your dietary arrangements. The frequency is dependent upon acidity of urine.

A WORKING PAINTER.—No. We do not think you have any occasion for worry. The conditions are more or less natural, and you do not require any treatment at all.

DUBLIN.—1. Your questions admit only of relative answers, that is to say, you must not take these replies as being absolutely applicable to every individual case. Fruits are preferable if efficient. 2. Dialysed iron, prepared by Messrs. Richardson & Co., of Leicester, 3. No. 4. Not necessarily. Properly made by simmering in a jar with the smallest possible quantity of water, and the correct proportion of salt, and a few drops of diluted hydrochloric acid (B.P.), home-made beef-tea would be best, otherwise "Bovril," or Brand's jelly extract, or Valentine's meat juice are very efficient. 5. We think not.

A. B. C.—1. The boy should undergo a properly regulated course of calisthenics under the watchful direction of your own medical man. If the condition be marked it may be necessary to use a poroplastic jacket or other support. 2. The cause is general debility, with a lack of lime salts. 3. The tendency is more or less hereditary, though there is no absolute rule in this particular disease.

LONGSHANKS.—You have overgrown your strength, and are probably anemic. It will be necessary for you to take iron in some form or other for a considerable time, and we should advise you to begin with fifteen drops of Easton's syrup in a wineglassful of water three times a day after meals. Increase the dose gradually, and persevere for a month, when you should be taking thirty-drop doses. Write us again after the second month.

PERPLEXED.—1. Take with dinner and supper every day a pill containing one and a-half grains of sulphate of quinine, with two grains of pill of aloes and iron. Bathe the parts daily with cold water, and learn to wear the foreskin always retracted. Practice abstinence as far as possible for the next six months. 2. Blowing wind instruments to a reasonable extent is not injurious, but excessive strain is apt to be harmful to the air-veoli of the lungs, and to involve too much exertion for the heart, particularly in persons inclined to be delicate.

FORTH BRIDGE.—When you go to sleep you must avoid sleeping on your back, and if you find you have a tendency to turn over on your back, still you had better tie a large cotton-reef in contact with it so as to prevent your doing so on account of the pain caused by pressure. Be careful to keep the bowels freely open by means of compound liquorice powder, or a cascara palatinoid taken at bed-time, followed the next morning by a mild dose of aperient fruit salts. Take plenty of active out-door exercise and let your meals be served regularly and consist of plain nourishing food. Take the following pill every night: Monobromide of camphor two grains, extract of hyoscyamus two grains, to make one pill.

FARRINGTON.—You must avoid all beer, wines, and spirits, and much walking or standing about. Take the following medicine: Oil of sandalwood two drachms, mucilage of gum acacia three drachms, piperazine ten grains, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals. There is no shrinking except in very cold weather. Take the medicine for a week after stoppage of the flow.

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"Sanitas" Eucalyptus Disinfectors, 1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

J. MACDONALD.—The only certain preventative is abstinence. There are, of course, many mechanical and chemical methods in use, which it will be better that you should discover for yourself. These are obtainable at any chemist's.

D. D. A.—We agree with you as to the possibility of the supervision of stricture under the circumstances. Your urethra is probably the site of patches of imperfect granulation, which are likely on healing to be the beginning of stricture. We should strongly advise you to consult a specialist physician, with a view to prevention of such a result, as that can only be done by energetic treatment of the patches.

AZONY.—We are unable to tell what these are, but they will probably disappear with the liberal application of soap and water. It is not at all likely that they would be what your conscience causes you to apprehend. If, however, you are in any doubt, it would be far better to consult a good doctor.

WANDERER.—If you have not already tried antipyrin in these attacks we should certainly advise your doing so. The complaint is probably migraine, which is an exceedingly difficult one to treat. It may be accompanied by disturbances in all parts of the body, but chiefly of the alimentary system. You should at all times be careful of your diet, and keep the bowels freely open. Avoid beer and sweet wine, though we have no objection to a little weak spirit and water. The best thing to do at these times is to call in a good doctor, and let him treat you during the interval between the attacks.

BAR.—The best thing you can do is to go to some good surgical instrument makers (such as Arnold & Sons, Smithfield; Maw, Son, & Thompson, Aldersgate-street), and ask them to show you something of the kind. We believe there are many varieties made; if not, they can easily make one for you.

EX CALIBUR.—1. Yes, we believe it to be injurious. 2. It would be quite sufficient to account for your nervous weakness. 3. Yes, three times too much. Once a week if strong.

ALSTON.—The best plan is to take two in the morning, and then if the pain does not cease by the afternoon take two more then. It appears you have been taking them, but you have omitted to mention how you have been in the habit of taking them. You may either take these pills, or else have a hot sitz bath. Rest as much as possible, keep the bowels freely open, and do not indulge in any household or domestic work just before the onset.

SUSSEX.—1. If your description is accurate, the disease is herpes. It is dependent upon nervous disturbance in the neighbourhood of the part affected, and may be in part accounted for by your dyspepsia. The eczematous state of your leg is an indication of tendency to skin trouble. 2. Herpes is not usually syphilitic, though there is a specific variety which is somewhat rare. Be careful as to your diet, eating your food slowly, and drinking only after meals. Avoid coffee, beer, sugar, tobacco, and bathe parts daily with hot water, drying carefully with a soft towel. Take one teaspoonful of Epsom salts in an ounce of peppermint water each morning.

FOR INFANTS AND INVALIDS.

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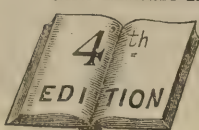
A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.  
IT IS MOST NUTRITIOUS.

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Remarks on the subject of how to preserve the health when in possession of it, and how to regain it when lost. The best means of restoring brain fog, impaired memory, incapacity for study or business, general debility of the system, and all wasting of the tissues. This little work will be found void of Latin phrases and fancy words, and will be found brief, precise, and void of unnecessary reading. The book will be sent in plain envelope, sealed, postage paid, on receipt of FIVE penny stamps. Address,

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**KELT.**—You should have persevered with the treatment for at least six weeks. The rapid relief you derived, should have encouraged you to go on as ordered. You must continue to follow up the dietary regulations suggested, and to take as much out-door exercise as possible. Your sedentary occupation is, of course, a serious drawback to an early result.

**S. R. W. K.**—You are suffering from prostratorrhoea, and will probably need local electrolytic treatment before you obtain complete relief. Meanwhile, you should learn to use a bougie (No. 9 English), which the chemist will instruct you how to use. Take also thirty grains of bromide of potassium, with twenty of bicarbonate of potash, dissolved in camphor water each night at bedtime.

**NELLY.**—Your occupation is sedentary, and you consequently do not have sufficient open-air exercise. You have indigestion badly, and that is sufficient to account not only for the pains and shortness of breath, but also for the cough. We should advise you to take the following mixture half an hour after each meal: Bicarbonate of soda twenty grains, carbonate of ammonia three grains, spirits of chloroform five minims, tincture of bark half drachm, water to half an ounce. Take also each morning, before rising, the mixture recommended to "Bonne," eat your food slowly, drinking only after the meal is done, drink little or no tea or coffee, no beer, and try to get at least two hours exercise in the fresh air every day. Write us again in a month.

**W. T. H.**—We regret that we are unable to give you the formulae of any patent medicine (so called). We do not approve of them, as a rule, and certainly should not trouble to acquaint our readers with their composition.

**BONNE.**—Stimulants in moderation (one tablespoonful of weak whiskey in water after meals only) would help you, an occasional pipe (one ounce per week) would not hurt you. We should leave the cod-liver oil alone altogether, as being calculated to interfere with your digestion, at whatever time you may take it. Take a breakfastcupful of warm milk instead, twice a day. A little tea with milk and no sugar will be of benefit, and instead of other medicines take the following mixture each morning before rising: Sulphate of magnesia forty-five grains, carbonate of magnesia ten grains, nitrate of potash five grains, tincture of henbane half drachm peppermint water to half an ounce. Write again, in a month.

**W. HODGTON.**—If instead of giving the eruption a name, which cannot possibly be accurate, you had carefully described the appearance of the spots, whether they hitched or not, whether the patches were moist or otherwise, and so on, together with an account of your general health, habits, occupation, &c., we should have been able and happy to prescribe for you with some hope of a satisfactory result. Please send these details, meanwhile taking the mixture prescribed for "Bonne."

**ACHILLES' HEEL.**—1. Rupture of organs or vessels in the locality named would be extremely rare, and would occur only as the result of violence—never as the consequence of weakness as described. 2. Rupture of the particular part—whether kidney, muscle, or vessel—would be the term used to describe such an accidental occurrence. 3. We do not think the pains due to any such occurrence, but they are easily accounted for on other and less extraordinary grounds. Under these circumstances we are disposed to think that under proper treatment a cure is not only possible but probable. As you say these matters are urgent, you had better send us a stamped addressed envelope for the name of a physician to whom you may apply, with every confidence that the causation of the troubles will be properly investigated and treated.

**AN OLD READER.**—We regret that we are unable to supply you with a resume of the methods of making court plaster. If you will apply to the Editor of the "Pharmaceutical Journal," he will doubtless be happy to give you the necessary information.

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# SUNLIGHT SOAP COMPETITIONS.

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The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

Competitors to Save as many "SUNLIGHT" Soap Wrappers as they can collect. Cut off the top portion of each Wrapper—that portion containing the heading "SUNLIGHT SOAP." These (called the "Coupons") are to be sent, enclosed with a sheet of paper on which the Competitor has written his or her full name and address, and the number of coupons sent in, postage paid, to Messrs. Lever Brothers, Limited, Port Sunlight, near Birkenhead, marked on Postal Wrapper (top left-hand corner), with the NUMBER of the DISTRICT Competitor lives in.

No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under—
1	IRELAND.
2	SCOTLAND.
3	MIDDLESEX, KENT, & SURREY
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.

The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—

Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Premier Safety Cycle, with Dunlop Pneumatic Tyres, value £20-  
 The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s.  
 The next 200 Competitors will each receive a Book, published at 5s.  
 The next 300 Competitors will each receive a Book, published at 3s. 6d.  
 The next 400 Competitors will each receive a Book, published at 2s. 6d.  
 The next 500 Competitors will each receive a Book, published at 2s.  
 The next 1,000 Competitors will each receive a Book, published at 1s.

### RULES.

I. The Competitions will Close the last day of each month. Coupons received too late for one month's competition will be put into the next.

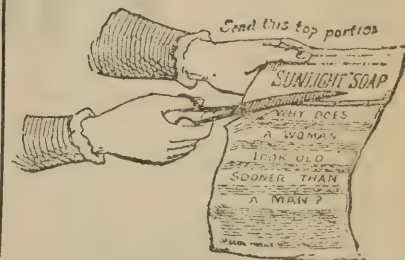
II. Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.

III. A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Halfpenny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.

IV. Messrs. Lever Brothers, Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.

\*The Bicycles are the celebrated Helical (Spiral) Tube Premier Cycles (Highest Award World's Fair Chicago, 1893), manufactured by the Premier Cycle Company, Limited, of Coventry, and 14, Holborn Viaduct, London, fitted with Dunlop (1884) Pneumatic Tyres, Salsbury's "Invincible" Lamp, Lamplugh's 405 Saddle, Harrison's Gong, Tool Valise, Pump, &c.

Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.		
£	s.	d.	£	s.	d.
100	0	0	9600	0	0
84	0	0	8064	0	0
50	0	0	4800	0	0
52	10	0	5040	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
			41904	0	0



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NO. 1 (Leeds).—You are suffering from chronic catarrh of the nose. We should advise you to take the following lotion: Borax, chloride of sodium, bicarbonate of soda, of each seven grains, powdered white sugar fifteen grains, dissolve the powder in a half-tumblerful of warm water, and sniff up into the nose two or three times a day, bringing it out of the nostrils. You must avoid all smoking and spirit drinking, and take a teaspoonful of Fellow's syrup of hypophosphites three times a day immediately after meals.

PUZZLED FELLOW.—This is not a complaint which has any connection whatever with the bladder. It is either an enlarged gland or a small rupture. The best thing you can do is to see some medical man who can tell you which. For your constipation the best thing you can do is to take either cascara palatinoids, obtainable at any chemist's, or else a teaspoonful of compound liquorice powder, taken every night, and followed the next morning by a dose of aperient fruit salts.

PHOCION.—The quantities are seven grains each of borax, chloride of sodium, and bicarbonate of soda, and fifteen grains of powdered white sugar. This amounts to about a half-teaspoonful, so that by simple multiplication you can have as much made up as you like in powder in this proportion, and just dissolve a half-teaspoonful in a half-tumblerful of warm water. 2. The probabilities are that a change of climate is about the only thing that will do you any permanent good. 3. We should advise you to take Scott's emulsion of hypophosphites with cod liver oil, a teaspoonful three times a day. 4. Arsenic might be beneficial, but it would require watching.

WELL-WISHER.—1. At about eighteen, though growth occasionally takes place until after the twenty-first year. 2. Yes. Decidedly. 3. Plenty of out-door exercise, a sufficiency of good nourishing food, and attention to the rule of "early to bed and early to rise," with as much bathing as convenient.

BOOTLE.—Wash the part with hot soap and water twice a day, taking care that the skin is thoroughly retracted, and that the parts are afterwards carefully dried (inside and out). Take a cold bath each day, starting with the mild weather, and cease to think any more about the difficulty.

SPRING.—From what you say there does not appear to be much wrong. The discharge is more or less natural under the circumstances, and if that be the only difficulty you do not require any treatment.

BARROW.—You have an irritable stomach, but we should scarcely feel justified from the symptoms described in saying that it was ulcerated. Eat your food slowly, take no stimulants whatever, but a dose of the following mixture an hour after each meal: Subnitrate of bismuth ten grains, bicarbonate of soda fifteen grains, mucilage half drachm, tincture of gentian one drachm, peppermint water to half an ounce. Keep the bowels free, and drink only after meals.

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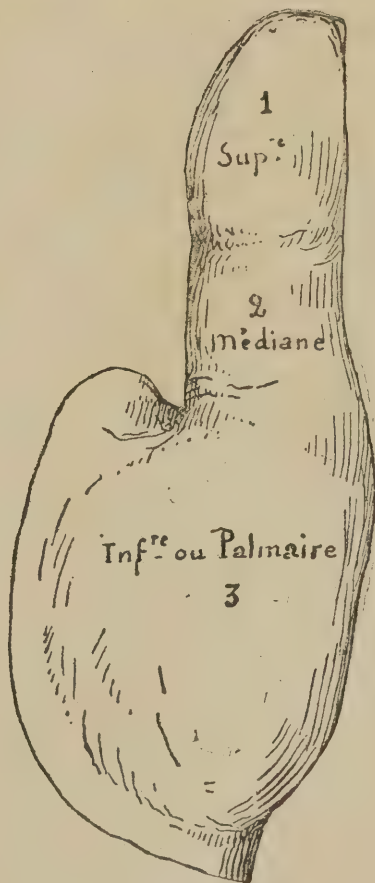
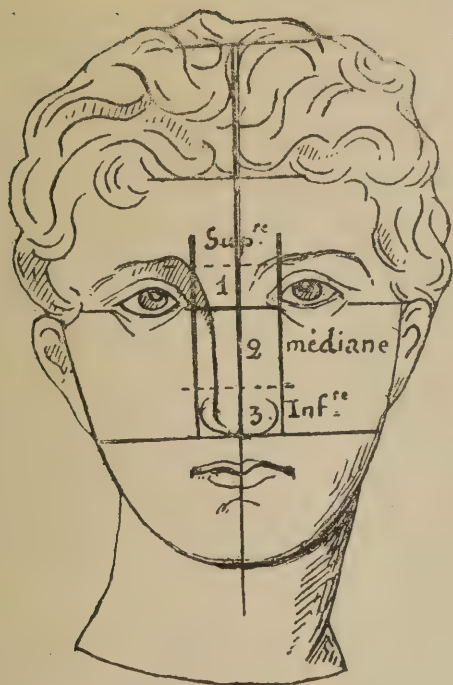
No. 465.—VOL. XVIII. SATURDAY, JANUARY 27, 1894.

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## **REVELATIONS OF PHYSIOGNOMY.**

### **THE NOSE.**

**By a FRENCH DOCTOR.**



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## CONTENTS.

PAGE.	PAGE
Revelations in Physiology. Illustrated	337
Editorials	338
Revelations in Physiology	339
Recent Patents	339
Doctors and Their Bills	339
Bursting Boilers	340
Possession of Hysteria	340
Operating on a Lion	340
Rest in Bed	341
Reviews	341
Medical and Other News	341
Recipes for the Table	342
Hints for the Household	342
The Mother's Page	343
Treatment of Leanness and Obesity	344
Stimulating the Brain	344
Scouring the Stomach	344
"Catching Cold"	345
Coffee	345
Our Open Column	346
Notes and Queries	346
Answers to Correspondents	346
&c., &c., &c.	

## EDITORIALS.

**FUNERAL REFORM ASSOCIATION.**—This Association has been founded to counteract the evils which have grown round the customary mode of interment. Those evils, it is believed, have mainly arisen from a natural and laudable desire to pay honour to the departed; but the manner in which that desire has been commonly manifested involves an expenditure wholly out of proportion to its object, in many cases beyond the means of the surviving relatives, and is, also, often a source of evil to the public health. It is a matter of every day experience that when the head of a family has passed away, the widow and children are found soon after in a state of destitution, though a large sum has been received from clubs or private benevolence, most of which has been spent on an ostentatious funeral and mourning. The Association therefore strongly urges the following specific reforms:—Funerals.—1. The exercise of economy and simplicity in everything appertaining to the funeral. 2. The use of plain hearses or wheeled biers. 3. The disuse of crapes, scarves, feathers, velvet trappings, and the like. 4. The avoiding of excessive floral decoration. 5. The discouraging, on the occasion of the funeral, as far as possible, of all eating and drinking beyond that of every-day life. 6. The meeting in the church-yard or cemetery instead of at the house of mourning. 7. The dispelling of the idea that all the club money must be spent on the funeral. Burials.—1. The early interment of the body in soil sufficient and suitable for its resolution to its ultimate elements. 2. The use of such materials for the coffin as will rapidly decay after the burial. N.B.—This method is in accordance with the laws of Nature, and avoids sanitary evils, while the practice of burying in almost imperishable coffins is fraught with danger. 3. The substitution of burial plots,

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surrounded by coping for family vaults 4. The encouragement, on sanitary grounds, of the removal, in crowded districts, of the body to a mortuary, instead of retaining it in the rooms occupied by the living. The Council are happy to state that the above principles are already being acted upon by many in high social position; and earnestly appeal to the wealthier classes, whose example has so powerful an influence, to give practical effect to them; and, in order to render this easier to their surviving relatives or executors, to leave clear and strict injunctions in writing that the utmost simplicity and economy be observed in their funerals.

RAPID growth of the finger-nails is considered to indicate good health.

**STAMMERING.**—Recent experiments in the Ear Hospital in London indicate that stammering is not a nervous defect only. In operations for deafness in several cases the patients were cured of stammering also, and the opinion is that stammering comes from some defect in the hearing.

**HOW TO CURE SLEEP WALKING.**—Such accidents can be easily prevented by laying upon the carpet by the side of the sleep-walker's bed a strip of sheet metal—iron, zinc, or copper—so wide and long that when he puts his feet out of the bed they will rest upon the metal. The coldness felt will awaken him thoroughly, and he will go to bed again. A friend broke the habit of sleep-walking in his son by placing a strip of wet carpet by the side of the bed.

**GLADSTONE'S NEW DOCTOR.**—Dr. Thomas Barlow is the London physician to whom has fallen the succession of the late Sir Andrew Clarke, as medical advisor to Mr Gladstone.

WE observe that in France, says the *Sanitary Record*, they are adopting useful measures for the prevention of the spread of contagious disease in schools. The prefects in the several departments have been invited to issue orders to the following effect. Dating from the 1st January, spring-water, or, failing that, water that has been boiled, shall be placed at the disposal of the pupils for drinking. The cleaning of the floors, desks, &c., of the school-rooms is to be effected no longer with dry dusters and brooms, but with moist cloths, to prevent the spread of dust. Washing-out is to take place weekly, at the expense of the commune, with an antiseptic liquid, and this is to be applied also to the walls at the time of the holidays. In future, not only every child affected with any contagious disease is to be excluded from the school, but this exclusion is to be extended also to the brothers and sisters of the sick child, and to pupils living in the same house. Those who have been sick are not to be allowed to return to school without a medical certificate, nor until after a lapse of time equal to that prescribed by the *Académie de Médecine*, according to the nature of the affection. These are wise regulations which may very fittingly be recommended to the notice of school authorities at home: the trouble is that it is easier to make regulations than to get them observed.

**POISONOUS GASES.**—Carbonic oxide is one of the most dangerous gases; it is disengaged especially by the combustion of coal. Leblanc found that the difficulty of breathing air impregnated with coal gas is due especially to the carbonic thus generated, and not to carbonic oxide acid, which is not generated in sufficient quantity to account for the poisonous quality of the air. A kilogramme of glowing coal will suffice to make the air in a space of twenty-five cubic meters unbreathable. An equally poisonous gas is sulphureted hydrogen. In the experiments of Dupuytren and Thenard 1-1500

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles every where.—(ADVT.)

of this gas in the atmosphere proved fatal to a greenfinch, 1-800 to a dog, and 1-250 to a horse. Chauriffier observed that both this gas and ammonia vapour proved fatal to animals in a few seconds. Chlorine gas cannot be inhaled, as the epiglottis closes spasmodically; even the smallest quantity mixed with the air provokes violent coughing. It kills animals quickly. Many poisons inhaled in gaseous form are equally as dangerous as if introduced into the blood in other ways. The noxiousness of the vapour of quicksilver is well known. Arsenious gas is one of the most dangerous poisons; and numerous deaths have occurred from the inhalation of cyanogen gas.

**THE HUMAN APPETITE.**—A Frenchman eats every year 549 pounds of bread and 127 pounds of meat, and drinks 35 gallons of wine and 5 of beer. Parisians individually consume every year 37 pounds of carrots, 6 of celery, 15 of onions, 7 of peas, 49 of potatoes and 17 of tomatoes. Londoners individually devour annually 7 pounds of carrots, 1 of celery, 34 of onions, 3 of peas, 172 of potatoes, and 57 of tomatoes. The Spaniards individually eat every year 500 pounds of bread, 48 of meat, 11 of fish, and 12 of sugar, and wash down this supply with 14 gallons of wine.

**HABIT.**—Burke wrote: We are so wonderfully formed that, while we are creatures vehemently desirous of novelty, we are as strongly attached to habit and custom. But it is the nature of things which hold us by custom to affect us very little while we are in possession of them, but strongly when they are absent. I remember to have frequented a certain place every day for a long time together: and I may truly say, that so far from finding pleasure in it I was affected with a sort of uneasiness and disgust: I came, I went, I returned without pleasure; yet if by any means I passed by the usual time of my going thither, I was remarkably uneasy, and was not quiet till I had got into my old track. They who use snuff, take it almost without being sensible that they take it, and the acute sense of smell is deadened, so as to feel hardly anything from so sharp a stimulus: yet deprive the snuff-taker of his box, and he is the most uneasy mortal in the world.

**DEATH AS IT IS.**—Perhaps the most common mistake of the lay mind, says Cyrus Edson in the *N. A. Review*, is the association of the dramatic with the conception of death. Nothing is more common than to hear from the pulpit pictures in words of excitement, of alarm, of terror, of the death-beds of those who have not lived religious lives; yet, as a rule, if these pictures are supposed to be those of the unfortunates at the moment of death, they are utterly false. In point of fact, ninety-nine of every hundred human beings are unconscious for several hours before death comes to them; all the majesty of intellect, the tender beauty of thought or sympathy or charity, the very love for those for whom love has filled all waking thoughts, disappear. As a little baby just born into the world is but a little animal, so the sage, the philosopher, the hero, or the statesman, whose thoughts or deeds have writ themselves large in the history of the world, become but dying animals at the last. A merciful unconsciousness sets in, as the mysterious force we call life slowly takes leave of its last citadel—the heart—and what is has become what was. This is death.

**MEDICATED PRUNES.**—Make a strong concentrated infusion of senna leaves; strain this through a muslin cloth, and boil in the strained liquid as many prunes of good quality as can be well boiled in the quantity of infusion. Stew the prunes in the liquor thoroughly, in the same manner as if for the table, properly seasoning. When well cooked put in a glass jar, screw the top down tightly and set away in a cool place. Two or three or four of these

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youthful colour, gloss, and beauty. (ADVT.)



prunes eaten during the day will overcome some of the severest cases of constipation. There is no suggestion whatever of the senna in the taste of the prunes, and the effect is most desirable. If taken at bed-time, when a laxative is desired, the bowels will move nicely in the morning. They can be taken on the most sensitive stomach, and when other laxatives would produce undesirable results.

## REVELATIONS OF PHYSIOGNOMY.

### THE NOSE.

(See Frontispiece.)

"THE whole of Nature," says the naturalist Robinet, "offers to our contemplation two grand subjects—the permanence of Force and the development of Form!" Indeed, everything in the universe gravitates and advances towards continual change. Nothing is stable, nothing stops, everything moves and pervades. Immobility is only an outward seeming, repose a mere fable. From the infinitely small atom to the infinitely large aggregate of atoms, everything has its proper motion, and we may say that in the vast harmony of the nature, all kinds of fibrations appear, from the simplest oscillation to the most complex and varied combinations. Many of these movements escape our senses because they are not within our field of perception, thus the slow movement of the hand of a watch is not caught by the human eye any more than the rapid projectile which traverses space. But we cannot conclude that a thing does not exist because our senses do not perceive it. That would be equivalent to denying nearly everything that exists for the limit of our sensorial perception is not very extended and is confined within their very small circle.

If it is not given to man to perceive the material expression of all the phenomena which surround him, at least, to possess an innate power by means of which he may fathom and conceive the great law of which these phenomena are the expression. This innate power is *abstraction*. That which does not enter the brain by external senses may still penetrate the thought by abstraction; and the few phenomena that man's senses imperfectly apprehend are sufficient to give him a key to a large number that escape him.

Thus, for example, we can conceive the following abstract idea:—Force, infinite and eternal, like matter, is closely allied to it, and we may say is one with it—it is, in a way, a quality in unity.

All force, then, in Nature finds expression in form, and that is why every form is the expression of a force or a combination of forces. The more elementary the force, so is the form which represents it simple and rudimentary, the polyp, for example, has organs much less complex, less numerous, and less perfect than those of man.

Force, which may vary infinitely in its combinations, creates forms equally infinite in number and kind, and the bodies which come under our notice are nothing but the equilibrium of these numerous metamorphoses. Now, as all moves and gravitates eternally into space, these fleeting conditions of equilibrium, hardly settled down, tend already to break up and each flies from the movement which *has been* to that which *is* and which *will be*. Every form, to whatever degree it may have attained in the great universal series, bears then in it the impression of these three following vibrations and the human form which is in the main, but the expression of a more or less complex force obeying the same law, bears written in it these three consecutive terms of its

proper motion:—Animality, humanity, spirituality.

Let us take, then, the entire man or only one of his organs, as "the whole is in each of his parts and the part in the whole"—one finds the permanent expression of these three conditions. For example:—In man, three regions—head, thorax, abdomen. In the cranium, three sections—upper part of the skull, frontal region, lower part of the skull. In the face, equally three sections—forehead, nose, jaw. In the finger, three phalanges—terminal, middle, and proximal. So, then, everywhere and always three divisions correspond invariably in the same order to the three terms, spirituality, humanity, animality, which allows us, by the examination of these divisions, to judge the individual from the point of view of morality, intellect, and instinct, or, what is the same thing, from the triple point of view of his tendencies, his present condition, and his past. And, a remarkable thing, it is always in the upper part of the organ, that the expression of spirituality is found engraven, and the lower part which bears the stamp of animality and materiality—as we find the dregs at the bottom of the vessel.

This principle admitted we will divide the nose, like the entire body and every other organ into three parts:—1. The upper part or root of the nose, which corresponds to the terminal phalanx of the thumb. 2. The middle part or dorsum of the nose, which corresponds to the second phalanx. 3. The lower part, comprising the end and wings of the nose, which corresponds to the third phalanx or *Mount of Venus*.

The first part (root of the nose or terminal phalanx of the thumb) represents will—empire of self—the moral power which gives the power of resistance or of execution, the sense of duty. This is called the *moral* or *psychic* portion. The second part (dorsum of the nose, or middle phalanx of thumb) represents intelligence, judgment, logic, science, acquirement by education. It is called the *intellectual* or *philosophical* portion. Finally, the third part (end of nose or palmar phalanx of thumb) represents instinct, sentiment, the affections, material and sensual appetite. It is called the *instinctive* or *animal* portion.

By examining the first section, we shall have the measure of the moral life, spiritual aspirations, elevation of mind, power of resistance to passion. By examining the second portion, we shall know the nature of the mind, the intellectual life of the individual, his acquirements, his way of life. By examining the third portion, finally, we shall perceive the motions of the affective or animal being, and shall be able to judge of the violence of the passions. Harmony and uniformity are found in the equal development of these three sections.

(To be continued.)

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C. from whom all information concerning Patents may be obtained gratuitously.

129. Improvements relating to bottles for reception of poison, and to stoppers thereof. MATHEW EVANSON O'BRIEN, 18, Buckingham-street, Strand, London. Jan. 2nd, 1894.

152. Improvements in nasal douche cups. BENJAMIN STERN, St. Ann's-square, Manchester. Jan. 3rd, 1894.

329. The poison bottle. JAMES COCHRANE and FREDERICK GOVER POWELL, Provident Buildings, Clare-street, Bristol. Jan. 6th, 1894.

350. Improvements in instruments for determining errors of refraction in the eye. SAMUEL HARDY, 27, Southampton-buildings, Chancery-lane, London. Jan. 6th, 1894.

### SPECIFICATIONS PUBLISHED.

1535. FIRLY. Remedy for erysipelas, &c. (10d.) 1893.  
4384. BOSCH. Teething pads for infants. (10d.) 1893.  
4783. THOMPSON. Supporting belts or girdles. (10d.) 1893.

17,647. MAUVIER. Obstetrical and examination stirrup. (10d.) 1893.

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## DOCTORS AND THEIR BILLS.

INSTEAD of his usual letter, the *Medical Times* correspondent sent the following:—  
I call this from an old copy of *Le Figaro*. It is very amusing and *agropos* of this time of the year. I need hardly say in the hands of the translator it has suffered severely. It bore the title of—

### THE BILL TO PAY.

HUSBAND (at his own door): Doctor, Is not Madam's illness very serious?

DOCTOR: Probably, but it won't amount to much; people never know how these things begin and cannot tell how they will end. At any rate it's not necessary to be uneasy beforehand; we must—wait.

HUSBAND: Well, I can't say that I am tranquil since you say it is necessary to wait.

DOCTOR: Still, I cannot pronounce at this stage of the case; it is wiser to see how—

HUSBAND: Pardon, Doctor, if I interrupt; but why have you not percussed Madam in the back of her lungs?

DOCTOR: In this case it was useless.

HUSBAND: Nevertheless, I would have been better pleased. What do you really think of Clementine?

DOCTOR: Nothing very grave, we will see her to-morrow.

HUSBAND: Why not this evening? Oh, Doctor, I am very uneasy over my poor wife! I will have courage. Would you like a consultation; have ten doctors if you like, even twenty!

DOCTOR: Once more I tell you, don't be unreasonable. Your wife is very feverish, but in cutting it—

HUSBAND: My wife—is it necessary to cut my wife?

DOCTOR: No, the fever.

HUSBAND: But if you can't cut the fever, what will happen?

DOCTOR: Oh, some complications, naturally.

HUSBAND: My goodness! Is Clementine going to be complicated; whatever will I do. Come back, doctor, percuss her in the chest, and have a second look at her tongue.

DOCTOR: That will do her no good.

HUSBAND: Well, it won't do her any harm; be sure and come back to-night. Come back in the morning. I don't care how often you come; but save Clementine.

In spite of every care and precaution Madam has had the small-pox, and at the end of six weeks is quite recovered.

The husband goes about extolling the skilful doctor as the illustrious savant, &c. Three months afterwards he receives a bill from the savant.

HUSBAND: Jerusalem! is this a joke? One hundred and twenty visits at eight francs each; it is stiff—nine hundred and sixty francs. Well, there are some droll fellows who easily earn their money. Why, an omnibus conductor does not earn that in six months. One hundred and twenty visits in forty days; three hundred and sixty days in a year, and nine times one hundred and twenty; why, it's a thousand and eighty visits in one year at eight francs each—eight thousand six hundred and forty francs. Well, if he has forty patients he is earning more than the whole French Ministry. One thing, I rarely higgie; still, I won't be flayed alive in this manner. Oh, no; not me! I love Clementine deeply. I would not bargain where her health is concerned, but she was not so sick that I should be let in for nine hundred and sixty francs. The doctor says your wife is very feverish; it is necessary to cut it short; he has cut nothing. I told him often and often to cut it short; but he was afraid of complications: is that my fault? Once more I would never higgie over Clementine's health, but it was himself who said, once cut short the fever and it will be all plain sailing. What have I to do

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with Madam's temperament; I know she always had a perfect horror of small-pox. Why did he not cut short that disease before? The eruption appeared. Again, I am not a man to higgie; I would rather sweep the streets; thank goodness! I am not of a stingy disposition, and I think three hundred francs very generous indeed. Of course I had to pay the chemist; but if I hadn't he would have refused his goods. Certainly I had bottles, packages, creams, and lotions from him, but what did I get from the doctor? Not the least thing; he only scrawled something on paper, but the paper and the ink were mine, even the pen. People say to me Clementine is not marked; that is quite true, but a few marks would do no harm, might even be a change. Three hundred francs; well, I may go to four, but not a centime more; if he won't take that he can bring me before the courts, and I will say to the judge: My lord, I asked the doctor to cut short Clementine's fever, and he did not. She had the small-pox; he has done nothing for Madam. What do I owe him? Nothing.

The case was defended, and the husband lost. He now goes about saying that physicians are robbers, that justice is so badly rendered in France, that the judges become the accomplices of illustrious savants.—*Charles Leroy.*

## BURSTING BOILERS.

A SERIES of terrible accidents—not unusual at this time of the year, but made sadly conspicuous at the present moment by their fatal issue in several cases—has been chronicled during the past week from boiler explosions.

Premising that it is not possible to lay down rules by which such catastrophes may be certainly avoided, and entirely recognising that even if a householder finds himself living under dangerous conditions he may not be able for pecuniary or other reasons to immediately alter them, we think a few precautionary words may be useful.

It is quite impossible for any but a technical journal to enter into minute plumbing details, nor have they, from a general point of view, anything to do with the matter. We may also discard all reference to low-pressure arrangements, for the use of open tanks—which is what is implied by that term—is so economically faulty that not even safety can quite justify it. Of closed tank systems there are two in common use. In each the boiler feeds and is fed from the hot water cistern, circulation being maintained by the well-known principle of convection, which cistern in its turn feeds the house with hot water, and is fed from the general water-supply of the house—i.e. from the cold water tank.

In one of these two systems, which we propose to call the high-level system, the hot water cistern is under the roof in juxtaposition to the cold water tank, whereby mechanical ease of distribution is secured. In the other, the low level system, this cistern is on the same floor as the boiler, and generally in the kitchen or scullery, circulation of the hot water to the higher floors being obtained through the downward pressure of the cold water upon it. We need hardly say that the cause of a bursting boiler is primarily the fact that its water-supply has been cut off while the fire beneath it is burning. It will be seen at once that where the communications (pipes and perhaps some smaller intermediate receptacle) between the general cold water supply and the hot water cistern are under the roof they are infinitely more exposed to cold than where they are

situated in the warmest part of the house. We should, therefore, expect to find many more accidents prevailing in the high level system than the low level, and our inquiries into four of the recent cases, whose disastrous consequences have been made the subject of much public comment, have confirmed this expectation certainly and in every particular three of them, and probably in the fourth. Next it must be pointed out that there are two forms of this accident, of which one is practically unattended with danger to life, while the other is probably the most dangerous of domestic catastrophes. In each form we find as a primary cause of the accident an empty boiler, from which further water supply has been cut off through frozen pipes or some other mechanical defect, while the fire continues to play upon it until it becomes red hot.

If now the boiler remains dry, it will in time crack, and the expansion connected with this will do an amount of mechanical damage dependent upon the structure of the house; but the accident, however exasperating and expensive to the householder, is not necessarily attended with risk to life. If, however, through sudden thaw or other reason, circulation is restored and cold water finds its way into the red hot boiler, immediately the true explosion ensues, caused by the immense pressure that is suddenly put upon the inside of the boiler by the generated steam, and at a time when its walls are undergoing enormous molecular strain. This accident, which is an impossibility in the low level system, can easily prove fatal to any or all persons in the vicinity by scaling or direct wounds or shock. Moreover, it is impossible to believe that the oft-repeated recommendation that the boilers should be fitted with a safety-valve would in any way obviate such occurrences.

A safety-valve will work in cases of gradually increasing pressure; but in the true form of burst boiler the pressure passes in a moment from nothing to infinity, if we may be allowed the little exaggeration, and any attempt at valve regulation would be futile. The subject is one that should be thoroughly threshed out with a view of arriving at the best preventive measures.—*Lancet.*

## POSSESSION OF HYSTERIA.

IN his work on "Demoniacs in Art," M. Charcot has furnished a description of some of the leading features of an attack of "la grande névrose." In its complete development such an attack presents four phases, and one or other of these the artist will be found commonly to select in depicting his demoniac. The first, or epileptoid period, closely counterfeiting epilepsy, commences with tonic convulsions, loss of consciousness, momentary stoppage of the respiration, extreme pallor succeeded by flushes, swelling of the neck, convulsion of the eyeballs, distortion of the face, and often protrusion of the tongue, with foaming at the mouth. The body passes from extreme rigidity to convulsive movements extending to the muscles of the face, until the muscles relax, the breathing becomes stertorous, and the second period of wild movements, known as clownism, sets in. Almost every species of horrible contortion of the limbs and body may be noted in this phase of disease. The physical force exerted is beyond all proportion to the normal powers, and this was formerly noted as a conspicuous sign of demoniac possession. The posture known as the "arc de cercle," in which the body is forcibly curved backwards until sometimes the head and heels alone rest on the bed, is one of the common contortions of this period, and the patient usually struggles to tear the hair and rend off all clothing. The third period is one of hallucination. The actions exhibited correspond to some idea present to the mind of the patient, joy, fear, horror, supplication, ecstasy, are indicated by corresponding attitudes. The fourth period is one of gradual return to consciousness. The patient is subject to recurring delusions and moments of delirium,

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accompanied by convulsive movements. Violent cramp, reproducing loud cries of pain, is a frequent symptom at the close of an attack, readily suggesting to the bystander the idea of a demon torturing the possessed.

## OPERATING ON A LION.

A LION on an operating table! It was a novel and interesting sight, fraught with some amusement and considerable danger, but it is believed it has resulted in saving a valuable beast's life, and, says the *New York Reader*, it made an exceedingly pretty woman happy. Nero is the property of Mdlle. Pauline Nana, who hobnobs with royalty, as typified by four young and handsome lions, who do her bidding, to the delight of those who affect dime museums.

Nero is but one year and four months old, very swagger, and very ill-tempered with his fellows. Four weeks ago he got into a rattling fight with his fellows, and, while he made a good showing for himself, he received a savage bite in his right hind-thigh that nearly knocked him out, and caused him to lose the use of his leg for a time. He was fast beginning to regain its use a little, when his manners became too autocratic to suit his three kingly companions, and another royal fight resulted. The royal fighter who took exception to Nero's manners, detected his adversary's most vulnerable point, for, in the third round he landed with the full force of his massive jaw, on the spot where Nero had been bitten before, and hung on until Nero cried quits and several keepers had persuaded him, with the help of as many iron spears, that he was fouling his antagonist.

Since then Nero has been a dead lion in the pit as far as his acting was concerned, and Miss Nana has been correspondingly unhappy. Nero, as was to be expected, did not take to doctors kindly. Nobody possessed of medical skill had sufficiently tired of this life to attempt to ascertain the extent of his injuries. Miss Nana's friends advised her to have the beast shot, but she rebelled.

After a long search Miss Nana found a person in Dr. O. E. Busener who was willing to place his life in jeopardy by diagnosing Nero's ailment. Dr. Busener is chief surgeon to the New York College of Veterinary Surgeons, and he got the operating table in the college in readiness to receive its roaring occupant. Nero occupied a transfer cage on a level with the operating table. About twenty-five doctors, students, newspaper men, and helpers stood in the room waiting to see the transfer from the cage to the table. Nero's trainer stood in front of the cage so as to receive him as he stepped upon the table and slip a noose over his head. As the door of the cage was raised the lion walked out upon the table, but, to the dismay of the crowd, jumped down on the floor, and began running around in a frightened way. If the lion was scared, what could be said of the crowd! Such a helter-skelter scampering as ensued! The crowd made a mad rush for the office door, which is about twenty-five feet from the operating table, and closed it with such force as to break the large glass pane in it.

Nero was soon driven into his cage by his trainer. Only Dr. Busener, House Surgeon Henry Amling, junr., the trainer, and two attendants from the museum where Nero has been performing remained in the operating-room, the spectators having taken themselves to the floor above, where a splendid view was had through a large hatchway directly over the operating table. When the lion emerged from his cage the second time he was corraled and quickly tied down with ropes and chains. His struggles to free himself were tremendous. At one time it looked as though he would squirm himself free again. His roars, which were

ASTOUNDING!—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the precise words, "they are worth a guinea a pill." For Diarrhoea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. 1s. 1ld., 2s. 0d., 4s. 6d., all chemists; direct, W. LOCKING & SON, Leeds (late Hull).—Advt.

PARLIAMENT DISSOLVES by effluxion of time, but Time's flight only adds to the power of disease if means are not taken to eradicate it. Indigestion, stomach and liver complaints especially require urgent treatment, and there are no medicines known which act upon these particular ailments with such success as Holloway's Pills. These grand remedies strengthen the stomach, increase the appetite, and rouse the sluggish liver. For bowel complaints they are invaluable, as they remove every primary derangement. They may be used at all times and in all climates by persons affected by biliousness or nausea; for flatulency and heartburn they are specifics. Indeed, no ailment of the digestive organs can resist their purifying and corrective powers.



heard a block away brought a crowd to the doors. It had been the intention of Dr. Busener to diagnose the lion's injury without resorting to the use of anaesthetics, but as soon as the doctor touched the hurt leg the lion strained at his chains so that nothing could be done with him until he had received a hypodermic injection of four grains of morphine. The morphine took effect immediately and for over an hour Nero was unconscious and as tractable as a lamb, only twitching as the doctor pulled and twisted his left hind leg. Early in the examination Dr. Busener pronounced the lion's injury to be an incomplete fracture of the thigh bone. The whole joint, he said, had become diseased, but he felt confident that, owing to the lion's youth and generally perfect health, he would be able to fully restore the use of the leg. After the hair had been all clipped off, the doctor and his assistant, Dr. Amling, pulled and twisted the leg for about half an hour, and then the injured member was bandaged. A big layer of cotton batting was first placed on the injured leg and thigh, and strong linen bandages were wrapped around it and sewed, and then a heavy coating of glue was daubed on. This, in turn, was smeared over with some wicked-smelling mixture, which, it is hoped, will have the effect of dissipating any desire that Nero may have of tearing the bandage off with his teeth.

The doctors had only just concluded their labours when Nero began to show unmistakable signs of returning consciousness. He roared and kicked like mad. The latent effect of the morphine was not conducive to an improvement of Nero's temper and to get him back to his cage was a ticklish piece of business. It was accomplished, however, without mishap. While the forward part of his body remained strapped to the table, his hindquarters were raised up by three men, and the cage, which opened front and back, was moved forward and the hindquarters dropped into it. A rope, which was attached to the lion's uninjured hind leg, was used to drag the animal into the cage, when the sliding doors were dropped with a bang, and Nero was safely caged. Dr. Busener said, after the operation, that he believed it was the first time a lion had ever been placed on an operating table, and he felt rather proud of his work.

## REST IN BED.

**A** WELL-KNOWN medical man in the course of a lecture on nursing in nervous disease, particularly hysteria, describes the advantages to be derived from ordering absolute rest in bed. It will seem somewhat strange to those who have been accustomed to go about the house, although in a languid manner. It will be far better also for invalids who recline on sofas, and yet have not cared to relinquish all opportunity of seeing friends, and hearing of the outer world. By going to bed in earnest, and under no pretext walking about the room, not even sitting up, and in some cases not even feeding herself, the patient realises that a new era has begun in her life history. The result is that she appreciates highly the opportunity to feed herself when the permission is given, perhaps after a fortnight or more of denial. At the end of a month or so she sits up a few minutes each day; the time is lengthened; at the end of two months, perhaps, she is allowed to sit in a chair. Every added privilege is appreciated as never before; liberty never seemed such a boom. It is like the hunger of a convalescent from typhoid fever. The whole aim in life, if you have maintained the case successfully, is now to occupy a sphere that before seemed impossible to attain, and with timely assurance you will have the satisfaction of seeing the patient launched upon the world made over anew. These are matters of actual experience.

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## REVIEWS.

*These Little Ones.* By ALICE POWELL. London: Simpkin, Marshall, Hamilton, Kent, & Co., Stationers' Hall Court.

**T**HIS is a useful book for parents, treating from infancy to the age of ten, as it is the time in which home training and influence will sink into the virgin soil, bearing fruit in latter years in healthy constitution and mind. Much of the suffering, as well as much of the sin of the world, often arises in the first instance from want of thought or from lack of experience. The following is a short extract from the chapter on Physical Development:—

"The normal condition for a child's body to be in is one of continual motion. His feet are never still, his hands are always full, and his brain is never idle. It is best that this natural state should be encouraged, for physically, mentally, and morally the busy child is the healthy child, the intelligent child, and the good, happy child.

"Bodily exercise has three great duties to perform. It should develop the muscles, expand the chest, and aid the digestion; it should also assist the healthy working of the brain; and all combined will influence for good the moral tone of the child. The whole day to healthy children is one long period of ceaseless action—they only rest in sleep, and it is for us to direct this large amount of superfluous energy into a proper channel. As soon as a baby can toddle—even before—he is never voluntarily still, and this love of movement increases with increasing years. Children's heads never want to save their heels, and they traverse the same ground unceasingly from the mere pleasure it gives them. To hang a pedometer round a child's neck would be an amusing experiment, and it would probably surprise us to see the distance he had gone.

"Out-door exercise is by the majority of children taken in 'walks.' These necessary walks may be veritable penances, or they may be times of real enjoyment. Which they are depends upon the conditions under which they are taken. A mile along a dull, dusty road on a hot day is a wearisome, unprofitable performance; whereas twice that distance can be undergone in green fields, under cool trees, picking flowers on the way, chasing butterflies, or playing some childish game, without any fatigue whatever being experienced. It is the dullness of a walk that tires children physically and makes them cross and unhappy. The mind should be kept employed as well as the limbs; if not in the excitement of guiding the hoop, or the quieter pleasure of listening to stories, or the more scientific pursuits suggested by natural history, still in some way so that the interest is awakened which will cause distance to be unthought of, and the children will return home pleased with the result of their outing, improved both in body and mind, and happy in temper.

"The variety of choice which Nature lays before us should surely be a hint to us that exercise may be taken in many other forms than in that monotonous daily walk. Walking is doubtlessly a most useful exercise, and if we do not allow the mechanical process to pall on children by reason of its sameness it is excellent, but the days and seasons should be taken into account in this as in other matters.

"If there is ice, children should skate; if there is great heat, children should ride or dawdle away their time gardening or in some non-heating exercise. Children over seven, boys and girls alike, can do a great many things such as riding, skating, easy gymnastics, gardening, rowing, and racing, to say nothing of the many games which induce plenty and varied exercise; during the pursuance of all of which they will be developing their muscles, expanding their chests, assisting the circulation of the blood and strengthening and increasing in every way their physical powers.

"Indoor exercise, necessitated by long spells

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of bad weather, should be encouraged in like manner in a lesser degree. Dancing, romping games of all kinds, fives in an impromptu five-court of an empty room, will afford the requisite impetus for that outlay of animal life which is so expedient for the well-being of children. Nothing takes the place of the good old noisy romp, and the word "noisy" is used advisedly, for no romp can be one worthy of the name without due merriment, and merriment entails a decided element of noise. A pleasanter, healthier, happier sound cannot exist than the peals of laughter, the shouts of delight, the hubbub of noise which meets one's ears on a wet day in a house where children are making merry. A wet day should never pass without some time set apart for real active exercise, and that indefinite languor and listlessness caused by a day passed within doors is obviated by some such energetic proceeding.

"Nothing is so productive of naughtiness as the monotony of unutterable dullness, and parents who do not provide necessary amusements of a vigorous physical character must not be surprised if their children's bodies are ill-developed, their minds lacking in intelligence, and their tempers sullen and irritable. The body re-acts upon the mental and moral faculties to an enormous extent, and nothing keeps the whole in better working order and in a happier condition than seasonable, sensible bodily exercise combined with varied interests and kindly feelings."

*Stammering: Its Nature and Treatment.* By EMIL BEHNKE. Price 1s. London: Fisher Unwin.

The author says in his preface that for twenty years vocal physiology has been his special study, and he has received many tokens of kindness and assistance from the medical profession. The pamphlet is now going through its fourth edition, and will be found of some assistance to those suffering from this mysterious and distressing malady.

## MEDICAL AND OTHER NEWS.

**A** NEW school of medicine for women has been started in St. Petersburg, to which the state contributes 15,000 roubles annually. The course at the school lasts four years, but students are expected to work from one to three years as well in hospitals for women and children before presenting themselves for the final examination.

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MANY a pathetic tale is told at a coroner's inquest, and it is probable that before that depressing tribunal more of the terrible sufferings of the poor is revealed than anywhere else, says a writer in the *Daily Chronicle*. There was nothing extraordinary in the way in which William Fear, an infant nine weeks old, recently lost his life. There are probably not fewer than 500 children under twelve months old who are each year accidentally smothered in bed in London alone. That was the fate of this ill-starred child, but it was met under circumstances which reveal the supreme feeling of humanity that the poor very often show to those who are absolutely destitute. The mother, weak, houseless, and in charge of three young children, two of them twins, had been wandering about the streets all day when she encountered a Mrs. Flowers, a perfect stranger but full of compassion when she heard the homeless mother's tale. Mrs. Flowers had but one bed for herself and her own little ones; but—

O poor Charity,

Thou art seldom found in scarlet.

The destitute woman was invited with her children to share the one bed. "What, seven in a bed!" exclaimed the coroner wonderingly on Saturday. That number did indeed contrive to pack themselves in the one bed; but the youngest of them was suffocated.

"I'M GLAD IT'S HORNIMAN'S" is the title of an artistically coloured picture almanac for 1894, published by Horniman & Co., the well-known Pure Tea Merchants. This almanac is new being "Given Away" in every Town and Village of the United Kingdom to all who apply to either of the 5,974 agents selling HORNIMAN'S PURE TEA.—[ADVT.]



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**CHARLOTTE RUSSE.**—One pint of rich cream whipped to a stiff froth, one-half cup of powdered sugar, whites of two eggs, two teaspoonsful of extract of nectarine, line a glass dish with lady-fingers or small slices of cake, and pour on the whipped cream.

**ALMOND DROPS.**—Six eggs, one pound of sugar, half a pound of butter, one quart of flour, two teaspoonsful of baking powder, one cup of cream, one teaspoonful of extract of almond. Drop from spoon on buttered paper.

**PEACH COTTAGE PUDDING.**—Stir sliced peaches into a batter made of half a cup of sugar, three tablespoonsful of melted butter, one beaten egg, one cup of milk, one pint of flour, three teaspoonsful of baking powder, bake in a loaf. Serve with hard sauce.

**ANGELS' FOOD.**—One and a half tumblers of granulated sugar, one tumbler of flour, each sifted seven times, in the last sifting put in one even teaspoonful of cream of tartar, whites of eleven eggs, flavour with vanilla or almond extract. Bake one hour.

**DRIED TONGUES** should be soaked in warm water for twenty-four hours before cooking.

**BAKED ONIONS.**—Peel some Spanish onions thinly, only removing the very outer skins. Cut off the pointed end and lay them in a dish with this part uppermost. On each, place a small piece of dripping and sprinkle pepper and salt. Bake for three or four hours.

**VEAL CUTLETS A LA VENISE** are excellent if stewed slowly, and form a pleasant change. First make your cutlets into neat pieces, about half an inch thick. Put a lump of butter in a frying pan and when it is melted add the cutlets. Turn them constantly, so that they shall not brown, and cook for about five minutes. Remove the cutlets, work some flour into the butter, add sufficient white stock to stew the cutlets in, and boil it for a minute or two, stirring well. Place the cutlets in the sauce and simmer all gently for about half an hour; add a little tarragon vinegar to the sauce before serving. Those who like mace will find a little makes a nice flavour with the tarragon. Arrange the cutlets on a dish and pour the thick white sauce over. Garnish with little rolls of fried bacon.

**GOLDEN BUNS.**—Take six ounces of fine flour, three ounces of castor sugar, two ounces of butter, half a teacupful of milk, one well-beaten egg, one tablespoonful of marmalade, and a teaspoonful of baking-powder. Beat the butter, egg, and milk together, add the marmalade, the peel chopped small, add gradually the dry ingredients, which must have been previously well-mixed. Place the mixture into patty-tins, and bake in a sharp oven for fifteen to twenty minutes. Add more or less marmalade according to taste.

**NICE MILK TOAST.**—First toast carefully on both sides what bread is required, and place it where it will keep warm. Then put a small piece of butter in the saucepan and melt, but do not burn it. Now turn in cold milk sufficient for the bread, reserving a little, into which put flour enough to thicken, beating or mashing out with a spoon every tiny lump of flour. As soon as the milk in the saucepan begins to simmer, turn in very slowly the milk and flour, stirring all the while. Continue to stir for five minutes or longer, till the gravy is very smooth. The fire must be only moderate. Now take off the saucepan and place it on the back of the range and season the gravy carefully. Put in a piece of butter about as large as a cracker. If this does not season sufficiently, put in what salt is needed and stir until the butter is dis-

solved. Now dip the pieces of toasted bread in the gravy and place in a deep dish, turning what gravy remains over the whole. Place the toast (covered) in the oven for about three minutes, then serve.

**FOR SUPPER.**—Potato salad is a nice dish for a light supper. It may be made in a hurry, by boiling the potatoes in salted water, letting them stand till almost cool, cutting them into dice, adding a generous portion of butter, half an onion shredded fine, three tablespoonsful of vinegar, all mixed well together and served cold. But when it is desirable for the salad to look nice as well as to taste good, mix the potatoes and onions, put them in a salad dish and pour over them a French dressing made with two tablespoonsful of salad oil or butter, the yolk of one egg and three tablespoonsful of vinegar, mixing carefully the egg and butter and adding vinegar carefully. The dish is then garnished with slices of hard-boiled egg and sprigs of parsley.

**BOILED HAM.**—After making a satisfactory selection, wash and scrape the ham until clean, and then let it stand in fresh water over night. In the morning submerge it in a kettle of nearly boiling water. Let it cook gently for an hour, when you may throw in a carrot if there is no objection to the flavour, also a sprig of parsley, or a few cloves and bay leaves, to suit the taste. When the meat is done let it stand in the liquor until cool, thus leaving it juicy and tender. Never boil any salt meat severely, but keep it at a gentle simmer until done. To give the ham a nice appearance, cover it with bread crumbs when cold, and brown lightly in the oven. This not only improves the flavour, but makes it possible to serve the same as baked ham.

**BROILED HAM.**—Have a bed of red-hot coals, place on the broiler a few slices of thinly cut ham. Keep turning until thoroughly seared on both sides, and serve on a hot platter.

## HINTS FOR THE HOUSEHOLD.

### IT IS WELL TO REMEMBER

**T**HAT a clean apron worn while hanging the clothes helps keep them clean.

That a pair of white gloves or mittens are a comfort to hands taken from hot suds to hang clothes in cold weather; also a close-fitting jacket and that to keep one from catching cold.

That the line, as soon as its duty is ended, should be reeled up and placed in a bag until next time.

That clothes when brought in should be separated and folded at once; if allowed to lie together, many wrinkles accumulate.

That clothes carefully folded and sprinkled are half ironed.

That dish-towels and common towels can be ironed just as well in half the time, if folded together once as if ironed singly.

That sheets folded across, bringing the wide and narrow hems together, then folded again, then ironed across both sides, are finished quickly and look as well as if more time were spent on them.

That pillow-cases should be ironed lengthwise instead of crosswise if one wishes to iron wrinkles out instead of in.

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To prevent moths, try before laying a carpet, washing the floor with turpentine.

Try a strip of wood back of the door where the knob hits the paper in opening.

To remove oil stains from wall paper try powdered pipeclay mixed with water.

For grease spots try equal parts of ether and chloroform.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling bottles everywhere.—[ADVT.]

For cleaning jewellery try a teaspoonful of ammonia to one teacupful of water.

To purify the air, try keeping a dish of water on the back of a tight stove.

Try darning gloves in buttonhole stitch, repeated till the hole is filled up.

Try sprinkling the inside of damp gloves with violet powder.

Try using old matting under carpet.

To purify the air of the room try a pail of cold water.

**BRUSHES** should never be kept in a close box or drawer, for they will always have an unpleasant odour. Wire brush racks, with a top cover of any pretty material, are very nice things to hang up in the nursery over the washstand.

**TO MAKE PLATE POWDER.**—Take one ounce each of cream of tartar, common salt, and alum. Mix these ingredients well, dry, and pound in a mortar. Add a little of this to the water that the plate is washed in.

**WATER GILDING ON WOOD.**—The surface of the wood to be gilded must be first covered with four or five coats of size and whitening, or such a body of it as to ensure a good smooth surface. When dry, apply a coat of gold size, which is generally made of Armenian bole, a little wax, and paraffin size. When the size is dry, wet a portion plentifully with clean water and a soft brush, and apply a leaf of gold, which should almost float on the wetted part. It will instantly settle down and adhere to the size. Be especially careful not to allow any water to come over the gold, or a nasty stain will be the result. Having covered the whole of the work in this way with gold leaf, it is what is called matt or dead gold of the natural colour. Such parts as are required bright must be burnished with a suitable tool.

## THE CURE OF CONSUMPTION.

**"W**E are pleased to find that the treatment promulgated by Dr. Alabone in his work entitled "The Cure of Consumption," after having been put to the test, has been pronounced successful.

In particular, we may mention its adoption in Miss Sharman's Orphan Homes; after an extended period the conclusion is established that consumption has been and can be cured. We cannot do better than quote Miss Sharman's report in her own words:—"Dr. Alabone of Highbury, has for more than twelve years most successfully treated patients in my orphan homes, and many children who were pronounced to be in advanced consumption by the doctors attending the homes, and some who have been patients at the Ventnor and Brompton Hospitals (for consumption) have been cured by Dr. Alabone's treatment, and are now in good health and doing useful work. Three remarkable cases have occurred lately—all three were pronounced to be in consumption by fully qualified and recognised medical men."

She also suggests that all those who have derived benefit from Dr. Alabone's treatment should combine in a hearty and generous effort to establish a hospital, where patients could be treated by his method; adding that such a procedure would be a great boon to the suffering poor.

Medical men and others whose opinions are of the greatest worth cordially give their recommendations in favour of the method of cure, and patients have publicly declared that they owe a debt of gratitude to its originator, so that it is now only fair to say to the consumptive that under ordinary conditions there is now a possibility of a cure."

*The Cure of Consumption, Bronchitis, and Asthma (price 2s. 6d. post free of author) Edwin W. Alabone, M.D., Phil. U.S.A., F.R.S., M.R.C.S. Eng., &c., Lenton House, Highbury Quadrant, London, N., containing full details of the remedies employed and illustrative cases and all matters pertaining to Consumption.—ADVT.*

"IT IS 75 YEARS AGO" as near as can be since KEATING'S COUGH LOZENGES were first made and the sale is larger than ever, because they are unrivalled in the relief of and cure of winter cough, asthma, and bronchitis: one alone gives relief. They are sold everywhere in tins, 13d. a free on receipt of stamps. Thos. Keating, Chemist, London.—[ADVT.]



## THE MOTHER'S PAGE.

### THE TEETH.

DOES sugar cause decay of the teeth? The widely-spread belief that sugar is injurious to the teeth is certainly a popular fallacy, says Dr. Clark Newton in his handy book, "The Doctor's Corner." The idea seems to have arisen from the facts that sweet foods sometimes cause toothache, and that if a tooth be steeped in syrup for a week or two it becomes partially dissolved. But there is an important difference between a living and a dead tooth; the former has a resisting power and a vitality that enables it to withstand many destructive processes that would disintegrate the latter. For similar reasons the gastric juice does not digest the living stomach, though after death it has been known to eat its way out of that organ and destroy even the surrounding structures. We are told that negroes engaged on sugar plantations have remarkably good, sound, and white teeth, and they certainly drink cane juice to such an extent that at the end of the season they become quite fat, and that their children are bribed to silence and good humour by being encouraged to chew the cane, yet as a class they present an example of the best preserved teeth in the world. It would be an unfortunate and extraordinary mistake of Nature if sugar in any form was destructive to the teeth or in any way injurious to the general health. It is certainly one of the necessities of childhood, and to withhold its liberal supply to children, in the belief that it is in any way hurtful, is at once a cruelty and a dietetic error. Sugar is the largest constituent of our first food—mother's milk—and it is found in almost every article of diet in use, and particularly in all vegetable foods that contain starch, such as wheat, barley, oats, beans, and peas, and in many instances it exists largely where we find no starch, such as in the carrot, turnip, &c. It is well known that starch is found in great quantity in all our so-called farinaceous foods; it is the chief constituent of bread, but chemically speaking, it differs from sugar only very slightly—the one possesses a molecule of water more than the other. Starch, then, is but sugar in another form, and when we eat starch in the form of bread, &c., the first process of digestion is the conversion of this starch into sugar. But, curiously, sugar is necessary for the growth and development of the young plant as well as for children. It exists in all vegetable seeds as starch, stored up ready for use by the young plant, and during germination Nature digests and converts the insoluble starch into soluble sugar as it is required. Thus the infant's first food is the sugar of mother's milk, whilst the young plant just sprouting from the seed is nourished by sugar formed from the starch of the grain.

Seeing that sugar in some form or other is more or less a constant constituent of every article of food used by man, it is impossible to regard it as detrimental to health. Yet it must be remembered that we find it in the sugar basin as an artificial product, and in a concentrated form; there must, therefore, be some limit to its use, though we need not allow the popular fallacy of its destructiveness to the teeth to restrict its judicious employment as an article of every-day food. Children should be allowed as much sugar as they can possibly digest. If they are allowed plenty of sweet foods—such as treacle, honey, preserves, &c.—they will require less of other articles of diet; less clothing, and less artificial heat.

It has been urged that the chief cause of the decay of our teeth is the now almost universal practice of eating too white bread. In our efforts to secure perfectly white flour, we throw away the bran or outer covering of the grain—that is, the part containing not only the lime, but many other substances that feed the brain, and give solidity and firmness to the bones and teeth. Lime is a large constituent of wheat and other cereals, and it also makes up almost

the entire bulk of a tooth, which is soft or firm according to the amount of lime contained. If the teeth of a child are carefully examined, we frequently observe a part—often in the centre of the masticating surface—uncovered with enamel. The process of enamelling has failed through a deficiency of lime. In the same way, hens deprived of limelime eggs without shells.

There are, no doubt, many other causes that combine to produce decay of the teeth, and prominently may be mentioned hot liquids, indigestion, general ill-health, and neglect. The teeth should be well washed after each meal, and brushed with soap and water before retiring at night—that is, after the day's eating is over. Decay generally appears first in the parts which allow fragments of food to lodge, and such particles rapidly undergo decomposition under the influence of the heat and moisture of the mouth, followed by the production of an acid which acts injuriously upon the teeth. A tooth-brush should not be too hard, otherwise it will not search between the teeth, nor remove the tartar which forms at the junction of the teeth with the gums. The removal of this "tartar" is certainly most necessary, and some persons may not be aware that it consists of the living and dead remains of myriads of animalculæ. The ordinary secretions of the mouth term with these minute organisms, and dying in their thousands they seem to form cemeteries at the roots of the teeth, where they become firmly impacted into an almost solid mass of tartar if not regularly moved. Now, it happens that microscopic observations prove that nothing destroys these parasites so readily and effectually as soap; and soap is perhaps the best, and, if of good quality, it is not unpleasant to use. They seem to resist the destructive action of tobacco, chlorine water, borax, soda, and many other somewhat powerful detergents and tooth-powders, but are easily removed by soap. Tooth-powders are not recommended, especially such as contain cuttle-fish or other rough materials. They may at first appear to whiten the teeth; but, if persisted in, they wear off the enamel of the teeth; and if this be cracked or rubbed off, it is not renewable. The least harmful of dentifrices is camphorated chalk, the chalk is too finely ground to grate, whilst the camphor has some power to remove tartar. Besides uncleanness, the teeth are neglected and lost in another way—that is, by the non-discovery of decay—until the exposure of a central cavity. Whenever tenderness is felt on contact with hot or cold fluids, or especially if pain is experienced, there is good reason to suppose that a careful examination of the offending tooth will show that decay has commenced. Under such circumstances a tiny black spot will be observed, probably on the crown of the tooth. If the dentist is called upon to remedy this at once, the tooth and toothache may be saved for perhaps twenty years. It is a wise proceeding to submit the teeth periodically to the dentist for inspection, but how few people consult either their doctor or dentist until driven by pain!

### HEADACHE IN CHILDREN.

In anæmic children with apparently hypere-mic headaches, it will usually be found that hot, nourishing food, such as hot milk or soup, will relieve the pain; whereas in true hypere-mic headache such a course would perhaps increase the pain.

### LORD MACAULAY'S MOTHER.

CHILDREN, look in those eyes, listen to that dear voice, notice the feeling of even a single touch that is bestowed upon you by that gentle hand! Make much of it while you have that most precious of all good gifts, a loving mother. Read the unfathomable love of those eyes; the deep anxiety of that tone and look, however slight your pain. In after life you may have friends—fond, dear, kind friends—but never will you have again the inexpressible love and gentleness lavished upon you which none but a mother can bestow. Often do I sigh, in my struggles with the hard, uncaring world, for

the sweet, deep security I felt when, of an evening, nestling in her bosom, I listened to some quiet tale, suitable to my age, read in her tender and untiring voice. Never can I forget her sweet glances cast upon me when I appeared asleep; never her kiss of peace at night. Years have passed away since we laid her beside my father in the old churchyard; yet still her voice whispers from the grave, and her eye watches over me, as I visit spots long since hallowed to the memory of my mother.—*Macaulay.*

### FOOD FOR CHILDREN.

As tempting as French cookery is, with its sauces, croquettes, pâtes, timbales, and other complications, it is no doubt responsible for many cases of indigestion in children and of incurable dyspepsia for older persons. If all these gastronomic delights could only be kept from the nursery table until a liking for plain food and its usual accompaniment, a sound digestion, is acquired, it would be a lasting advantage to the individual. There need be no monotony in food because it is simple. What is more delicious than a perfectly broiled chop or beefsteak and a baked potato, a creamed egg, fresh fruit, well cooked cereals with cream, green salads with sweet, pure olive oil, vegetables without sauces, and juicy roasts? One who has made a careful study of the diet of children finds that a single representative of each of the four classes of food at one meal is best. For instance, if meat is given as a nitrogenous food, the digestive power should not be taxed by adding fish, milk, or eggs; milk with meat, except in small quantities, being too strong a combination. Uncooked fats, such as butter, cream, and oil, are more easily digested than the fats of most cooked meats.

### EATING OF FOOD.

CHILDREN should be trained to eat slowly, no matter how hungry or what important business is pressing. Much safer a little food well ground than a hearty meal swallowed in haste. Cold food is even more difficult to digest than hot, if taken too rapidly. The normal temperature of the stomach is about ninety-eight degrees; food has to be raised to this temperature before digestion can take place.

### A SORE MOUTH CAUSE.

LADIES who do much sewing frequently suffer a great deal from soreness of the mouth, and are at a loss to ascertain the cause of the trouble. Half the time it is simply the result of biting off thread instead of using a pair of shears for cutting. In the case of silk thread the danger is quite marked, because it is usual to soak the thread in acetate of lead, partly to harden it, and also, perhaps, to increase its weight somewhat. If this practice is followed regularly, and very much silk thread is used, the result may be quite serious, and even lead to blood poisoning.

### SELF-PRESERVATION.

Old Doctor: "No, sir; I never have a patient die on my hands—never."

Young Doctor: "How do you manage it?"

Old Doctor: "When I find a man is going to die I get him to call a specialist."

### INCONVENIENT.

Teacher of Physiology: "What should one do immediately upon coming into the house with wet feet?"

Pupil: "Take them off, and put on others as soon as possible."

"You and your mother-in-law seem to be on excellent terms. When you were sick I saw her sitting by your bed."

"Oh, that was because the doctor had prescribed a sweat bath."

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour. Arrests the Fall. Renews the Growth. Cleanses the Scalp.

—Adv't.

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, &c., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walworth, Surrey. Sold everywhere, please observe the **EE** in Steedman.—Adv't.



## TREATMENT OF LEANNESS AND OBESITY.

BY DR. J. S.

INDIVIDUAL variations from the general type of nutrition are common. While some people are annoyed on account of their deficiency in adipose tissue, others are seriously embarrassed by the load of fat which they are forced to carry. Though the generation of fatty tissue principally depends upon the habits of diet and exercise, idiosyncrasy certainly is often a factor. We constantly see thin people who are enormous eaters, and corpulent men who consume but little food. In one the accumulation of flesh seems impossible, in another everything makes fat.

### LEANNESS.

Leanness is very distinct from emaciation, in which both adipose and muscular structures waste. The former condition is consistent with the most perfect health or even vigour. Muscular activity is, as a rule, incompatible with the accumulation of fat. Athletic training, early begun and systematically carried out, will develop big bones and big muscles at the expense of fat, or may produce a man of small bones, but active and "wiry" muscles, "as hard as nails." This accounts for the origin of the saying, "a lean horse for a long race."

A sufficiency of fat to round off obtrusive angles of face and figure is, however, desirable from the æsthetic point of view, especially for women. The effect of a beautiful face is marred by a meagre figure.

Excessive activity of either mind or body, and, above all, suspense, dread, and anxiety, prevent accumulation of fat. With the athlete, the labourer, or the student, rigid work requires the food-supply to be directed to the nourishment of the muscular and nervous systems, and it is not deposited as a comparatively inert substance. The out-of-door man generates heat by his activity. The sedentary person likes a warm room.

Temperament undoubtedly has an influence in the production or waste of fat. The placid, unruffled persons become corpulent upon little food. The eager, anxious man, ever on the alert, wears himself to skin and bone. Those who wish to gain flesh should, therefore, cultivate tranquility. If our emotions were held more under the control of our reason, we should realise how much needless trouble and apprehension we allow ourselves to suffer. The effect of mental activity is noticed by Shakespeare when he makes Caesar say :

"Let me have men about me that are fat;  
Sleek-headed men and such as sleep o' nights.  
Yond Cassius has a lean and hungry look;  
He thinks too much; such men are dangerous."

Indolence predisposes to corpulence. I cannot venture to recommend indolence to anyone for any reason whatsoever, but the lean are generally quick and agile in their movements, and may safely be counselled to restrain their activity within moderate bounds. They should also indulge themselves in abundant sleep.

As already intimated, however, the most effectual method of gaining flesh is in the consumption of as much fat and fat-forming food as can be digested. Lean people, active and nervous, can often take a fourth meal or lunch with advantage. In addition to animal fats and vegetable oils, much of the starch and sugar of our food is, or may be, transformed into fat. Alcohol has, likewise, some effect in encouraging the accumulation of flesh. In the suggestions which follow, I shall premise that the digestive power is at least up to the normal standard, and shall confine my remarks almost exclusively to the dietetic regimen. If the digestion is weak, that may, in itself, indicate the cause of the leanness, and may require to be strengthened by appropriate medicinal means. My remarks, however, chiefly concern those who, though lean, are in perfect health. If, as often happens with such people, there is a natural distaste for fat food, they should seek to overcome their repugnance. Much may be done in this way by resolution and habit. Such articles as are most palatable can be used at first, and as one becomes accustomed to their

use the list may be extended. Butter, for instance, is acceptable to most, and it should be used freely; farinaceous substances, such as wheat flour in its various modes of preparation, oatmeal, Indian corn, hominy, rice; preparations like sago and tapioca; vegetables rich in starch, as peas, beans, white and sweet potatoes are generally acceptable and nutritious, and promote the accumulation of fat. Substances rich in vegetable oil act in the same direction. Olive-oil is relished by many to whom the animal fats are abhorrent. A taste for olives, if not natural, may be acquired, and this fruit taken at dessert. The nuts furnished for dessert also abound in oil. The almond, walnut, filbert, and hazel-nut are pleasant additions to a repast. The edible portion of the cocoon contains about seventy per cent. of fatty matter. Chocolate should replace, as far as possible, tea and coffee as a beverage. Sugar and saccharine preparations, as molasses and honey, should be liberally consumed by those who wish to accumulate flesh. After a time one may attempt the use of fat meat. A little of the fat should be eaten along with the lean, and in most cases a taste can gradually be acquired. In fact, a meat which has the proper degree of fat is more juicy and savory than lean flesh, and, as a matter of taste, may come to be preferred. It is a good plan to eat a little bacon at breakfast two or three times a week. Cream is another drink which should, for the most part, be preferred to coffee or tea. The marrow of soup bones contains much fat, and is often relished by those who have no fondness for any other form of fat meat. Calves' liver, which contains about six per cent. of fat, is richer than lean meat. Some fish are fattening, either directly on account of the large proportion of fat which they contain, or by reason of the manner in which they are put up, or for both causes combined. Among this may be mentioned sardines, eels, mackerel, herring, cod, salmon, and the Russian caviare. In connection with fish, I may appropriately speak of cod-liver oil. Though scarcely to be esteemed a table delicacy, it is, nevertheless, a true alimentary substance, and is an excellent fattener. It may, as has been said, be acceptably given in maltine, which at the same time disguises the taste and aids the effect. The moderate use of malt liquor can also be recommended to the lean.

I have enumerated the various carbo-hydrates and hydrocarbons upon which we may depend in our efforts to secure a plumpness of outline. The list is a sufficiently long one, and furnishes an abundance of fat, together with an adequate proportion of albuminous constituents. From a study of the various foods above indicated, anyone can easily compose a bill of fare which, though constructed upon a uniform alimentary principle, shall avoid a tiresome uniformity of dishes. I may simply add a few words concerning fruits. Acid fruits had best be avoided, but those which contain a large percentage of sugar may be eaten. Those usually provided for dessert—figs, dates, grapes, raisins, and bananas—belong to the latter category.

Next week I will conclude my article by treating of obesity.

## STIMULATING THE BRAIN.

DR. AUGUSTUS PLANUS, of Paris, reports that there is an increasing ratio of cases of insanity due to alcoholism. Drunkenness, he says, is greatly on the increase in the French capital, and his observations show that the increase in dementia and insanity keeps pace with that of the use of intoxicants. His reports tally with others in showing further that this degeneration is most marked among brain workers. It seems to be a general conviction of such observers, confirmed by the *Lancet*, that there is something radically wrong with our present methods of intellectual labour, and that, above all, the plan of stimulating our nervous systems to further tasks is radically a mistake. That is, our modern life has run too largely to brain work, too little to muscular tasks. This is accompanied by fretted nerves and exhaustion. But instead of throwing off the belt and allowing Nature to recuperate us—recreate us—we use stimulants

to compel the brain to heavier accomplishments. This involves a vital drain and undermining of capital powers, and then a collapse. Insanity is not the only result; for over half the cases are snapped off by sudden death, heart failure, paralysis, or some other form of worked out power.

The general principle is that no one should undertake to work beyond his intellectual and moral interest, leaving his capital untouched and inviolable. "But the extraordinary demands of modern life will not permit this." Then we have but one or two things to do—either whip up for a short time with alcohol in some form, and then become a wreck, or stubbornly refuse to go beyond temperance in toil and keep our nervous system in rational repair. In the long run the latter course is dictated by common sense. More is accomplished by the conservative worker in the course of ten years than by feverish devotee of work and whisky and tobacco. It is a lesson our young journalists need especially to learn. Do well each day a just measure of honest work and do not worry over the consequences.

## SCOURING THE STOMACH.

"LAUNDERING the stomach" is one of the newest things in medical practice. If the wiseacres are to be believed it means a revolution in the treatment of dyspepsia.

"Laundering the stomach" is a medical slang phrase not to be too literally taken by dyspeptics. It does not involve the washing or ironing of the organs of digestion in the sense that the terms are used in most households.

The idea of washing the stomach, or to be more exact, the idea of rinsing it out with warm water, originated in Paris, like many other good things in life. In Paris it was used with most gratifying results in their treatment of celebrities who were chronic sufferers from dyspepsia.

The operation consists of nothing more nor less than thrusting a small rubber tube down your esophagus into your stomach and pouring in through the tube a quart of warm water, which is afterwards syphoned out in much the same way as the farmer empties the contents of one cider barrel into another. The average human stomach holds a quart, although bibulous persons often do not recognise this limit. Therefore a quart of warm water constitutes a "dose," and four doses are given to the patient at each treatment. The water is allowed to remain in the stomach for a brief space, during which a gentle rinsing movement goes on, Nature lending the doctor a helping hand, as she invariably does when she agrees with him.

The apparatus required for the treatment consists of a soft rubber tube six feet in length, a rubber funnel, a receiving basin, a pitcher, a gallon of water and a sensible doctor. It is no small trick to put a rubber tube down a human esophagus, nor, for that matter, is it a trick to be attempted by a novice, who, in all likelihood, would get the tube into the windpipe instead of the esophagus. The patient throws back his head so that his esophagus is in as nearly an upright line as possible. The doctor thrusts the tube in slowly, and it slides down the mucus-lined canal as easily as if it were a spoonful of Christmas pudding, and the subject a three-year old boy.

After the treatment is finished the patient is a trifle weak, and, in the words of one who has tried it: "Your stomach feels the way your foot does when it is asleep."

It won't be long before a man, meeting a friend in the street, will hear him say: "In a hurry old man. I feel all out of sorts and I'm going to have my stomach laundered."

### NONE TO CURE.

Mrs. Snooks: "My husband has been ailing for some time, and medicine does not seem to do him any good."

Mrs. Brooks: "Why don't you try the mind cure for him?"

Mrs. Snooks: "Because he hasn't any mind to cure."



## "CATCHING COLD,"

AND WHAT TO DO WITH IT WHEN  
CAUGHT.

By W. F. S.

WHAT IS "A COLD?"

**T**HERE has always been more or less of a mystery connected with the disorder popularly called a cold. A close observer in studying this subject will find that, while persons of all ages, sexes, occupations, social positions, and in all conditions of general health, from the delicate infant and frail consumptive to the most robust man, have colds, say to-day, from the slightest causes, often enough, indeed, when utterly at a loss to account for the attack; next morning or next week, perhaps, the same individuals may pass through severe exposures to wet and cold, even to the point of being chilled through and through, without producing a symptom of this disorder. Whenever it happens that a large proportion of the people are attacked at the same time, the disease is popularly attributed to the influence of an influenza wave; but this theory seems to be utterly untenable, else a still larger proportion would be thus affected, and the disease would, in general, be confined to such periods; whereas very many escape at such times only, alas, to fall victims to the disorder during the finest season of the year, when the weather is the mildest and most charming, and the temperature most uniform. Indeed, some of the severest attacks are observed at such times, and the disease is far more prevalent during a period of steady warm weather in summer than during a period of steady cold weather in winter. But it is during a warm spell in midwinter, after the world has for quite a period of intense cold been confined within doors, that "everybody has a cold." While the disease under consideration is no respecter of persons, but is as universal as the dietetic habits of the people are uniform, there is one class, viz., vegetarians, who are very much less subject to it, often passing an entire year without having an attack, or, if attacked, are less seriously effected and recover more speedily than others about them. Individuals there are, living still more abstemiously, and paying proper regard to the ventilation of their dwellings, who never have a cold; though half the town may be sick with the disease the wave never even touches the hem of their garments. Members of this class, however, upon resuming their former practices as to diet, returning to the mixed diet and three meals a day, also resume the habit of catching cold; indeed, a visit of a few weeks in the family of good liver, especially if they be "air haters," also, will often produce an attack.

### INFLUENZA.

It becomes the duty of everyone (and of housekeepers in particular) to prevent the spread of the disease. In the first place every part of the house must be in perfect sanitary condition. Let every drain be thoroughly examined, and inaugurate a frequent use of disinfectants. It is needless to say that the cleaner a house is kept, and the freer from all accumulations of refuse of all kinds, the better. If any member of the family is attacked by influenza, separate him at once from the rest of the household, and be careful that nothing that he sees or touches comes in contact with the others. Books and papers especially should not be used after a sojourn in the sick room, unless thoroughly disinfected; a little precaution in this way may entirely prevent the spread of the trouble. Now that we recognise the terribly exhaustive nature of the disease, we are much better able than formerly to cope with the severe after effects which have in some cases proved far worse than the illness itself. One great preventive of the after troubles is to take extra food between regular meal-times, a glass of warm milk, for example, or a fresh egg beaten up in a cup of tea. It will be found that nourishing and simple remedies of this kind are far better than alcoholic stimulants. At bedtime, too, some strong brew should be taken, and it is a good

plan to have a glass of port wine and a biscuit at hand if the patient should wake in the night. Meanwhile there should be, if possible, for several weeks after an attack of influenza, complete rest of the mind and body.

### MANAGING A COLD.

A cold usually comes upon us unawares. It is mustered in with a slight chill, accompanied by a sense of dryness in the throat and nose, with perhaps a headache and muscular lameness. Not unfrequently the chest feels as if it were sore inside, and we may or may not have a cough and slight fever. This state of things goes on for a day or two, and our general comfort is impaired. Unless these symptoms and a few others not mentioned which are dependent upon them, increase in severity, there is little occasion to do anything, only that we should be careful to avoid exposure to sudden atmospheric changes. See to it that you are warmly clothed and that your lungs receive a sufficient supply of wholesome air.

The most successful physicians of the present day are those who are sparing in the application of remedies, and who learn at the outset of their professional career that medical knowledge, unless combined with a full mind of wisdom, is worse than valueless. True, there are some colds which need attention, and they are those where the symptoms get worse from day to day. When a cold lasts over a week, something is wrong, and it is advisable to come to the assistance of Nature.

Cancel your engagements if you can and remain at home for an evening or two; or, if that cannot be done without serious loss to business, at least get in early, if possible before midnight, when the air is raw and biting. You need restrict yourself in nothing, and as long as your stomach retains its integrity cater to it. If you need a remedy I know of none more efficient to loosen the bonds of a cold than quinine in a dose of ten grains, to which is added a pellet containing five grains of Dover's powder. Both are simple drugs, and the pharmacist always has them on hand at a trifling cost. Quinine, within proper limits and sensibly administered, still holds its own against the other remedies that within the past twenty years have been recommended in its place. Be careful to get a soluble pill; if you object to its bitterness, your chemist will give it to you in the form of a chocolate pellet, which is as palatable as a caramel.

About an hour or so before you retire, take a mild laxative. Next prepare a hot foot bath into which a tablespoonful of mustard has been stirred, and immerse your feet about five minutes. As you emerge from this, swallow your quinine and Dover's powder and go directly to bed, which should be warm and equipped with sufficient blankets, and in a well-ventilated room. If you have any preconceived notions about quinine and Dover's powders, you may leave them off and only avail yourself of the hot foot bath, the laxative, and the hot drink. They will often be all that is required, and if you can get along without them it is an additional advantage. In small children such colds generally respond to a dose of castor oil. Unfortunately, some colds that are trifling at first will develop into bronchitis, and not unfrequently pneumonia, in spite of the most careful treatment. This is the case in those who are not over robust and whose lungs are materially weak and sensible to climatic changes. Here we have a condition which needs the care of the physician and his advice should be sought early.

### WET FEET AND COLDS.

The best way to overcome susceptibility to taking cold from getting the feet wet is as follows:—Dip the feet in cold water, and let them remain there a few seconds. The next morning dip them again, letting them remain in a few seconds longer; the next morning keep them in a little longer yet, and continue this till you can leave them in half an hour without taking cold. In this way a person can become accustomed to the cold water, and he will not take cold from this cause. But be it understood that the "hardening" must be done carefully.

We can finish nothing in this life, we may make a beginning and bequeath a noble example.

## BRAIN-REST AND SLEEP.

**T**HE tendency of the present time, especially in our own country, is more than at any other time in the history of our country, to mental overwork and exhaustion of the brain forces.

The circumstances surrounding active professional life of to-day are such that the nervous system must be of the most perfect character to resist the immense strain made upon it. When one observes the influences brought to bear upon one in active city business, it is a source of surprise that there are not more cases of insanity from brain exhaustion. The demand of the time is for a far greater amount of brain-rest, for longer periods from business, confusion, excitement, and the care, anxiety, and responsibility of everyday business. In addition to the hours assigned to one's daily employment there are engagements made, which seem essential, which encroach so largely on one's sleep, that when we are brought to think carefully on the matter, we are surprised with the small amount of sleep with which we endeavour to get along. The fact is proven beyond a doubt, that one-third of our time should be spent in sleep—quiet, restful, natural, refreshing sleep. Instead of this, many men, especially literary men, habitually starve the brain incessantly in this matter, until they induce an incurable insomnia. An irritable man, cross, pettish, disagreeable, can nearly always be put down as one who takes little sleep. A self-composed man, quiet, thoughtful, of pleasant disposition and genial nature may be known as one who is not ashamed to acknowledge that he insists upon having his full quota of sleep.

Sleep is Nature's great restorer, it is the best and most natural tonic to the nervous system known. Freedom from care and responsibility, a pleasant surrounding atmosphere, a good digestion, and full term of sleep, if demanded by every man, would lengthen the life of the present generation from five to twenty years. It is a good plan for brain workers to take a nap after dinner. This plan is objected to by many physicians, but it is a good plan in many cases, perhaps not universally applicable, but of great value to those whose appetites and digestion must be encouraged, and who are troubled with a mild form of insomnia. They will stand laborious work better, and will suffer less upon the loss of their regular sleep. There are some men who have stood an enormous amount of work with but very little sleep. These, it is believed, have the power to rest certain portions of the brain while other portions of the brain are active. This fact is applicable, however, to but very few men, the majority need an abundance of sleep, and the hours spent in sleep in these cases will be more than added to their term of years.

## COFFEE.

**W**HEN there are in a community epidemics of typhoid fever, cholera, erysipelas, scarlet fever, and the various types of malarial fever which are transmitted almost entirely through the medium of food and drink, coffee is a valuable agent and may be used as a drink instead of water.

It is a valuable agent in assisting the digestion of food, and aids the blood in taking up more nourishment than it would without it.

It quickens the circulation of the blood and of respiration.

It is also stimulating and refreshing (due to the caffeine it contains).

In tiding over nervousness in emergencies it is a sovereign remedy.

Taken in the morning before rising, minus cream and sugar, it acts in many cases as a superior laxative (probably from the hot water contained in it).

As a stimulant and caloric generator in cold weather it is one hundred per cent. ahead of whisky or other liquors.

As a disinfectant it is one of no small usefulness in the sick chamber.

LIFE that is worth living must be a struggle, a swimming not with but against the stream.



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PURE. SPARKLING.

EVERYBODY SHOULD TRY IT.

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Lady: But it's only a mole I want removed. How much faith is required for that?"

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## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

TIGHT-LACING, &C.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I am delighted to read the courteous contradictions to my letter which have appeared in the current and previous numbers of your valuable paper. No doubt I am wrong to a great extent, as the writers are probably in a better position to judge than I am. Still, I cannot help thinking that I am not altogether so. Notwithstanding what "E. G." says, I am not half convinced as to the increased smallness of the waist in general, and certainly I have no experiences of a sight of the delightfully small ones to which I referred in my former letter, though, as "E. G." seems to think, I do not speak from my observation during this winter alone, but also of last summer and several previous summers and winters. All I can say is, I am delighted to hear "E. G." and your other correspondents give so favourable a report of the present figure training. I only wish that I personally were more convinced of the good results that should have ensued. With regard to male lacing, with all due differences to "E. G." I am still very sceptical. I really hope it is on the increase, as I am strongly of opinion that stay-wearing is a distinct advantage in many ways; but I am afraid that I see no reason to suppose that it is, notwithstanding "E. G.'s" assertion. With regard to earrings, my contention has been practically uncontradicted, which the more convinces me that these charming ornaments are rapidly falling into disuse, and that we shall shortly see them no more.—Yours, &c. A LONDONER.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—With your kind permission I should like to elicit from some of your many readers, through the insertion of this note in your "Open Column," their opinion on the following:—A friend of mine, from some wrongdoing, asks to receive the Scriptural number of forty cuts—(save one?)—with a cane, and should a request be made to cease before that number is given not to notice it, but complete the number. Believing as I do that such correction often does good, and is frequently needed, I feel inclined to comply with the request, strange as it may appear to be to many; but supposing that when, say, two-thirds have been accomplished, and a request to cease were made and I did not comply, could I be considered to have committed an assault? Thanking you in anticipation.—Yours, &c. R. H. OWEN.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words "NOTES AND QUERIES" on the envelope.

### QUESTIONS.

ACT.—In what year was the Criminal Law Amendment Act passed?—"G. G."

REGISTRATION.—I am informed at Somerset House that they have no records of births, marriages, and deaths in England prior to the year 1837. Is this correct? If so, how shall I proceed to obtain genealogical records prior to that time, and how far back is it possible to obtain them?—"Constant Reader."

### ANSWERS.

LAMP.—It does not matter how much precaution you have taken for the safety of your lamp. Should it blow down you are liable for any injury it may cause to any person.

J. M. F.—The most used text-books are Garrod's "Materia Medica," published by Longmans, Green, & Co.; and Ringer's "Handbook of Therapeutics," published by Lewis, 136, Gower-street, London. If he is at a London medical school he had better use the text-books generally employed. A medical dictionary is of no use.

## ANSWERS TO CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.  
It is particularly requested that all communications may be distinctly written and concisely expressed, and

## DR. DUNBAR'S ALKARAM

or Anti-Catarrh Smelling Bottle,  
Is the only cure yet discovered for Colds  
by inhaling.

### ALKARAM.

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"SIR.—The other night, when my voice would have otherwise failed, I was able to accomplish my duty to the very last in "Othello," which I owe entirely to your Voice Lozenges."

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## ADVICE GRATIS.

By A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to give proper attention to them as the paper goes to press Friday. The answers to these will therefore appear in the issue of Saturday week following. The answers we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those who have been unable to get suitable glasses) should consult Mr. Bluett, who has had thirty years' practical experience in making and adapting Spectacles for every form of Defective Eyesight, and for which he has received numerous unsolicited testimonials.

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**GIVING INSTANT RELIEF.**

ALLCOCK'S PLASTERS are of great efficacy in INDIGESTION if worn over right side of the Pit of the Stomach.

## "ALLCOCK'S."

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West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital

CLERK.—You are doubtless suffering from indigestion and liver trouble. We should advise you to take a cold bath every morning, and have plenty of active outdoor exercise during the day, such as jumping, running, lawn-tennis, or other seasonable amusement. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Your meals should be regular, and your diet light and assimilable. The local trouble may be treated when you come to London, if you will let us know; you cannot get it efficiently treated where you are. We should advise you to take Scott's emulsion, not the pure cod-liver oil, as this latter is more likely to disagree with your stomach. We should not recommend iron while your stomach is out of order as it is at present.

NIP.—They can be obtained from Oppenheimer & Co., 14, Worship-street, E.C. They will send you a price list on inquiry.

ANXIOUS.—This is due to constipation and an enlarged prostate. The bowels must be kept freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Avoid all beer, wines, and spirits, and take the following:—Sulphate of magnesia three drachms, carbonate of magnesia three drachms, infusion of gentian to six ounces. One-sixth part three times a day between meals.

H. K.—It is quite customary to have them once a fortnight or so, but if they occur oftener the chances are you sleep on your back. If so, you must prevent this by tying a cotton reel in contact with the back, so that when you turn upon your back the pressure will wake you. There is nothing to be apprehensive about. You must keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take plenty of active outdoor exercise.

SQUIRE.—There is either an abraded spot or a stricture, or both, in which case your taking the medicine would do little or no good. The only treatment for this is that of a local and thoroughly efficient character, such as by electrolysis. If you can get this properly done in your part of the world so much the better; if not, you had better come to town where it can be done. If you like to send stamped addressed envelope we can tell you where.

EXPECTANT.—You must not be too impatient; give yourself time. 1. It is possible, but not probable. 2. It is a probable sign of non-conception, but not absolutely contradictory.

W. SCOTT.—The complaint is generally the result of stomach derangement, coupled or not with other general or local causes. We should advise you to masticate your food thoroughly, to drink only after meals, to avoid sweets, coffee, beer, and other stimulants, to take your food at the same hours each day, to use only hot water with good soap (Terebene or Vinolia) for washing the face, and to take the following mixture night and morning: Bicarbonate of soda twenty grains, sulphate of soda half a drachm, chloroform water half an ounce.

ZULU.—1. Yes, by electrolysis. 2. Once a fortnight is quite often enough. You must avoid sleeping on your back, and be careful to keep the bowels freely open.

UNEDUCATED.—1. The involuntary discharges, when occurring once a month or thereabouts, are not unnatural, but they are certainly injurious if they occur as frequently as twice or three times a week. 2. Yes. Decidedly; quite possible. 3. We should advise you to give up the bad habit, and take a scruple of bromide of potassium in a wineglassful of water, every night and morning.

FEULINA.—Without making a personal examination it would be quite impossible to tell you the cause, more especially as you have given no details as to your husband's state of health (general and special). Further, before offering an opinion, it would be necessary to know something more of the conditions which have been present during the last eighteen months.

ROLLO.—This is a natural secretion, and should be removed every day by washing.

H. M.—You had better get the following pills made up, and take one occasionally:—Aloin one grain, extract of nux vomica half a grain, extract of belladonna half a grain, to make one pill. To be taken occasionally.

ROBERT PALMER.—As your doctor told you, you are suffering from chronic cystitis. Now, the treatment for this is generally by washing out the bladder with some boracic or carbolic solution, which you must be shown how to do. Avoid all beer, wine, and spirits. Take warm sitz baths and the following medicine:—Benzate of ammonia two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day after meals.

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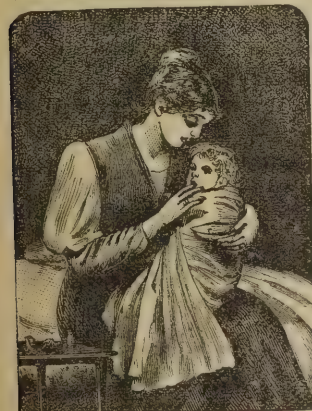
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"The present writer has himself more than once affirmed that were he afflicted with a disease for which cod-liver oil was the only remedy, he would be compelled, reluctantly, of course, to tender his resignation, as far as this life be concerned.

"That being so, it is with feelings of considerable relief that attention is drawn to a new remedy which has been occupying the minds of scientists for some considerable time past, yecept 'Virol,' a positive substitute for cod liver oil, which possesses the additional advantage of being a thorough nutrient. To quote from the *Lancet* analysis:—It consists of the proteids of beef and eggs, the fat of beef and eggs, the marrow of beef or essence of bone, the carbo-hydrate, extract of malt, and the salts of beef and egg (including the lime salts of the shell), in proportions carefully adjusted to diet formula laid down by the most up-to-date physiologists.

"This being interpreted, means that we have here all the essential elements of cod liver oil in a palatable preparation, which is highly digestible, and which contains nitrogenous elements in their most perfect form as at present known.

"Considering that in taste 'Virol' is not only unobjectionable, but positively pleasant, its field in therapeutics would seem to be illimitable, while its price of half-a-crown for a half-pound pot places it within the reach of all. The discovery of a preparation that practically supercedes cod liver oil would ordinarily be of the highest value, but when that preparation is actually attractive in taste, and perforce will henceforth enable everybody to obtain the benefits of cod liver oil without being nauseated, its value is inestimable."—*The Court Circular*.

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For the RADICAL CURE of RUPTURE

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STRATED MEDICAL NEWS, &c., post free on application.

**B. F. ATKINSON,**  
7 Mill St., Hanover Sq., London, W

**SCHOOL.**—It is of no use you dosing yourself with medicine on a mere hypothesis. Have you asked your medical man to examine the urine; if not, it is your duty to do so. You do not know anything of physiology, so it does not matter what you are "convinced of" in this respect. Confer with your doctor and follow his advice.

**DESIDERATUM.**—If you can afford to place yourself under efficient skilful treatment, there is no question of your getting well in the time you mention. It is merely a question of expense. If you like to send a stamped addressed envelope we can put you into communication with an expert.

**POLLY.**—It may be due to many various causes, but without a personal examination we are quite unable to differentiate one from the other. The swelling may be purely the result of old age, in which case little or nothing can be done beyond keeping them warmly wrapped up in cotton wool. She should be kept in bed to as to place them under the most favourable circumstances for recovery. As she has suffered from bronchitis it is not unlikely that the dropsy may be due to heart failure, in which case she requires stimulation. You had better leave her to the care of her doctor, who probably knows far better than we what is really the matter.

**BOOT REPAIRER.**—You should take a cold bath every morning, and get plenty of active outdoor exercise. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. When you go to bed be careful not to sleep on your back, and in order to prevent this you may tie a cotton reel in contact with it so that the pressure may wake you. Take a teaspoonful of Farrish's food three times a day immediately after meals.

**WHISKEY.**—We do not know of any substitute for the gluten bread. If you are already under a medical man, he, who has seen and examined you, is far more likely to know your condition than we are, who have not had the advantage of seeing you. We should advise you to be guided strictly by your doctor, and carry out his treatment in every possible respect. Ask him to give you something for the constipation.

**WORKMAN.**—Your liver is out of order, which causes both cough and sediment. You must, for a little time, avoid all beer, wine, and spirits, and also smoking. Take four grains of calomel, once or twice a week, and the following medicine: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals. Your diet must be of the simplest and lightest kind, consisting of boiled fish, or fowl, lean meat, &c. Of course, it is far healthier to live on the hills than in the Thames valley.

**JOHN DUNN.**—1. No, the phosphorised oil has no advantage over the plain. General debility is a wide term. If you can digest the oil easily, there can be no great harm in your taking it. 2. Yes, this is a very good preparation, and we should certainly consider it far better than tea. 3. We do not know what this is; experience is the best guide.  **VIRGO M.**—1. It is possible. 2. Yes, certainly. 3 and 4. Yes; but you had better send a stamped addressed envelope with another letter, as we cannot reply to these questions in these columns.

**WALTER.**—We are unable to tell you what is the matter with your ear without examining you. If you are already under the care of a medical man who has done you good, the best thing you can do is to go on with him.

**IN SUSPENSE.**—What you have related to us is a perfectly common experience, and not necessarily a symptom of debility. In any case we should advise you to carry out your engagement, and if you have any trouble afterwards, and will send us a stamped addressed envelope, we can easily tell you where to go to get put right.

**J. SAMPSON.**—There is nothing that will remove ordinary small freckles from the skin. They are caused by pigmentation, and although there are numerous vaunted skin beautifiers, none of them will remove the freckles.

**BEN MONTEITH.**—1. There is a possibility, but it is very remote. 2. This will depend upon the actual condition, which can only be ascertained by personal examination. 3. This is due to a condition of debility, but the exact cause has not yet been ascertained. 4. Have nothing to do with this. Live well, take cold baths, plenty of active outdoor exercise, keep the bowels freely open, and take a teaspoonful of Fellows' syrup three times a day for some considerable time.

**DONO.**—We are sorry to say that nothing we can suggest, or you can do will hurry the appearance of the hair which your soul desireth. You may apply all kinds of stimulants, but the chances are you will do more harm than good, perhaps hinder the production of hair altogether. You had better leave well alone and not stultify Nature by experiments. If there are no hair fallicles there, nothing will produce them.

**LAURIE.**—Palpitation may be due to many causes—some functional only, others organic. You have omitted to give us any clue whatever to the cause of the palpitation from which you suffer. Have you ever had rheumatic fever, or indigestion, or been a victim of bad habits? What is your occupation, are your habits regular and healthy? Please reply to these questions, and we shall be glad to prescribe for you.

**GRATITUDE.**—The mixture may be taken throughout the cold weather as it has already done you so much good. To each dose ask the chemist to add fifteen minims of tincture of digitalis. Certainly it is a heart tonic, and you should have persevered in taking it until after you had written again. The redness and swelling will take a considerable deal of treatment before they finally disappear.

## GENERAL DEPRESSION.



"Those of our readers who are afflicted with liver troubles and suffer from their irritating and depressing effect on the temperament should try

### ENO'S 'FRUIT SALT'

It is especially com-  
mendable for this pur-  
pose, but it will also be  
found useful for other  
ordinary ailments, par-  
ticularly when they  
result from over-eating or undue excitement."

—*Science Siftings.*

## ENO'S "FRUIT SALT"

Assists the functions of the LIVER, BOWELS, SKIN, and KIDNEYS by Natural Means; thus the Blood is freed from POISONOUS or other HURTFUL MATTERS. It is impossible to overstate its great value. THERE IS NO DOUBT that, where it has been taken in the earliest stages of a disease, it has, in innumerable instances, PREVENTED a SEVERE illness. Without such a simple precaution, the JEOPARDY OF LIFE IS IMMENSELY INCREASED.

### Headache and Disordered Stomach.

"After suffering two and a half years from severe headache and disordered stomach, and after trying almost everything without any benefit, I was recommended to try ENO'S 'FRUIT SALT,' and before I had finished one bottle I found it doing me a great deal of good, and am restored to my usual health. And others I know that have tried it have not enjoyed such good health for years.—Yours most truly, ROBERT HUMPHREYS, Post Office, BARRSFORD."

ONLY TRUTH CAN GIVE TRUE REPUTATION. ONLY REALITY CAN BE OF REAL PROFIT.

THE SECRET OF SUCCESS—Sterling Honesty of Purpose. Without it Life is a Sham.

CAUTION.—Examine each bottle, and see the capsule is marked ENO'S "FRUIT SALT," without it you have been imposed on by a worthless imitation. Sold by all chemists. Prepared only at—

Eno's "Fruit Salt" Works, London, S.E.,  
BY J. C. ENO'S PATENT.

### FREEMAN'S BATHING SPIRITS,

A never-failing remedy for Rheumatism, Sprains, Bruises, Cramp, &c. 1s. 3d. per bottle, post free, duty included.

**TIBB'S BRONCHIALINE**, for Irritation and all Affections of the Throat. 1s. 3d. and 2s. 9d. per bottle post free, duty included. Free sample on application. Prepared genuine only by FREDERICK TIBBS, 30 Parkhurst Road, Holloway, London.

### LEUCOL, OR INDIAN OIL, A SPECIFIC CURE FOR

### RHEUMATISM,

Sciatica, Lumbago, Neuralgia, Pains in the Joints.

Its effects are marvellous—a single application in most cases completely removes the pain and stiffness, and restores the joint or limb to perfect health. In bottles 1s. 1½d., and 2s. 9d., post free 2d. extra, from the Sole Agent,

J. SELLERS, 57, Farringdon Road, London, E.C.  
Or from Chemists, Stores, &c.

### EYESIGHT PRESERVED.

MR. AITCHISON, Oculist Optician,  
should be consulted in all cases of Defective Vision  
47, FLEET STREET, LONDON, E.C.

## Rowland's Odonto

A Pure, Fragrant, Non-Gritty TOOTH POWDER, and contains no injurious acids or astringents. It Whitens the Teeth, Prevents Decay, Sweetens the Breath, and being Exquisitely Perfumed is a Perfect Toilet Luxury for all who value the Appearance of their Teeth. Sold Everywhere at 2s. 9d.



# PURE-BREWED Vinegar



**A FOOD.**

AN EMBROCATION. AN ANTISEPTIC

## R. & N. POTT.

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ATTACHED TO

ALL CASKS, BOTTLES, AND INVOICES.

*Established 1641, over 250 Years.*

**68, SUMNER ST., SOUTHWARK,  
LONDON, S.E.**

**MINNIE.**—We should like to know more about your general condition, as to your occupation, whether you get any exercise, good food, the state of your blood, digestion, &c. The best thing for you to do is to see some good medical man. In the meanwhile, obtain some "Alettris cordial," and take a teaspoonful three times a day. You will obtain it at any good chemists.

**PREMATURE.**—This condition of badness is very frequently hereditary. You had better read and follow the advice and prescriptions we have given to "Alice Roberts" in these columns.

**PAINFUL.**—We should advise you to indulge largely in healthy outdoor sports, such as football, cricket, lawn-tennis, gymnastics, boxing, &c., in fact whatever is in season. This is far better for you than sitting at home and reading. You should take a cold bath every morning, and join a club where you can play cards or billiards, or indulge in other amusements in an innocent way, which bring you into contact with your fellow-creatures. Take a teaspoonful of Parrish's food three times a day immediately after meals.

**FAIR HEAD.**—There is only one method of permanently removing hair, and that is by electrolysis. Whether this method is applicable to the ears or not depends upon the part of the ear to be attacked

## WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

AN IDEAL BEVERAGE FOR FAMILY  
USE. STRONGLY RECOMMENDED BY  
THE HIGHEST MEDICAL AUTHORITY.

**SEE MEDICAL TESTIMONY  
AND ANALYSIS.**

ORDER TRIAL SAMPLE CASE FROM  
YOUR GROCER OR WINE MERCHANT,

BE SURE AND OBTAIN WHEATLEY'S,

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(LIMITED),

**SHEFFIELD,**

*Who will have pleasure in sending Pamphlets  
and Particulars, post free.*

"To breathe 'Sanitas' is to breathe  
Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

**Prevents and Cures**  
**Bronchitis, Influenza, Diphtheria,**  
**AND ALL**  
**Lung and Throat Affections.**

**DIRECTION**  
**INHALE and FUMIGATE with "SANITAS OIL."**

**PAMPHLETS FREE ON APPLICATION.**  
**THE SANITAS Co., Ltd., Bethnal Green, London, E.**

"Sanitas" Oil, 1s. Bottles; Pocket  
Inhalers, 1s. each.

Fumigators, 3s. 6d. each.

"Sanitas" Eucalyptus Disinfectors,  
1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

**STIRLING.**—You must study your diet and digestion. Keep the bowels freely open, and avoid beer, wines, or spirits. Get plenty of active outdoor exercise. When you get an attack of "bile" take the following:—Sulphate of magnesia three drachms, carbonate of magnesia two drachms, peppermint water to six ounces. One-sixth part three times a day.

**FARMER'S MAN.**—You had better take the following medicine:—Sulphate of magnesia two drachms, carbonate of magnesia two drachms, infusion of gentian to six ounces. One-sixth part three times a day between meals.

**TURRION.**—You should have a cold bath every morning, and get plenty of outdoor exercise during the day. Continue to use the liquorice powder as heretofore, and also the suspensory bandage. It is a pity you have wasted so much money on a false scent as you are quite curable, but the method of treatment would be too expensive for your pocket. We do not see that you can do anything but live as well as possible, get as much fresh air as possible, and take a teaspoonful of Parrish's food three times a day immediately after meals.

**J. ALLEN.**—It is impossible to say what the unshod of this condition may be. Sometimes the brain appears to accommodate itself to the pressure of the fluid, and the child may go on well for years. At other times it develops convulsions, and die unconscious in a few hours. As a rule, the latter is the case, so it would be wise to be prepared for the worst. Nothing satisfactory can be done surgically or medicinally.

**SANE.**—What do you mean by "a little illness"? Was there anything specific about it? You must avoid beer, wines, and spirits, and take the following medicine:—Sulphate of magnesia three drachms, carbonate of magnesia three drachms, spirits of chloroform one drachm, peppermint water to six ounces. One-sixth part thrice daily between meals.

**S. W. M.**—No, the patent medicines you name will do you no good. Take the following mixture each morning before rising: Sulphate of magnesia one drachm, carbonate of magnesia ten grains, nitrate of potash five grains, peppermint water half an ounce. Eat your food slowly, drink only after meals, leaving tea, cocoa, &c. until you have finished eating the solid parts of your food. Take plenty of exercise and learn to be cheerful.

**F. FINLAYSON.**—We are unable to give you the formula for this. It is probably a Latinised form of "soft soap." He used it largely in cases of chronic infiltrated eczema.

THE GUARANTEED  
PRODUCT OF

## PRIME OX BEEF.

**BOVRIL GIVES STRENGTH.**

And **STRENGTH** is precisely what is wanted; **STRENGTH** to resist the insidious approach of the Epidemic; **STRENGTH** to throw off an attack in its incipient stage; or where, from want of precaution, it has already obtained a firm hold, **STRENGTH** to carry the patient through it to a speedy convalescence and recovery.

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The FAMILY DOCTOR is Carefully Edited and meets a want that has been long felt."—*News of the World.*

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## INFLUENZA, COLDS, & CHILLS.

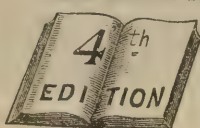
DOUGLAS LITHGOW, M.D., J.L.D., M.R.C.P., &c., &c.,  
27a, Lowndes Street, S.W., 7th June, 1892.

"With regard to Bovril, I cannot speak too highly, believing as I do, after much experience, that it is superior to any other similar preparation in the market, in point of nutritive value and delicacy of flavouring. I may just add that I prescribed it exclusively during the recent epidemic of influenza, and although I attended over 700 cases of every form of severity, and with every possible complication, I did not lose a single case."



## MANHOOD!

**How Lost! How Regained!**  
Invaluable Remarks for Young  
and Middle-Aged Men.



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Or SELF-PRESERVATION. A little work in brief on NERVOUS DEBILITY, EXHAUSTED VITALITY, PREMATURE DECLINES, and all ACQUIRED DISEASES, and WEAKNESSES OF MAN, their CAUSE and CURE.

Remarks on the subject of how to preserve the health when in possession of it, and how to regain it when lost. The best means of restoring brain fag, impaired memory, incapacity for study or business, general debility of the system, and all wasting of the tissues. This little work will be found void of Latin phrases and fancy words, and will be found brief, precise, and void of unnecessary reading. The book will be sent in plain envelope, sealed, postage paid, on receipt of FIVE penny stamps. Address,

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## Proctor's Hemorrhoidal PILE CRYSTAL.

The only remedy known that will absolutely Cure Piles. Thousands of persons have been cured by its aid. It is a perfectly safe and certain remedy, and will certainly cure piles, whether of constitutional tendency or arising from a sedentary habit. Sent to any address post paid for 16 stamps by R. PROCTOR, Chemist to His Grace the Duke of Norfolk, GLOSSOP. Or any Chemist will obtain it from any of the following Wholesale Agents:—London: Messrs. BARCLAY, NEWBERRY, SUTTON; LYNCH & CO.; BUTLER & CRISPE, Liverpool; EVANS & CO., Manchester; WOOLLEY & CO., York; W. BLEASDALE & CO., Edinburgh; INMAN & CO.

**OLD SHIRTS** REFITTED, Irish Linen, 2s; or very best Irish linen returned free, ready to wear, 2s. 6d. Sample Shirt, for Dress or ordinary wear, post free, 2s. 9d., 3s. 9d., 4s. 9d., 5s. 9d., or 6s. 9d. Twilled Night Shirts from 2s. 11d. **LINEN COLLARS, CUFFS.** Collars, exact to own pattern, 2s. 9d. 4-doz., post free. **IRISH CAMBRIC HANDKERCHIEFS.** Ladies', Gents' and Child. **IRISH SOX,** by Donegal peasantry. Warm, durable, comfortable, 2 pairs Men's size sent post free, 2s. 6d. Knicker Hose, 2 pairs free, 8s. 9d., 4s. 9d., 5s. 9d., 6s. 9d., 7s. 9d. **WOOL PANTS** and **VESTS** are now very cheap. Price Lists and Patterns, sent free to any part, of Irish Linen Goods, from cheapest to finest qualities, for Household or Family use.

**B. & E. M'HUGH & CO., LTD., BELFAST.**

### "NO USE TO GO TO CHURCH."

THOMAS LOCKYEAR says—"I was so deaf that I could not hear St. Thomas's Bells (a very powerful peal), and as to going to Church, it was no good at all, for I could not hear a word. After using 'Orchard's Cure for Deafness' I was quite restored, and last Sunday heard every word at Church."

1s. 1d. per Bottle. Free by post for 14 stamps from  
EDWIN J. ORCHARD, Chemist, SALISBURY.



HACKETT'S  
SWANSDOWN FLANNELETTE.

7 1D. yard. Beautifully Soft and Unshrinkable. Superior to Flannel, at one-fourth the Cost. Also wide widths for night-dresses, &c. Patterns Free, Carriage Paid. CARDIGAN WORKS, HIGH STREET, BIRMINGHAM.

**PINO.**—You did wrongly in going to a chemist at all, and he did wrongly in prescribing and fitting a truss without the advice of a surgeon. He had no business to examine you, however large his trade in trusses may be. You had better see a surgeon, who will tell you whether or not the proper treatment has been applied and whether the truss is appropriate for the particular variety of hernia from which you may be suffering.

**FERMENTATION.**—The usual method for preparing such a conglomeration would be by machinery *en vacuo*. There is no added ingredient that would be of any service in preventing the various kinds of decomposition which you must necessarily expect when using such vegetable and saccharine substances in combination. The fresh preparation may be a demulcent, but we do not think it likely to be of service in any other way.

**J. L.**—They contain sulphate of iron (dried), with bi-carbonate of soda contained in and separated from one another by a vegetable septum.

**POOR NELLIE.**—In our former reply we gave you every information possible under the circumstances. The people whom you have already consulted clearly did not understand your troubles, or if they did, could not rectify them. We again advise you to do as we suggested, and see a really competent specialist on the subject. The resistance of a hard body would necessarily be greater than that of an elastic one.

**CONSTANT READER (Brixton).**—The reply in the issue of the 16th December was not intended for you at all—that in the number for December 23rd was yours. The mistake indicates the folly of using such a common *nom de plume* as that prefixed to this answer. Persevere with the treatment ordered on the latter date, but keep the bowels acting with an occasional morning dose of Epsom salts. You may smoke one (or two) good cigarettes a day—not more; and you may also take the quantity of stimulants mentioned, and had better continue the rubbing. With patience, we have no doubt you will recover.

**F. A. H.**—Probably caused by indigestion. But you do not tell us your age, sex, occupation, habits, or dietary arrangements, nor whether you are constipated or not. Please let us have these details, and we shall be happy to help you.

**ALLAN.**—1. Very little as a rule. 2. That depends altogether upon circumstances. 3. No, not unless you are desirous of facilitating matters, but this is again dependent upon circumstances. 4. Eight or ten. That is generally so. 5. That depends altogether upon the other party to the contract. 6. This differs in every case, and there is no definite time that can or need be named. Finally, don't worry yourself; Nature will do the rest.

**W. L. S.**—We think you are chiefly suffering from indigestion. You must look after your diet, take plenty of active outdoor exercise, keep the bowels freely open, and avoid much tea, coffee, potatoes, but eat lean meat, boiled fish or chicken, and plenty of green meal. You have not mentioned your occupation. Take the following medicine: Bicarbonate of soda one and a half drachms, infusion of gentian to six ounces. One-sixth part three times a day. If you do not get any better you had better send a stamped addressed envelope, repeating your complaint. You should not let this go on too long.

**THERMO.**—We could not entertain the idea, and if it were possible, it would be of no earthly use to you from a point of treatment, which would have to be carried out by a skilled expert.

**C. E. K.**—There are only two things to be done for this—one is, careful bandaging of the leg, and the other is, keeping it at rest and raised so that the ulcerated part lies higher than the hip. Every doctor has probably told her this, and as she has not carried out their injunctions, of course the blame is placed upon the doctors' shoulders.

**S. K. C.**—You have not given us enough information to heal you satisfactorily, but you must be careful to keep the bowels freely open, and to get plenty of active outdoor exercise during the day. The boils may be bathed with water as hot as you can bear when they come, and afterwards with cold water. Take the following medicine:—Sulphate of magnesia three drachms, carbonate of magnesia two drachms, chloroform water to six ounces. One-sixth part twice daily between meals.

**BELFAST.**—You are evidently suffering from dyspepsia, and this is not uncommonly a cause of asthma. You must take plenty of active outdoor exercise, keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Avoid drinking anything, even water, with your meals, and eat only the most digestible things. Take the following medicine:—Dilute hydrochloric acid one drachm, tincture of nux vomica half a drachm, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**ALICE ROBERTS.**—The falling and thinning of the hair is largely dependent on the general state of health. If you wish to have a good head of hair you must look after your general condition. Plenty of good food, fresh air, and exercise, proper attention to the state of the bowels, avoidance of late hours &c., together with an iron tonic like Parrish's food are absolutely necessary. Locally you may use the following lotion: Spirit of rosemary three drachms, dilute acetic acid one and a half ounces, tincture of cantharides six drachms, tincture of nux vomica two drachms, tincture of capsicum one drachm, aqua melles two drachms, rose water to six ounces. To be used every morning.

**ARTHUR GRAY.**—Everything depends upon the quality of the fits which your cousin has. They may be hysterical or epileptic, or a little of each. You should ask the medical man who has seen her the same question that you have asked us. He is much more likely to be able to answer it after having seen her.

**STOYE**  
**RISING SUN Polish.**  
EASIEST, QUICKEST, CHEAPEST, and  
**BEST BLACKLEAD IN THE WORLD.**  
In 1d., 1d., and 2d. Packets.

**METAL**  
**RISIN' SUN Polish.**  
LIQUID, in 3d., 6d., and 1s. Bottles.

GIVES A BEAUTIFUL, SOFT, BRILLIANT, AND LASTING POLISH TO ALL KINDS OF METAL ARTICLES.

**DOUBLE**  
**MACK'S STARCH.**  
Contains RICE, STARCH, BORAX, GUM, WAX, &c., as well as the STARCH GLOSS. Saves TIME, LABOUR, and UNCERTAINTY. Produces BEAUTIFUL WHITE GLOSSY LINEN.

**"HEALTH" SOAP.**  
FOR THE LAUNDRY  
FOR THE TOILET!  
FOR THE NURSERY  
Contains Glycerine.

Samples of the above four articles post free for eight stamps, or of any one for two stamps (to cover postage). Name this paper.

**G. CHANCELLOR & Co., 13, Clerkenwell Road, LONDON, E.C.**

## DUNN'S FRUIT SALINE

This PURE preparation is a quick relief for Sick Headache and Derangements of the Stomach and Liver, Purifies the blood and is delightfully refreshing. Through Chemists and Stores.  
SPECIAL OFFER.—To prove its efficacy, 1s. 9d. bottle will be sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON

## EPPS'S GRATEFUL—COMFORTING. COCOA

### TO THE AFFLICTED.

FOR 28 stamps, a sufficient supply of Lady St. John's Samaritan Salve to cure any ordinary cases of Bad Legs, Bad Breasts, Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas, Burns, Piles, & Skin Diseases.—J. QUEMBY, 324, Wandsworth-road, London. Trial Box, 9 stamps. All Chemists.

## A WONDERFUL MEDICINE. Beecham's Pills

**ARE** universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blotches on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

### WORTH A GUINEA A BOX.

For females of all ages these Pills are invaluable, as a few doses of them carry off all humours, and bring about all that is required. No female should be without them.

For a Weak Stomach, Impaired Digestion, and all Disorders of the Liver, they act like magic, and a few doses will be found to work wonders on the most important organs in the human machine. They strengthen the whole muscular system, restore the long-lost complexion, bring back the keen edge of appetite, and arouse into action with the roebuck of health the whole physical energy of the human frame. These are FACTS testified continually by members of all classes of society, and one of the best guarantees to the Nervous and Debilitated is BEECHAM'S PILLS have the Largest Sale of any Patent Medicine in the World.

### BEECHAM'S MAGIC COUGH PILLS.

As a remedy for Coughs in general, Asthma, Bronchial Affections, Hoarseness, Shortness of Breath, Tightness and Oppression of the Chest, Wheezing, &c., these Pills stand unrivalled. They are the best ever offered to the public and will speedily remove that sense of oppression and difficulty of breathing, which might deprive the patient of rest. Let any person give BEECHAM'S COUGH PILLS a trial, and the most violent Cough will in a short time be removed.

Prepared only, and sold Wholesale and Retail, by the Proprietor, Thomas Beecham, St. Helena, Lancashire, in boxes 1/4d., 1s. 1/4d., and 2s. 9d. each.

Sold by all Druggists and Patent Medicine Dealers every where.

N.B.—Full directions are given with each box.



# SUNLIGHT SOAP COMPETITIONS.

## 232,000 PRIZES OF BICYCLES, WATCHES, & BOOKS, VALUE £41,904.

The First of these Monthly Competitions will be held on Jan. 31st, 1894, to be followed by others each month during 1894.

Competitors to Save as many "SUNLIGHT" Soap Wrappers as they can collect. Cut off the top portion of each Wrapper—that portion containing the heading "SUNLIGHT SOAP." These (called the "Coupons") are to be sent, enclosed with a sheet of paper on which the Competitor has written his or her full name and address, and the number of coupons sent in, postage paid, to Messrs. Lever Brothers, Limited, Port Sunlight, near Birkenhead, marked on Postal Wrapper (top left-hand corner), with the NUMBER of the DISTRICT Competitor lives in.

No. of District	For this Competition the United Kingdom will be divided into 8 Districts, as under—
1	IRELAND.
2	SCOTLAND.
3	MIDDLESEX, KENT, & SURREY
4	NORTHUMBERLAND, DURHAM, and YORKSHIRE.
5	CUMBERLAND, WESTMORELAND, LANCASHIRE, and ISLE OF MAN.
6	WALES, CHESHIRE, STAFFORDSHIRE, SHROPSHIRE, WILTSHIRE, MONMOUTHSHIRE, and HEREFORDSHIRE.
7	NOTTINGHAMSHIRE, DERBYSHIRE, LINCOLNSHIRE, LEICESTERSHIRE, WARWICKSHIRE, RUTLANDSHIRE, NORFOLK, SUFFOLK, CAMBRIDGESHIRE, HUNTINGDONSHIRE, NORTHAMPTONSHIRE, BEDFORDSHIRE, and OXFORDSHIRE.
8	ESSEX, HERTFORDSHIRE, BUCKINGHAMSHIRE, BERKSHIRE, SUSSEX, HAMPSHIRE, WILTSHIRE, GLOUCESTERSHIRE, SOMERSETSHIRE, DORSETSHIRE, DEVONSHIRE, CORNWALL, ISLE OF WIGHT, and CHANNEL ISLANDS.

The Prizes will be awarded every month during 1894, in each of the 8 Districts, as under:—

Every month, in each of the 8 districts, the 5 Competitors who send the largest number of Coupons from the district in which they reside, will each receive, at winner's option, a Lady's or Gent's Premier Safety Cycle, with Dunlop Pneumatic Tyres, value £20 .....  
 The next 20 Competitors will each receive, at winner's option, a Lady's or Gent's "Waltham" Stem-Winding Silver Watch, value £4 4s. ....  
 The next 200 Competitors will each receive a Book, published at 5s....  
 The next 300 Competitors will each receive a Book, published at 3s. 6d.  
 The next 400 Competitors will each receive a Book, published at 2s. 6d.  
 The next 500 Competitors will each receive a Book, published at 2s....  
 The next 1,000 Competitors will each receive a Book, published at 1s.

### RULES.

- The Competitions will close the last day of each month. Coupons received too late for one month's competition will be put into the next.
- Competitors who obtain wrappers from unsold soap in dealer's stock will be disqualified. Employees of Messrs. Lever Brothers, Limited, and their families, are debarred from competing.
- A printed list of Winners of Bicycles and Watches, and of Winning Numbers of Coupons for Books in Competitor's District, will be forwarded, 21 days after each competition closes, to those competitors who send Halfpenny Stamps for Postage, but in all cases where this is done, "Stamp enclosed" should be written on the form.
- Messrs. Lever Brothers, Limited, will award the prizes fairly to the best of their ability and judgment, but it is understood that all who compete agree to accept the award of Messrs. Lever Brothers, Limited, as final.

\*The Bicycles are the celebrated Helical (Spiral) Tube Premier Cycles (Highest Award World's Fair Chicago, 1893), manufactured by the Premier Cycle Company, Limited, of Coventry, and 14, Holborn Viaduct, London, fitted with Dunlop (1894) Pneumatic Tyres, Salsbury's "Invincible" Lamp, Lamplugh's 405 Saddle, Harrison's Gong, Tool Valise, Pump, &c.

Value of Prizes given each month in each district.			Total Value of Prizes in all the 8 districts during 1894.		
£	s.	d.	£	s.	d.
100	0	0	9600	0	0
84	0	0	8064	0	0
50	0	0	4800	0	0
52	10	0	5040	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
50	0	0	4800	0	0
			41904	0	0



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**PLAIN SPEAKER.**—We should advise you to take a hot bath twice a week, using plenty of soap, and a cold bath every morning. Keep the bowels freely open, and get a fair amount of exercise. Take the following medicine:—Sulphate of magnesia three drachms, carbonate of magnesia three drachms, chloroform water to six ounces. One-sixth part three times a day between meals. Most likely you have got something worse than you think; you had better see a doctor.

**TIGHTNESS.**—We do not quite understand what you mean by this term. It is not known in medicine, though we have heard it used in some of the districts in South Wales. Unfortunately, however, it is applied to different conditions in different places, and as you have not given in address we are unable to give the definition accepted in your locality. It may apply to indigestion with flatulence; or to the results of drink, or to bronchitis, or to constipation. Which of these is your case? Please give us a history of your symptoms, habits, diet, drink, and other conditions, and we shall be glad to prescribe and otherwise reply to your questions, which please repeat when you write again.

**CONTRITE JOSEPH.**—Your diet is a matter for your own experience; you will find out what agrees with you and what does not. We should advise a cold bath every morning and to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. Your diet must be light and assimilable and taken regularly. 1. If you take cod-liver oil, you had better take it in the form of Scott's emulsion which is more digestible than the pure oil. 2. You may take saccharin instead of sugar, if you find sugar disagrees with you. 3. No. 4. No. Take the following medicine: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

**PENITENT.**—This trouble can easily be remedied if you go to the proper quarter. If you like to send a stamped addressed envelope we will tell you to whom to go to get relief.

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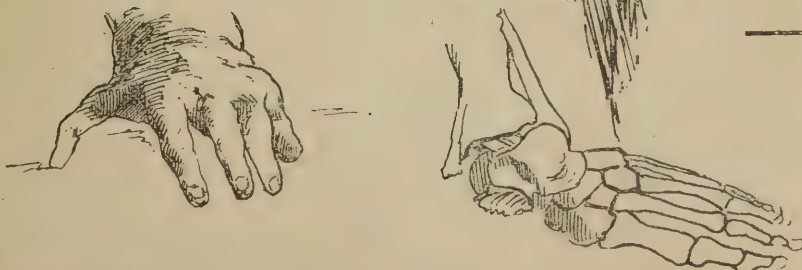
No. 466.—Vol. XVIII. SATURDAY, FEBRUARY 3, 1894.

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Written &  
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By Dr. C.W. Hogarth.



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## CONTENTS.

PAGE.	PAGE
Street Accidents (Illustrated) .. 353	Recipes for the Table 353
Editorials .. 354	Hints for the House- hold .. 358
The Foot Bath .. 354	Recent Patents .. 358
The Opium Commis- sion .. 354	The Mother's Page .. 359
Street Accidents .. 355	Mother and Mind .. 359
Hygiene Amongst the Hindoo .. 355	Eyes and Eyesight .. 360
Spectacled School Children .. 356	Treatment of Lean- ness and Obesity .. 360
Right and Left Hands .. 356	Why Men Become Bald .. 361
The Temperance Column .. 356	Hysteria .. 361
Brain Geography .. 357	The Secret of His Health .. 362
Uncovering the Head at Funerals .. 357	Our Open Column .. 362
Care of the Hands .. 357	Notes and Queries .. 362
Feeding the Blood .. 357	Answers to Corre- spondents .. 362
	&c., &c., &c.

## EDITORIALS.

**NERVOUS HEADACHE.**—The ordinary nervous headache will be greatly relieved, and in many cases entirely cured, by removing the waist of one's dress, knotting the hair high up on the head out of the way, and, while leaning over a basin, placing a sponge soaked in water as hot as it can be borne on the back of the neck. Repeat this many times, also applying the sponge behind the ears, and the strained muscles and nerves that have caused so much misery will be felt to relax and smooth themselves out deliciously, and very frequently the pain promptly vanishes in consequence.

**THE TIME TO GIVE.**—Have you never noticed at what a queer time people send their flowers and delicacies and make their most frequent visits to the sick? Is it not when the rumour goes abroad that the days of your friend or acquaintance are numbered, that your heart and pursestrings are both opened to do something for him before he goes beyond the need of your service? But how quickly you grow callous when you hear that he will get well. Then is the graceful as well as proper time to send in the cheerful short story, the jelly, and the roses. Though even then it is wisest to know through doctor or nurse what dainty you may safely send. To eyes that are weary with weeks, perhaps, of looking at an unattractive wall space what could be more interesting than the loan of a picture?

**HEALTH AND HYGIENE.**

Eat plain food.  
 Be regular in your habits.  
 Begin your morning meal with fruit.  
 Don't go to work immediately after eating.  
 Rise in the morning soon after you are awake.  
 Be moderate in the use of liquids at all seasons.  
 If possible, go to bed at the same hour every night.  
 A sponge bath of cold or tepid water should be followed by friction with towel or hand.

The truth cannot be injured, for,  
 "Truth crush'd to earth will rise again,  
 The eternal years of God are hers;  
 But error, wounded, writhes in pain,  
 And dies amidst her worshippers."

**CONTRARY EFFECTS OF DRUGS.**—No drug produces such varied and opposite effects on the human system as opium. Even in small doses it will act on the same individual as a stimulant and as a sedative, as an astringent or laxative, and, in large doses, to those who are habituated to its use, it acts as a powerful stimulant, or even intoxicant, such intoxication being followed by muscular relaxation and mental torpor. The action of most drugs, or at least of very many, varies according to the dose which is administered, thus ipecacuanha will act as an emetic in large doses, but if given in small quantity will arrest sickness. Ammonia will cause or arrest sickness, according to the quantity taken, whilst many drugs which in small doses will operate as febrifuges will in large doses induce fever.

**THE BLOOD OF PNEUMONIA PATIENTS.**—According to the *Bonichnaya Gazette*, some interesting observations of the blood in pneumonia have been made by Kihodse. He found the white blood corpuscles increase in number to as much as double or treble the normal amount; in fatal or very severe cases there was no increase found, though, as a general rule, the increase begins even before the physical signs of pneumonia are detected, and it persists from that time on to the crisis with but little variation, suddenly falling after the crisis. It appears to be due to the re-entering into the circulation of the corpuscles which have passed out into the alveolar spaces—hence probably the preponderance of overmature corpuscles, and after the crisis this preponderance ceases. It is also remarked that such increase, when observed, is found in the fully mature and overmature corpuscles rather than in the young ones.

**SIMPLE WATER TEST.**—Into a ground-glass stoppered, perfectly clean, bottle, put five ounces of the water to be tested. To the water add ten grains of pure, granulated white sugar. Cork tight, and set in a window exposed freely to light, but not to direct rays of the sun. Do not disturb the bottle, and keep the temperature as near 70 deg. F., as possible. If the water contains organic matter, within forty-eight hours an abundance of whitish specks will be seen floating about, and the more organic matter the more specks. In a week or ten days, if the water is very bad, the odour of rancid butter will be noticed on removing the stopper. The little specks will settle to the bottom, where they appear as white flocculent masses. Such water should not be used for drinking purposes.

**TO CURE A STY.**—To cure a sty, take the white of an egg on a saucer and rub into it a small pinch of powdered alum. It will become a curd. Put it between two fine pieces of muslin lawn and bind it over the eye before retiring for the night. In the morning the sty will be gone, or much better. One more application will be sufficient and no more sties will come.

**DIARRHŒA.**—Rice, browned like coffee, ground and made into coffee, is excellent in diarrhœa.

**BICARBONATE OF SODA AND DIGESTION.**—Linossier and Lemoine, in a recent communication to the French Academy of Medicine, conclude that bicarbonate of soda in all doses excites gastric secretions. According to their observations the dose which produces the most powerful effect is one of seventy-five grains given an hour before a meal. The action is prolonged beyond the day of administration, an increased secretion being kept up. It is essentially to be used in cases of insufficient

"WOT CHER, MATE?" may be a rough form of salutation, but the kindness of its intention cannot be questioned; therefore it may not be out of place to adopt it here. Those who may be suffering from bad health can be speedily relieved from their misery by the aid of Holloway's Pills and Ointment. They are equally good for the old, young, or middle-aged. For weakness, lassitude, headache, fever, diarrhœa, dysentery, measles, croup, and similar complaints, these medicines cannot be equalled; whilst for skin diseases, sores, ulcers, scrofula, and old wounds, they have effected cures in cases declared hopeless by eminent medical men. Full directions as to the use of these remarkable remedies are given to purchasers.—ADVT

gastric secretion, and ought to be given some time before a meal. In cases of excess of acidity it only acts as a palliative, and there is a risk of its aggravating the condition. They suppose that the administration of hydrochloric acid is of more service in diminishing the excess of secretion, just in the same way that alcohol retards alcoholic fermentation, or lactic acid lactic fermentation.

## THE FOOT BATH.

**ASIDE** from the daily bath, the feet should be washed at least once a day. This is a matter of a few minutes, and insures neatness, rest, and comfort. If the tired shopgirl or saleswoman, who has been standing for ten hours, would dip her feet into a basin of cold water, instead of curling or doing up her back hair, she would have a lighter step and feel more like walking home than usual.

Walking heats the feet, standing causes them to swell, and both are tiresome when prolonged. There are various kinds of footbaths, and authorities differ as to their value. Hot water enlarges the feet by drawing the blood to them; when used, they should be rubbed and exercised before attempting to put on a tight boot. Mustard and hot water in a footbath will disperse a fever if taken in time, cure a nervous headache, and induce sleep. Bunions, corns, and callousness are Nature's protection against bad shoe leather. Two hot footbaths a week and a little pedicuring will remove the cause of much discomfort.

A warm bath with an ounce of sea salt in it is about as restful as a nap. Paddle in it until it cools, dry with a rough towel, put on fresh stockings, have a change of shoes, and the woman who was "ready to drop" will have a very good understanding in ten minutes. The quickest relief from fatigue is to plunge the foot in ice-cold water and keep it immersed until there is a sensation of warmth. Another tonic for the sole is a handful of alcohol. This is a sure way to dry the feet after being out in the storm. Spirit baths are used by professional dancers, acrobats, and pedestrians to keep the feet in condition.

## THE OPIUM COMMISSION.

**THE** Indian papers contain, as might be expected, a great deal about the proceedings of the Opium Commission in India and the evidence given before it. There has been, of course, much evidence adduced on both sides of the question, but it cannot be concealed that the weight of testimony, so far from being favourable to the anti-opium movement, has been against it. The general feeling seems to be that the case of the anti-opium party has broken down. The general tendency of the evidence is to show that the use of opium in moderation is harmless and, under certain condition, even distinctly beneficial, and that any attempt to prohibit its use would be unadvisable, and might lead to serious opposition and possible disturbance. It is not denied that the abuse—that is to say, the immoderate use—of opium may, and occasionally does, give rise to evil consequences; but instances of the kind are relatively rare and have been greatly exaggerated. The mass and weight of the evidence are favourable to the soundness and reasonableness of the policy of the Government of India regarding opium. The number of instances in which the drug is immoderately used is insignificant compared with the immoderate use of alcohol in this and other countries, and as regards the prejudicial effects of opium on the races of India, they are not to be compared with the baneful results, moral and physical, of alcohol witnessed elsewhere or as occasionally seen among the natives of Bengal or India itself.—*Lancet*.

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[SPECIAL ARTICLE.]

## STREET ACCIDENTS.

## PART I.

Written & Illustrated by DR. C. W. HOGARTH.  
(See Frontispiece.)

It was a saying of Cato the Elder, "Those magistrates who can prevent crime and who do not, in effect encourage it."

*Plut. Reg. et Imp. Apoph., Cat. Moj. 5.*

ONE might with justice paraphrase the above quotation, and apply it with reference to accidents, caused by the negligence of vestries, county councils, and the like boards of officials. Accidents occurring in our streets may roughly be divided into two classes, the one *avoidable* and the other *unavoidable*; and into these two classes: the majority can be placed, but naturally there are some that partly belong to the one class and partly to the other.

Only the other day an accident occurred close to the office of this paper in the Strand, that formed the subject of litigation; a gentleman waiting for his 'bus at the end of Catherine-street was knocked down, as he alleged, by the axle-box of a 'bus which caught him on the thigh, and the contention was that it was avoidable inasmuch as the driver drove the vehicle so close up to the curbstone that the axle-box projected a considerable distance over the foot-path. It would be difficult to say in which of our two broad classes such an accident should be placed, but the jury solved the question by awarding damages.

Accidents occur in the streets every day, and vary from a slight bruise caused, say, by a fall on a greasy pavement, up to one that promptly extinguishes life, such as the hideous horrible mangling that ensues when, as occurred in the Brixton-road not long ago, a young fellow got the wheel of his bicycle in the groove of a tram line, and was immediately run over before he could free himself. A list of common street accidents would be wearisome, but here are a few samples:—Slipping on greasy pavements; slipping over orange peeling; stumbling over projecting gas and water tap covers; the heels of ladies' boots catching in ironwork gridiron lights; knocked down and run over whilst crossing the streets; splashing of irritating particles of mud into the eyes from the wheels of fast driven vehicles; accidents caused by being prodded with advancing umbrella sticks, or the like in an opposite direction, from carelessly carried or sometimes rapidly twirled canes; falling slates or telegraph wires. These are but a few which vary with infinite variety, and are seen every day until at last our seafaring population aver, with a large amount of truth, they are safer at sea than on land. Perhaps the commonest of all accidents is the one depicted in our illustration, it is caused by slipping suddenly off the curbstone, when the foot is powerfully everted, the great strain put upon the ligaments causes the tip of tibia (the larger bone of the leg) to break off, and the small bone is broken an inch or two from its end.

Simple sprains from the same cause are very common, and occur in the case of ladies as compared with men in much greater numbers, nor is the cause difficult to find, in fact it is obvious when one considers the slender support given to the ankle by the thin yielding boots and shoes worn nowadays by the fair sex, and the outrageous height of heel dictated by fashion as opposed to common-sense.

The next commonest fracture is one of the wrist, and this is caused by suddenly slipping or stumbling over some obstruction or orange-peel, when the body falls forward, the most natural thing one does is to project the hand to ward off the full force of the blow from the

body; the part which comes first in contact with the surface is the wrist, and this results in a Colles's fracture, the resulting deformity being that the wrist presents the shape of a "silver-fork" being raised on the back and hollowed out in front. Fractures and dislocations of the hip-joint are quite common in elderly people as the result of falls, as also is fracture of the collar-bone as the result of collisions and falls on the shoulder in young people.

When an accident occurs that has evidently severely injured or fractured some bone of the unfortunate sufferer, the wisest thing to do in such a case is not that usually adopted. It has been the writer's fortune to see many occur, and the best meaning people in the crowd that usually quickly gathers rush forward, and after sundry ejaculations of compassion proceed to stand the unfortunate one on his feet, and help him with all speed into the nearest shop. Now if a bone be fractured or a joint be sprained, a great risk is thus run of making matters worse; what ought to be done is to leave the person lying where he fell, and summon the ambulance, or procure a dray-cart, and with great care lift the person into it, and take him off to the nearest doctor or hospital. The writer has no faith in amateur street surgery, for what he has seen is bungling; an instance will suffice. Not long ago I was summoned home to attend a man who had been brought to my house, said to have been cut in a restaurant by the explosion of a glass bottle. As I was busily engaged, I asked if anyone had attended the man temporarily, and was told that an ambulance man had bandaged him up, judge my surprise when I reached home to find that the poor fellow had fainted from loss of blood; the "Esmarch" bandage was wound round the wrist, instead of being placed on the arm. The cases could be multiplied, but suffice to say, training in coolness in the face of real accidents is wanted, just as much as a knowledge of what to do; for, without the requisite nerve, one's knowledge goes to the wind.

Whilst on this subject, let me raise my voice through these columns where it will, through a large circulation, reach far and near against some "modern" methods of treating wounds, cuts, and scalds. Cobwebs applied to wounds will staunch bleeding; so will any other dirt if applied thickly enough. Friars' balsam is an excellent thing in its way, but it is generally poured on the wound without any attempt to bring the edges of the wound together, and bringing the edges of the wound together is not a desirable method of dressing up a wound without first taking great care to get every particle of dirt from between the lips of the wound. Don't take off a man's trousers to examine a suspected fracture of the leg, cut them off, the same applies to other garments. Don't apply flour or chalk to scalds; modern flour contains frequently chemicals, in fact "self-raising" flours are now commonly sold, and these things increase the pain. Olive oil and lime water is the treatment for home use, or cotton-wool wrapped lightly round to exclude the air. Hot water, or cold water, will arrest bleeding in seventy per cent. of ordinary accidents.

Whatever is used in connection with wounds let it be scrupulously clean.

If you happen to meet with a sprained joint, you may do great good, and cannot do any harm by the application of ice-cold water, or a mixture of equal quantities of methylated spirit and water applied on rags placed loosely over the joint. Never be beguiled into urging the doctor, on the score of the pain it may momentarily cause the injured persons who may happen to have cut his face, not to put stitches in, as sticking-plaster seldom suffices to keep the highly mobile parts together, and disfigure-

Our Health in Winter.—Dr. Andew Wilson, writing in *Lloyd's Newspaper* on diet, says:—"The teaching of Nature should never be neglected, and in the matter of winter food let us see we are not wrong and take sufficient fat, for the changes that result in the wear and tear of our bodies are lessened in intensity by the fat of food, and the need for flesh is always less when fat forms a due proportion of our diet." The Doctor proceeds to enumerate natural products that are admirable, among them "Cocoa" with its contained Cocoa Butter. Relatively to this it may be said that Epps's Prepared Cocoa retains all the constituents of the natural Cocoa, including the oil or butter, intact.—[ADVT.]

ment almost always results from this practice.

Crushed fingers used to be amputated by old-time surgeons freely, modern surgery points out that conservative antiseptic treatment has resulted in saving many a limb that would have been condemned in days not long past; but, lest I weary you with too much desultory talk about accidents, I will resume my article in a future number.

## HYGIENE AMONGST THE HINDOOS.

HINDOO manners and customs have been frequently described, often with more picturesque imagery than with truthfully simplicity. This is so much so that from these brilliant descriptions we have formed many erroneous ideas which it is just as well to destroy. Under the above title Mr. de Pietra Santa, in the *Journal d'Hygiene* of the 23rd November, in a sketch of a monograph on the subject from the pen of the Rev. — Hallam, who for many years has lived amongst the Hindoos, writes the following:—"The sanitary principles of the Hindoos are very crude, and their notions of all Hygiene are about as primitive as they were in the time of Abraham."

It seems strange that, in spite of European influence, this people has made so little progress in all these matters.

Routine is the characteristic of all their actions, and their daily customs, based upon ancient errors, remain immutable in their archaism.

As for their public hygiene, it remains, frankly speaking, a dead letter.

The Hindoos take two meals a day, and always at the same hour; they take nothing between these meals, excepting on fête days, when they allow themselves a little lunch, composed of drinks and light refreshments. And it is this regularity in living that preserves their health. Why should this be denied when we see Nature so regular in her operations? Why should she not like regularity in others?

The Hindoos are very scrupulous in the matter of cleanliness: they carefully wash their teeth every morning, and constantly also before and after meals, which custom, be it said, might with impunity be imported into our own more civilised countries.

This operation they perform with small sticks of wood, very flexible, about six inches in length, which easily penetrate between the teeth; with these sticks they vigorously brush the teeth, and thoroughly rinse the mouth with as fresh and pure water as can be procured.

This daily cleansing of the teeth is always followed by a bath for the body. This is indispensable, and, excepting in the case of illness, the Hindoo never eats a thing before he has performed this double operation.

It is as well to remark, however, that the laws of hygiene play but a secondary part in these duties: it is their religion which enforces this purification of the body. Sins past and sins to come have to be washed away. Often these cleansing waters are muddy and brackish. When the Ganges is too far distant their ablutions are performed in one of the numerous tributary streams of this sacred river. And, besides the matutinal bath, the Hindoo may have to take many more during the day; he becomes polluted if any stranger touches him, be it a native of another caste or a European. In the market or bazaar he can scarcely fail to become thus polluted, hence the frequent washings.

All elementary precautions to keep well and healthy are applied in the most opposite direction to our ideas.

They are regardless of the sudden transition from heat to cold, and they do not consider they are in good health unless they have the head hot and the feet cold. If shod in shoe or sandal they invariably take them off when crossing a stream.

Their customs in everything relating to food have a similar contrast to our notions on the subject. If the food is simple and nourishing it

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itself, it is rendered dangerous and hurtful by the cooking of it. Their principal foods are rice, wheat, vegetables, and other farinaceous things, to which they add fish on great occasions. Rice, which is the base of all their food, is not boiled, as with us, but simply "troubled" (agitated) as they call it. Wheat is eaten in the course of the meal, mixed with water and salt to lessen its insipidity.

Vegetables, like all their dishes, are seasoned with such quantities of hot condiments that they become injurious to the stomach.

The Hindoo pretends that spices are the best preservatives for health, inasmuch as they help digestion and strengthen the body.

Massage is highly esteemed by the Hindoos, and practised continually whether in health or illness. By whatever malady he may be attacked he is seized upon by his most robust friends, and vigorously rubbed until every part of his body is rendered supple. Indeed, massage is with them their most precious preventive from illness: it wrestles with nerves, procures sleep, and annihilates fatigue.

The Hindoos love outdoor life and exercise. Witness their long and tiring walks, which with their daily occupations they scarcely ever omit. In their own poetically expressed proverb, they go "to eat the air." And in thus doing are they not strictly following one of the most elementary laws of hygiene? — *Sanitary Record*.

## SPECTACLED SCHOOL CHILDREN.

A QUESTION frequently asked by the laity is, Why do so many children nowadays wear spectacles? The more thoughtful follow this by another query, Is the proportion of children with defective eyesight on the increase? The latter question is one which, for lack of sufficient data, cannot be accurately answered. No systematic examination of the visual acuteness of children in this country is made at school or at home. The proportion of rejections of young candidates for the army and navy and mercantile marine, in consequence of defective sight, might help towards the elucidation of this point. Comparison of the numbers in present and former days would not however, be of much value, for the tests and the methods of testing have altered within recent years, and moreover the figures concern only the male sex.

In an article in the *Atlantic Monthly Magazine*, which has excited much attention and public discussion on both sides of the Atlantic, Mr. Ernest Hart maintains that the large and increasing number of spectacled children is fully accounted for by recent advances in the knowledge, not only of the errors of refraction in the human eye, but of the means of correcting these errors by suitable lenses. Although there is some evidence that certain forms of ametropia (especially myopia) are becoming more common, there are many reasons for the belief expressed in the article referred to. For example, the parent of to-day—and if not the parent, then the school teacher—is generally alive to the fact that backwardness in a child may be due to inability to see properly. Again, the prejudice against spectacles for the young is fortunately disappearing. The medical profession, too, has learnt that anomalies of refraction and accommodation may give rise to a train of symptoms which, not many years ago, were attributed to disease of almost every organ, except the organ of vision. It is a matter of everyday experience with ophthalmic surgeons attached to large hospitals to have patients sent to them by physicians, who have suspected that headache, giddiness, sickness, in otherwise healthy individuals, may own an ocular origin; in many instances these suspicions

prove to be correct. At the Newcastle meeting of the British Medical Association, Mr. Williamson, in the Section of Ophthalmology, made a proposition that every person, especially the young, should undergo an ophthalmoscopic examination, and tests as to visual acuity, and errors of refraction.

Although it may be long before this suggestion can be or will be carried out, it has much to commend it, and might be accomplished without much trouble and with decided advantage at schools and other educational institutions. It would probably increase the number of spectacled children, but it would save many an ambitious child from headache and distress at his or her inability to keep pace with classmates. One word of warning in reference to school children with defective sight, which will apply as forcibly to "children of a larger growth," seems urgently called for. It is a warning against the nineteenth century optician, who tries to add to his legitimate business the prescribing of spectacles "to suit all sights," and who, after testing the eye as though it were merely an optical machine, supplies his customer with glasses, which are sometimes correct, often useless, and occasionally harmful.—*British Medical Journal*.

## RIGHT AND LEFT HANDS.

PEOPLE, with a few unfortunate exceptions, have each two hands. We should not mention this fact were it not that in the education of the youth, only one seems to be generally considered. Children are taught to hold their knives in their right hand when cutting their food, and when this necessary operation is completed, lay it down and use their forks while eating, still employing the right hand. The only further instruction they receive in regard to the left hand is to keep it clean in common with the right hand, and not get into the habit of thrusting it into their pockets. They are taught that whenever only one hand is required the preference is to be given to the right. Thus, the left hand is, with a large majority of people, a comparative useless member, employed only to supplement the other in all manual operations. Without pausing to inquire into the origin of the senseless custom, it is sufficient to say that it has no foundation in the anatomy of the hand, or in any natural peculiarity of the human mind. As well might we teach the children to hop about on their right foot, to keep the left eye closed, and to stop the left ear with cotton, as to teach them to magnify the value of the right hand at the expense of the left. Nor, in renouncing this absurdity, would it be necessary to lay aside social conventionalities. The fork may be held in the right hand while eating, and the knife may take its place in cutting food. These are small matters, observed only for conventional reasons. What excuse can there be for neglecting the early and careful instruction of both hands? We are not speaking of an impracticable thing when we say it is possible to rear children so that whatever one hand can do the other may do equally well. We know this has been accomplished in many notable instances, where the disability of the left hand has been rectified in spite of all obstacles arising from bad habits acquired in childhood. We have seen surgeons transfer an instrument from one hand to the other during an operation, whenever convenience required it, without the least awkwardness. We have seen draughtsmen using both hands in colouring drawings, an immense advantage both in rapidity of work and evenness of shading. We have seen working men chop wood "right or left handed," and one carpenter who used to hammer or saw with either hand with equal facility. In all these cases the use of the left hand in common with the right gave very much greater efficiency.

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## THE TEMPERANCE COLUMN.

### EFFECTS OF ALCOHOL.

IT DOES NOT AID WORK AND RETARDS DIGESTION.

THE actual effect of alcohol upon the human system is a subject which has excited considerable interest of late years among physicians, and has attracted some attention from mankind at large. The average man is probably aware, or has been aware at some period of his life, of certain "effects" of pleasant forms of alcohol upon the system, and may contend with himself that alcohol in moderate quantities is not only good for his health, but necessary for it.

The alcoholic question is above all a physiological one. We know that alcohol is consumed in our body, that it is a source of living force; but it does not follow that it is food until this power is shown to aid the working of normal functions. We do not know whether the muscular fibres and nerve cells can utilise alcohol as a source of power. Alcohol lessens the heat of the body by working an enlargement of the blood vessels in the skin, in consequence of which more warm blood flows through the cold surface and more heat is given out. The enlargement of the blood vessels comes in this way: In the walls of the blood vessels there are small ring muscles, which are in constant contraction. The cause of this contraction comes from certain nerve fibres, which run to the ring muscles, and they all have a common centre in the brain. Alcohol paralysis this centre; the nerve irritation ceases, the ring muscles relax, the blood vessels are widened and the skin becomes richer in blood (recognized by the colour). The reddening of the cheeks after drinking wine, which is the effect of alcohol, is a pathological phenomenon.

The ordinary man says alcohol warms him in cold weather. This is a self-deception; he feels simply the warm blood streaming out to the skin in greater quantities. As a matter of fact he loses heat. The deception comes, perhaps, in this way: The brain centres, which mediate the feeling of cold, are stupefied by paralysis. In general it can be proven that all effects of alcohol which are generally designated excitation are in reality only paralytic phenomena. The psychical effects are especially so. The brain function, which is first weakened, is the clear judgment or critical faculty. In consequence the emotional life prevails, freed from the chains of criticism; the man becomes open-hearted and careless. But above all the paralytic effect of alcohol shows itself in this, that every feeling of discomfort and pain is benumbed, and especially the bitterest of pains, the psychical ones, as sorrow and anxiety, wherefore the merry feeling in a drinking company. A man never becomes clever through drink. This widespread prejudice is also a deception; it is likewise a symptom of brain paralysis, where, as self-criticism sinks, self-sufficiency rises and self-control is lost.

He who becomes accustomed to take alcohol regularly is in fact better capable of working than if alcohol was suddenly taken away from him. But this is the case also with other poisons. When morphine is taken away from the morphine-eater he cannot work, sleep, nor eat. He is "strengthened" through morphine. But he who is not accustomed to narcotics is not made more capable of work through narcotics. But of still more weight are the thousands of experiments that occur in the case of soldiers; that in war, in peace, in all climates, all hardships of the most wearisome marches are best endured when the soldier abstains wholly from all alcoholic drinks. These facts are verified in the English armies in Coiffaria, West Africa, Canada, and India. And additional verification is the fact that thousands of sailors are not allowed to touch a drop of alcohol on board.

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and this in tropical, temperate, and especially in polar regions. Most whale fishers are total abstainers. That which is true of bodily exertion is as true of mental. Alcohol strengthens no one; its simply benumbs the feeling of fatigue.

The error of poor people in this regard is especially unfortunate, as they spend much for alcoholic drinks to strengthen them instead of buying rich and salutary food. The advocate of beer claims that it is nutritious. True, beer contains a considerable quantity of hydrocarbons, dextrin, and sugar. But there is a surplus of this in food already; and there is no reason, also, why it should be taken in a more costly form. It is claimed that beer and wine aid digestion, but many experiments have been made on animals and men, and especially on men with the aid of the stomach pump, which show that moderate doses of beer and wine lengthen the time of digestion and disturb it. Direct observations on persons with stomach fistula likewise indicate the same effects.

Alcohol as a medicine is a mild anæsthetic; it should only be used for acute sickness, but never for chronic troubles, for the same reason that morphine and chloral hydrate should not be employed.

Many drink because of the good taste of liquor and not for its effects. But taste is made perverse in this way, the appetite tends almost wholly toward meat, sugar, ripe fruits, and sweet food in general are distasteful to the drinker. Physiology has established that sugar is the source of muscular force. When the sweet is no more agreeable to us signifies an abnormal condition. A drinker finds himself in this condition; and he is a drinker who does not feel himself at ease unless he takes beer, wine, or alcohol in any form.

## BRAIN GEOGRAPHY.

"GEOGRAPHY" is the exact word; for the brain has for nearly twenty-five years past been explored and searched by a patient band of explorers, who have little by little followed the currents of its rivers, solved the meaning of its hills and hollows, and studied the special characteristics of its various areas.

Before this exploration began medical men looked upon the brain much as they now look upon the eye, as a single organ with but one purpose and working as a complex whole. That it was a vast and intricate system capable of totally different sorts of work at the same time, with widely separated kinds of work, did not appear to occur to them.

To-day we know that there is a large area of the brain given over to thinking, pure and simple, and an equally important region engaged in willing, in commanding the muscles to execute its work. This latter area naturally is far better understood, better mapped, let us say, and it has been divided into four main territories. These have to do with the muscles of the head and face, with those of the arms, with the lower limbs, and with the trunk or body proper.

The work that these headquarters of action have to do is of a two-fold sort; for example: If the great toe is trodden on, a certain brain area must undergo a certain process which is equivalent to knowing pain, for if that area was not in healthy action any amount of toe-treading by an enemy might fail to cause us pain.

But these active areas, controlling muscles and nerves, do not always seem to wait and send word to the mind and ask for its advice. Frequently they work on their own account, and some of their most important work is done in this unbidden fashion. Suddenly point your finger close to a friend's eye and see whether he will not tell you that he did not stop to think to wink his eyelid shut, but simply winked "instinctively," as we call it. Yet that eye had no telegraph over its nerve line that it was about to be invaded, and the brain instantaneously set in motion the muscles which closed that lid without bothering the mind about it.

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## UNCOVERING THE HEAD AT FUNERALS.

SINCE the prevalence of influenza, the risk of outdoor exposure has multiplied.

Many cases of severe illness and not a few deaths have been reported from this cause. The most common occasions of danger have been during the attendance on funerals, either as pallbearers or mourners. In well-conducted funerals undertakers nowadays frequently furnish skullcaps to be worn by pallbearers. The skullcap, although it has no visor to protect the eyes, is nevertheless an efficient covering, does not offend our sensibilities, and implies no want of respect for the dead. The ministers and the mourners may also be furnished with skullcaps. There need be no discrimination in favour of the pallbearers. But all reflecting persons will agree that it will require a stretch of the imagination to detect the difference in the effect between the wearing of an ordinary hat and the wearing of a skullcap on such occasions. Baring the head at funerals is a mere convention that serves no useful ceremonial purpose. Wearing a skullcap is no compromise; it is a surrender. The custom of taking off the hat in wet or cold and stormy weather while the remains are carried from the home to the hearse, or from the hearse to the chapel, and again, when the last sad rites are performed at the grave, is fraught with danger. Ten, fifteen, and twenty minutes are not infrequently consumed, during which pallbearers and mourners remain uncovered, while a chill wind, laden with damp, diminishes the vital resistance of the weak, and lays the foundation for a decline. The recently sick, the aged and infirm, and those who have lost the hair of the head, are in the greatest danger. But none are exempt.

There are but few who, in the absence of suggestion, will defy the almost universal custom of Christian nations to uncover in the presence of the dead. Their sentiments of love, honour, and respect for the dead impel them to disregard the danger involved by the exposure, notwithstanding a full comprehension of its evil import.

## CARE OF THE HANDS.

WASHING the hands in water to which ammonia has been added is a very common recommendation. This would be well enough, perhaps, if the supplementary processes were correctly given, but the direction is simply for putting a little of this substance into the water in which the hands are washed. Somebody follows these directions, and finds the hands rough and disagreeable almost beyond endurance. Some day the victim of this foolish practice makes up her mind that perhaps ammonia doesn't agree with her, and forthwith discontinues its use.

The fact is that ammonia is absolutely unfit for the toilet unless its effects are carefully removed by some suitable agent. It is strongly alkaline and destroys the natural oil on and near the surface of the skin, leaving it rough, crackly, and with a decided tendency to chap and wrinkle.

After the use of soap of any sort or any alkaline preparation, the hands should be thoroughly washed in clean water, and rubbed with some soothing compound, such as glycerine and rose water, a bit of diluted honey, almond oil, or some like substance. This restores the softness of the skin and prevents chapping.

The world is full of people who profess to be shocked at the use of cosmetics of all sorts, and therefore go about either with their faces

shining like glass bottles, or with the surface of the skin drawn into the finest puckers and wrinkles.

It is scarcely too much to say that wrinkles are wholly unnecessary except in the most advanced stage of life, and yet nine-tenths of the people we see have faces and hands actually furrowed and seamed. They would be incredulous were they told that this is the result of the ammonia and soap treatment to which they have all their lives subjected their faces and hands. Unless the marks of age are thought to be attractions, it becomes every sensible woman, or man either, for the matter of that, to take little pains that these usually unwelcome visitors are kept at a distance.

According to a German physician, the art of washing the hands is not an easy one. To insure absolute cleanliness, the hands must be first carefully washed with potash soap and water as hot as can be borne, and then with a five per cent. solution of carbolic acid, or one per thousand solution of corrosive sublimate, or chlorine water.

When the finger nails are dry and break easily, vaseline rubbed on after washing the hands will do a world of good. Manicures first bathe the hand a long time in hot water, then with scissors and knives clean and cut the nails, remove the superfluous skin about the onyx, then polish the nails with buckskin and fine powder, washing the hand again in hot water with soap. After drying, the nails are polished with a fine brush, and are finally rubbed with a rosy unguent to give them a shell pink.

## FEEDING THE BLOOD.

"MEDICINE," writes a well-known physician, "is all very well in a way—namely a sick man's way. The less of it the better. But purify and enrich your blood by all means. The curse of this anæmic age, is thin, watery, colourless blood, with about half the red corpuscles that it ought to have. Red corpuscles mean iron. If you haven't got them, you are starving for iron, and it is iron alone that will feed your blood. Now, iron is what we doctors call 'inorganic'—that is to say, it is a mineral, not a vegetable or animal substance, and thus it is not easy to feed upon. You are setting yourself the task of taking up and digesting a mineral, and the best part of it is wasted, doing harm, too, because it constipates the bowels. Iron is an inorganic salt, carbonate of iron would be easier work, if it would keep, but it won't, and unless you can have it made fresh with each dose, it is useless, owing to chemical changes. However, the difficulty is met now by putting the two powders which combine to make carbonate of iron into a little cover, easier to swallow than a pill, called a Bi-palatinoid. The two components are kept apart by an air-tight covering until the Bi-palatinoid reaches the stomach, when it opens and they mix, giving you carbonate of iron in its new-born and most efficient form, in which the blood can take up at once, to its own incalculable advantage. You must ask the chemist for Bi-palatinoids of carbonate of iron, and at the same time you had better get a bottle of Laxative palatinoids, to keep the bowels active and the system clear. I shall not need to be told that you have followed my hint. The iron in your blood will begin to show its effect in a very few days. You will show a better colour in the cheeks and lips; your step will be firm and elastic, and your nerves steady. In short you will feel and look a new person, and your hand-clasp when I see you will have a 'grip' in it. That is what we doctors want. We would rather keep you well in this way, and have your tissues strengthened and hardened to resist disease, than have you for patients presently, believe me."

In your own country your name; in other countries your appearance.

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**YORKSHIRE PUDDING.**—Half a pound of flour, a little salt, three eggs, one pint of milk. Put the flour into a basin with the salt, add the eggs, well beaten, then stir in the milk very gradually. Mix the whole into a very smooth batter, and pour into a shallow tin, previously well buttered. Bake under meat in the oven, or bake for an hour, and then place the pudding for half an hour under a joint of beef roasting before the fire. When done, cut in squares, and serve on a hot folded napkin.

**RICE FRITTERS.**—Quarter of a pound of ground rice, a little milk, a bit of cinnamon, a laurel leaf, a small piece of lemon peel, a little fresh butter, two ounces of sugar, the yolks of two eggs, flour, bread-crumbs. Boil the rice tender in a very little milk, with the cinnamon, laurel-leaf, and lemon peel. When done enough, take out the seasoning. Grease a stewpan with a little fresh butter, put in the rice, and stir into it the sugar and the yolks of two eggs. Work it well over the fire till it comes to a paste, then spread it on a well-floured board. When cool, throw a little flour on it, cut it in pieces, and roll into small balls on long-shaped rolls; dip them lightly into the beaten yolk of an egg, and then roll them in very fine bread-crumbs, do this a second time, then fry them in very hot lard a good brown, shake some powdered sugar over, and serve.

**CALF'S HEAD PIE (Scotch).**—One calf's head, small knuckle of veal, rind of one lemon, two onions, a fagot of parsley and winter savory, a few white peppercorns, two blades of mace, a few pieces of isinglass, some thin slices of ham, a little forcemeat made from the knuckle, the yolks of three or four hard-boiled eggs, white pepper, salt, a little nutmeg, a little grated lemon-peel, gravy, puff-paste. Scald and soak the head, and simmer it for half an hour in a little water, with the knuckle of veal, the lemon-rind, onions, parsley, savory, peppercorns and mace. Take up the head, and when cold, cut into bits of different shapes. Skin and cut the tongue into square pieces. Boil the broth, in which the head and knuckle were simmered, with a few bits of isinglass till it is reduced to a strong jelly gravy. Place a layer of thin slices of lean ham at the bottom of a pie-dish, then some of the head and tongue, a little forcemeat made from the knuckle, and the hard yolks cut in two, season with pepper, salt, a very little nutmeg, and a little grated lemon-peel. Fill the dish thus with alternate layers, pour in as much as it will hold of the gravy jelly, cover it with puff-paste, and bake for an hour. To be eaten cold.

**MACARONI SOUP.**—Some bones, some salt, two carrots, one large turnip, four leeks, two onions, two cloves, one blade of mace, some peppercorns, and quarter of a pound of macaroni. Break the bones small, and place them in a saucepanful of water, so that there is not only enough to cover them, but a quart more. Boil, and add salt meanwhile. Wash and cut up the vegetables, sticking the cloves into the onions, skim the soup thoroughly, and add the vegetables, mace, and peppercorns. Simmer gently for two hours and a half, and then strain. Boil the macaroni, with a little salt, in a separate saucepan for half an hour. Then cut it up into small pieces, and, when the soup is ready for use, put the macaroni into a tureen, and pour the soup over it.

**MILK SOUP.**—Two large onions, one turnip, one small stick of celery, one pint of stock, one pint of milk, and one dessertspoonful of French potato-flour. Mince together the onions, the turnip, and the white part of the celery. Boil them in the stock (or in the liquor in which fresh meat has been boiled, or in water, if necessary), and when they are ready, rub them through a sieve. Then add to them, and to the liquor in which they have been boiled, the pint of milk. Let the whole boil, season and thicken

with the potato-flour (or two dessertspoonsful of rice-flour rubbed smooth in a little water), and serve with fried bread.

**PLUM PUDDING.**—This pudding, as well as the sauce, may be made the week before wanted, as sliced, and sauce strained, it is as good as when first made. It sounds simple and is—but it is delicious. One heaping cupful of bread crumbs, two cupsful of flour, one of chopped and seeded raisins, one cupful of suet made fine, one cupful of molasses, one of sweet milk, one teaspoonful of salt, cloves and cinnamon, one tablespoonful of soda. Boil two and a half hours.

**SPICED BEEF.**—Use forty or fifty pounds of beef. Take out the bone, and put in a lump of fat. Shake one ounce of powdered saltpetre over it and leave it five minutes. Rub a mixture of one and a half pounds of brown sugar, one pound of salt, one ounce each of black pepper, cloves, and cayenne pepper, one and a half ounces of allspice, one large nutmeg, grated, on the beef. Turn and rub every day. It will be ready for use in three weeks. Twenty pounds of beef may be used for a small family with half the amount of spices.

**PARSNIP SOUP.**—Take a quart of well-scraped, thinly-sliced parsnips, one cup of bread crust shavings, one head of celery, one small onion, and one pint of sliced potatoes. The parsnips used should be young and tender, so that they will cook in about the same length of time as the other vegetables. Use only sufficient water to cook them. When done, rub through a colander, and add salt and sufficient rich milk, part cream if desired, to make the proper consistency. Reheat and serve.

## HINTS FOR THE HOUSEHOLD.

### OIL LAMPS.

**T**HERE are people who have used lamps all their lifetime, and yet do not know how to take proper care of them. They fill them when needed, wipe off the oil from the outside, trim the wick carefully, wash the chimney, place them on the shelf or mantelpiece, and then, believing the work has been well done, place the blame on the oil if they do not burn bright and clear.

It is no unusual thing to hear, "This lamp hasn't been filled to-day, but I think there is oil enough to burn to-night." Perhaps there is, but the combustion is carried on under difficulties when the oil supply is low, and the light is not as good. Moreover, in case of accident there is more danger.

Only the best quality of oil should be purchased, and lamps that are in constant use should be filled daily. As often as once a week the residue should be emptied from the bowl, thrown away, and fresh oil supplied. Avoid filling it to the brim, and rub the outside of the bowl dry and free from oil. Metal or porcelain lamps, in which the oil is put in a separate font of metal which fits inside, are the most desirable and least dangerous lamps to use.

The most important part of the lamp is the burner, and the best one in the market should be purchased, for inferior ones are poor economy. All parts of it should be kept thoroughly clean, and a little alcohol or paraffin oil on the cloth with which it is rubbed is excellent for this purpose. The fine holes or gauze through which air is admitted to the blaze should be kept free from dust, oil, and the charred pieces of wick which often fall. If the wheels will not lower or raise the wick without difficulty, the ratchet within is either out of order or become gummed. If the latter is the case, it may be cleaned by boiling it in water which has a little soda in it; but if a burner is properly cared for from the beginning, it will not get in this condition. If it is broken or otherwise out of order, a new one should be purchased, and care must be taken that it fits the collar perfectly.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles everywhere.—[ADVT.]

The wick should fit the burner in the same way, and be frequently renewed, even if it is of sufficient length to burn well, as its conducting capacity is impaired if it remains in the oil for too long a time, as will be seen by the quality of the light given. One of the largest dealers in lamp supplies says that people make a great mistake in using a wick in their lamps until it becomes too short to burn. They would have a better light if it was replaced every three weeks when used each night.

It is not necessary to cut off the burnt portion of the wick. Turn it up and remove with a cloth the charred part, and then turn the wick down until nearly even with the edge of the burner, and with a knife, or stiff cardboard, even the wick to correspond with the burner.

There is no special economy in turning down a lamp that is to be burned, for there will be appreciable difference in the amount of oil consumed, for what is not burned in the blaze will pass off in a gas, which is not only very offensive but will poison the air and render it dangerous to take it into the lungs. If only a little light is desired, a small night lamp, with wick to correspond, should be used.

If proper care is given to lamps, it is seldom that they will explode. The charred portion of the wick, if not removed from the burner, will often ignite and might cause considerable damage if not attended to immediately. The wick should be turned down and the light blown out at once. If the burning portion cannot be blown out also, it should be smothered by wrapping some heavy material about it.

If the lamp is upset and not broken, it should be quickly picked up and righted. If the lamp is broken, and the oil spilled, smother the blaze immediately with some heavy material that will exclude the air, and do not lose your common sense.

**TO WASH GLASS.**—Cold water in which a small quantity of soda has been dissolved is the best preparation for washing, tumblers, wine glasses, &c. They should afterwards be turned down to drain, and then polished with a soft, dry cloth. The same applies to chandelier glasses. If the dust is much worked into ground glass, a soft nail-brush should be used, polished afterwards with a wash leather. Potato parings, sometimes recommended, may scratch the glass. A wash leather is the best thing for washing and drying looking-glasses.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

370. An improved operating couch, for the safe administration of chloroform and other anaesthetics for medical specialists, dentists, and others. **ARTHUR CHARLES FRANK BLSTOB**, Royal Colonial Institute, Northumberland Avenue, London. Jan. 8, 1894.

466. Improvements in and relating to dental engines and appliances. **WILLIAM WALLACE**, 96, Buchanan-street, Glasgow. Jan. 9, 1894.

538. An improvement in chest and lung protectors, knee-caps, and other similar appliances. **HARRY SHUTER**, 4, St. Ann's-square, Manchester. Jan. 10, 1894.

550. A new or improved ointment for human use. **ELIZABETH GREGORY**, 1, East-parade, Leeds. Jan. 10, 1894.

### SPECIFICATIONS PUBLISHED.

4751. DESPREZ. Surgical bandages, &c. (10d.) 1893.  
21,936. SCHRODER. Artificial teeth, &c. (10d.) 1893.

### NOT THAT KIND OF A DOCTOR.

Physician: "Well, my friend, what ails you?"  
Patient: "I cannot sleep, doctor."

Physician: "What are you doing during the day?"

Patient: "Well, I work like a horse, eat like a wolf, and am tired as a dog when I come home, and still I can't get any sleep."

Physician: "Sorry I cannot help you; but you will have to consult a veterinarian."

**TO TOBACCONISTS** (commencing).—Illustr. Guide, 259 pages. "Post Free." How to Commence. £20 to 1000. Tobacco-consumers' Outfitting Co., 186, Euston Rd., London. Manager, Hy. Myers. Est. 1866. Smokes "Pick-Me-Up" Cigarettes. —ADVT.

**MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER**  
Restores the Colour. —ADVT.  
Renews the Growth.  
Arrests the Fall.  
Cleanses the Scalp.



# THE MOTHER'S PAGE.

## PNEUMONIA IN CHILDHOOD.

AS we look over the records of this disease, so fatal in childhood, we find we are approaching those months when the occurrence is most frequent and its course most fatal.

Perhaps some mother may be thankful for a few hints that may help her in the care of her little family in this respect.

First we will state that pneumonia in childhood assumes two distinct forms; one, called lobar pneumonia, is similar to that most often occurring in adults, and presents symptoms very much the same. Another, and more subtle form, is very difficult of recognition, and is often confounded with bronchitis; in fact, it most often supersedes an attack of the latter disease.

The causes of pneumonia may be considered, first, as predisposing, under which may be mentioned age, pneumonia occurring much frequently in very young childhood, or during the first five years of life, than during succeeding years. It occurs somewhat more frequently in boys than in girls, doubtless due to the greater exposure to which boys are usually subjected. It is found that it is quite as apt to occur in the strong as in the weak. Season seems to have much influence upon the disease, as it occurs with much greater frequency during the four coldest months of the year; in fact, the cases recorded are three times as numerous in January as in August.

The exciting cause of this disease is usually attributed to exposure. It is quite well demonstrated, however, at the present time, that the real exciting cause is the invasion of a certain germ.

The symptoms of these two forms of disease are quite different. We will first consider those which indicate the lobar form of pneumonia, which is the same as that which occurs in adults, and is attended with consolidation of a considerable portion of the lung. The commencement of this disease is usually very sudden, and attended with a chill, or, what is more likely to occur in a young infant, a convulsion, which in such a case is equivalent to a chill in an adult. This is followed by high fever, and the child becomes very restless and peevish, growing worse toward night.

The cough when it appears at first is dry and short, and usually very painful; often the pain is very excruciating, as shown in the expression of face and the effort of the child to suppress the cough. This indicates a complication of pleurisy. Usually the breath is very short indeed, and sometimes as often as sixty or even eighty in a minute. The temperature also may run up as high as 105 or 106 degrees. The child struggles with great difficulty, which may become so painful that it refuses the breast altogether. There is often vomiting and constipation of the bowels, especially at the beginning of the disease. Occasionally there will be irregular symptoms, chiefly those pointing toward trouble in the head. The child will complain of pain in the head; the eyes are sensitive to the light. There may be a number of convulsions, and at the same time only a very slight cough, if any at all. At the commencement of the disease these symptoms will obscure the real cause of all the trouble, and often lead to mistakes in treatment. We make it a rule when called to a child, whatever may be its symptoms, to examine carefully the chest, and more than once it has been found that the real trouble was here, and if neglected until symptoms referable to the lungs appeared, the chance for controlling the trouble would have been greatly lessened.

The other form of pneumonia, or the lobular, is much less pronounced in its symptoms than that just described. It most often follows a run of bronchitis. It consists in the invasion of small portions of the lung by the pneumonic

condition. When this condition occurs, there is increase in the temperature, more difficulty in breathing, and maybe some pain in the chest, although this is slight compared with that which usually attends pneumonia of the other form. The respiration becomes much quicker, but the temperature does not become as high and is more irregular in its course than when the pneumonia is of the kind first described.

Lobar pneumonia usually reaches its greatest severity in four or five days, then remains stationary for a day or two, and gradually gets better, while the other form is more apt to continue for a longer period.

Cough is nearly always present in all cases of pneumonia, although we cannot judge the character of the matter thrown out from the lungs, as it is seldom raised by the child. In fatal cases cough sometimes ceases a day or two before death, but usually persists to the last.

The treatment of pneumonia depends for success more upon the general management of the patient than upon remedies administered. The child usually loses its appetite at the onset of the disease, and while it should not be allowed to go without food, no attempt at stuffing should be resorted to. It is necessary for its subsequent favourable progress that its strength be preserved with sufficient food, also that its digestive organs should not become disabled by over use. If the child be nursing, it should be put to the breast every three or four hours and allowed to nurse moderately. If the child is artificially fed, the best diet is milk, to which a larger or smaller quantity of water has been added, according to age, some being added even if the child is three years old. This also should be given every three or four hours. If called for oftener than this, it is because the child is thirsty and not hungry. This disease is always attended with great thirst, and the nurse should see to it that the patient has drink as often and as much as desired. It is well to add some demulcent to the water given, such as the slippery elm bark, or flaxseed. If the food is refused, nourishment may be administered to a child of one year or over, by giving rice water or oatmeal. After the first two or three days it will usually be necessary to crowd the nourishment somewhat in order to sustain the patient. The milk diet, if refused, may be substituted—or, if taken may be varied—with beaten egg, well-cooked gruels, chicken broth, &c.

The room chosen should be large and well ventilated. The child should be kept very quiet, and continually in bed, if possible, as in this position it can be more easily treated, and be better protected from draughts, while plenty of fresh air is secured, and in every way it can be more quiet and restful—a condition most necessary to its favourable progress. While in bed it should not be allowed to remain in one position continuously, but gently turned from side to side once or twice daily, and supported in this position with pillows. If turning causes pain, only a slight change in position is necessary to avoid the stasis of blood in the lower portion of the lungs, which results from long continuance in the same position. If the child be taken out of the bed, a woollen wrap, or one made of cheese cloth and cotton, should be put over the bed dress.

Probably the best treatment that can be applied for pneumonia is the proper use of flaxseed poultices. Great care, however, should be exercised in their use, that the clothing of the child does not become wet, and that the poultices are not allowed to become cold. They should be made quite thick, the meal being stirred into boiling water and placed in a bag of cheese cloth, cut to fit the chest, extending up on either side of the neck—to the shoulders, on

the sides, and well down to the stomach. This should be covered over with oiled muslin, and over this several layers of flannel or cotton. They should be changed every three or four hours, another one being ready to substitute immediately for the one which is removed. Unless this can be carefully watched and properly and efficiently attended to, it would be better to oil the chest well, and pack it in dry cotton batting.

When there is much oppression in breathing, relief is obtained, and often much good done, by applying for a short time to the chest, first the front and then the back, a poultice consisting of two parts Indian meal and one part mustard, allowing it to remain until the surface is well reddened. Mustard foot baths and draughts upon the feet and legs aid also in relieving the congestion of the lungs.

When the severe pain of the pleurisy attending the attack is not relieved by the treatment recommended, it is better to give small doses of paregoric, ten to twenty-five drops, according to age—just enough to give relief, but not enough to induce stupor. If the pain is allowed to continue, it may induce convulsions, and greatly complicate the trouble. If the child is weakly, or becomes weak as a result of the disease, it sometimes becomes necessary to use stimulants. Beef tea is usually all that is necessary, or wine whey may be used. This is made by adding wine to warm milk and allowing it to stand in a warm place until it curdles. The whey thus formed is both nourishing and stimulating.

The matter of administering stimulants, or anything to relieve the pain, however, would better be left to the judgement of a good physician, who can more intelligently watch the effect of the remedies used.

Pneumonia is a grave disorder, and the counsel of a good physician should be secured if possible at an early date.

## MATTER AND MIND.

YOU tell me bioplasm is just the same  
In every living thing that we might name;  
Why, then, in working out this wondrous  
plan

Is here built up a tree and there a man?  
Why do these little building cells or points  
Weave here a tissue, and there hinge up joints?  
There surely must be back of all a mind  
Supreme, that all this wondrous scheme  
designed;  
A guiding hand, all powerful, divine,  
That moves and marshals each advancing line  
Of living builders, as these architects  
The elephant, the tree, the man erects.

What, then, am I?—atomic dust alone?  
Is there no higher nature on the throne?  
Soars not my soul above the clod, the flow'r?  
Must dust cling ever to the wings of pow'r?  
Is there not that beyond all sense, a mind  
Above all matter, howsoever refined?—  
A spirit-life within may you not place  
Under the microscopic lens and trace  
Its throbbing outlines? is that likewise dust?  
If so, then in this argument I must  
Suppose its offspring thought is matter too;  
And yet, in my mind's operations I do  
But will, and thoughts go flying off afar  
Throughout the universe, from star to star;  
What substance else so swiftly moves? E'en  
light  
Takes calculable time to trace its flight;  
But thought will go the blazing sun to meet,  
Or fly untimed the polar star to greet,  
As quickly as it passes to the sweet  
Unfolding rosebud blushing at your feet.

The man is something more than so much clay  
Whatever skill the moulding might display;  
The spirit-life is there, the quenchless fires  
Of soul, the deathless life, that loves, aspires,  
That yearns for good immortal, and explores  
Beyond the boundaries of sense, and soars  
On hope's bright wings to joy's eternal spring,  
Where love abides, and God's sweet angels sing.

—John Gilmore Chaffee.

MRS. WINSLOW'S PENNYROYAL PILLS.  
Peoples' Remedies Co., Sole Proprietors. Testimonials  
from all parts of the World. Invaluable to Ladies.  
Remove all Obstructions to Health. Boxes, 1s. 14d.,  
2s. 9d., and 4s. 6d. Of Chemists and Medicine Vendors,  
or per post (in plain wrapper), for Stamps, from the  
Manageress, The Arch Laboratory, Putney Bridge, Ful-  
ham, S.W. Wholesale: Barclay, Sanger, Lynch, & Co  
[Advt.]

STEEDMAN'S Soothing Powders for Children cutting  
their teeth have now been in use over fifty years. They  
relieve feverish heat, prevent fits, convulsions, etc., and  
preserve a healthy state of the constitution during the period  
of teething. Manufactured only at Walworth, Surrey. Sold  
everywhere, please observe the **EE** in Steedman.—Advt.



[SPECIAL ARTICLE.]

**EYES AND EYESIGHT.**NATURE'S MOST PRICELESS GIFT, AND  
HOW IT MAY BE PRESERVED.

BY A PRACTICAL OCULIST.

NATURE has given us one sense so priceless, so incomparably chief among all the faculties of poor humanity, that nothing can compensate for its loss, while its defects are felt with corresponding keenness. To be blind—to grope in darkness while the world around one is light and beautiful—that is indeed the supreme affliction. No other tale of pity, no other plea for aid, quite so quickly and surely touches the heart as that which has for its basis the loss of sight. It is sad enough, indeed, to suffer deafness; to have the music and the harmony of existence shut away from the nerves which would fain thrill beneath its influence; but this is a slight affliction compared with that which shuts from the brain all light and brightness, which banishes from the living sense the faces of friends, the greenness of the fields, the colour of flowers, and the inspiration which comes from the smile of love and tenderness.

It is quite in line with the progress of the times that more thought and care is now being given to the vision, to eyes and eyesight, than ever before. There is a school of theorists who stoutly complain that human vision is becoming weak and imperfect, and that the number of abnormal eyes is rapidly increasing. They reason, or some of them do, that the restraints of modern life, and especially of city living, are responsible for this changed condition; that because the vast majority of people no longer live in the open country, where the vision must constantly be taxed at long range, the tendency is toward shortness of sight, and that in consequence we are becoming, not merely a nation, but a world of myopes.

This is quite a brilliant deduction, but unfortunately the basis upon which it rests is a slender one. There is nothing to show that a greater percentage of the people are now suffering from defective vision than suffered a generation or six generations ago. To be sure there are a greater number of people wearing glasses, for one reason or another; but in the same way we might note that more men are wearing overcoats in winter, and so on through the thousand improvements of modern life. Optical science has been brought down to the benefit of the masses within the last generation in a wonderful degree; parents have been taught to give attention to the eyesight of their children; and the result is that defective eyes are now aided by the resources of progressive science, instead of being obliged, as formerly, to "rough it" through life the best they may.

To touch on the mere matter of caring for the eyes, it is sufficient preface to say that there is as much, yes, and more, necessity of caring for the eyes as for keeping the hands pliable and useful; yet either may be used almost constantly during waking hours and still retain their qualities in gratifying measure. The secret is to use, but not to abuse. It has been claimed that society women are the only people who take proper care of their eyes. In this sense, it must be confessed that the treatment accorded the eyes is rather that of disuse than care. From very late in the morning till much later at night—that is, from the time of rising till they retire—the constant study is how not to use the organs of vision, in order that they may retain their beauty unimpaired. Fans are almost perpetually carried, their first and principal use being for the protection of the eyes from any disagreeable light. Parasols are of course in vogue for all outdoor experience. This matter may be carried to an extreme, but within reasonable limits it is the natural sequence of the thoughtfulness which furnishes the young girl having weak eyes with a wide-brimmed hat, thus saving her modicum of visual strength for the exigencies of actual need.

One of the most common, annoying, and at

the same time distressing of the accidents of everyday life, is the getting of small things, like particles of dust, into the eye. In the vicinity of railways the liability to such an injury from flying cinders is exceptional. The slightest thing in the eye is very annoying, and if not immediately removed will cause severe pain and inflammation. For any tangible substance, such as cinder, sand, or dust, railway employes, who are peculiarly liable to such accidents, have a simple treatment which is equally adapted for the use of other people. Drawing the upper eyelid down upon the lower, and gently holding the two superimposed in that manner, they vigorously blow the nostril upon that side of the face; when, if the process has been properly performed, the intruder will be found to have gone, though no one can tell just how or why it has taken its departure.

Extraneous bodies almost invariably find a resting place beneath the upper lid, which is the one brought down over them by involuntary muscular action when the foreign substance is first felt. One easy way of reaching them is to place a bodkin or the point of a pencil across the lid, and turn it back by the lashes. The irritant will thus be disclosed, and may be removed by a corner of the handkerchief, or any similar means. Two or three flaxseeds put into the eye will form a glutinous fluid, in which the foreign body may be withdrawn. In case any alkaline substance is caught in the eye, the injured organ should first be deluged with water, milk, or any neutral fluid which may be at hand; after which it should be rinsed with water containing a small quantity of vinegar or lemon juice, with a view to the neutralisation of any traces of the alkali still remaining. Lime, cement, and soda are among the alkalis most likely to be met. In the case of acid in the eye, there is to be first the washing with water and then treatment with water containing a little alkali, like ammonia or ordinary soda. In any case, in the use of these reagents, care should be taken to employ no more than is necessary, and it is always better that the treatment should be under the direction of a physician, or of some calm and intelligent second person.

Sulphate of zinc or white vitriol is one of the best remedial agents for the eyes yet discovered, and furnishes the active principle for most of the salves, lotions, and washes of the day. It may be safely and helpfully used, by any careful person, at a very much smaller cost than by purchasing mixtures with imposing names and sweeping claims. A very good wash is made by putting ten grains of the sulphate into four ounces of rose water. Bathing the eyes with this morning and night, and allowing a drop or two to pass under the lid, will be found to greatly alleviate inflammation. If on account of extreme tenderness or for any other reason it should cause smarting, add another ounce or two of the rose water.

**A FEW EYE DON'T'S.**

Don't allow a cold wind to strike the eyes.

Don't try to do eye work with the light shining in the face.

Don't have coloured shades on the lamps; use white or ground glass.

Don't go directly from a warm room into a cold, raw atmosphere.

Don't open the eyes under water in bathing, especially in salt water.

Don't let any strong light, like that from electricity, shine directly into the eyes.

Don't strain the eyes by reading, sewing, or any like occupation, with an imperfect light.

Don't bathe inflamed eyes with cold water; that which is as warm as it can be borne is better.

Don't sleep opposite a window, in such manner that a strong light will strike the eyes on awakening.

Don't, above all, have the children sleep so that the morning sun shall shine in their faces to arouse them.

Don't expect to get another pair of eyes when these have been destroyed by neglect or ill-use; but give them fair treatment, and they will serve faithfully to the end.

**TREATMENT OF LEANNESS AND OBESITY.**

BY DR. J. S.

(Continued from page 344).

**OBESITY.**

IF some are anxious to grow stout others are no less desirous to lose flesh. Of the two extremes leanness is preferable and most compatible with health and comfort. Obesity, if not in itself a disease, approaches the boundary-line. The excessive deposit which we witness upon the exterior accumulates also within the natural cavities, and the viscera are mechanically embarrassed in the performance of their functions. The heart is overburdened and weakened, the respiratory function is retarded, and thus the process of oxidation is doubly impeded. The liver is inactive and the blood laden with products of disintegration. Exertion becomes a toil, the weight increases, and the very excess of fat favours further deposit by diminished loss of heat and deficient oxidation.

The treatment of obesity must consist in stimulation of oxidation and restriction of the diet. We must beware, however, of beginning our course with too much energy. A course of massage may very usefully inaugurate the management of the case. This practice tends to the removal of superfluous fat, promotes the vigour of the muscular system, and paves the way for active physical exercise. Light bodily exercise should be taken, and should be gradually made more severe. Corpulent people are seldom good walkers. They must be instructed to gradually lengthen their promenades. In time they must be encouraged to short calisthenic exercise, by the Indian clubs, for instance, preferably in the open air. Horseback exercise will aid in carrying out the treatment. As the muscles become firmer and respiration more active, out-of-door pursuits can be followed for gradually lengthened periods. The bicycle may often be resorted to with advantage. Warm baths, even the Turkish bath, if the condition of the heart offer no contraindication, aid in the reduction. Sometimes the cold bath is useful by increasing oxidation. The clothing should be light.

Changes in the diet, like the increase of exercise, should be made with caution. If the individual is a hearty eater he should be directed to curb his appetite and gradually diminish his repasts. In discussing the mode of acquiring fat, I have, by inference, indicated the manner by which it is to be reduced. Articles containing much fat, starch, or sugar must be very temperately consumed. Fat meats, cream, butter, vegetable oils, nuts, fat fish, farinaceous substances and preparations, fruits which contain much sugar, beer, ale, and sweet wines should be taken in diminished quantities. As little milk as possible should be used, and it is best skimmed. Saccharin may be substituted for sugar in coffee and tea. No chocolate should be permitted. The diet may be composed of the following articles:—Lean meat, poultry, game, eggs, green vegetables, and acid fruits. Not much bread should be eaten, but gluten-biscuits may be employed as a substitute. In most cases it is better to abjure alcohol, but, if this cannot be done entirely or at once, bitter ale, sherry, or spirits are the least objectionable drinks.

By following such a combined hygienic and dietetic course, it is generally possible to effect a gradual reduction of flesh. The regimen which I have marked out in a general way can be particularised in the form of a diet-list, which should be rigorously and perseveringly followed. I will merely repeat, in conclusion, that change in the habits of life and diet should not be too abruptly made.

The dietary by which, after other means had failed, a butcher succeeded in reducing his weight from two hundred and two to one hundred and fifty-six pounds in about a year's time, may be cited by way of appendix.

Breakfast at nine a.m. Five or six ounces of either beef, mutton, kidneys, broiled fish, bacon, or cold meat of any kind, except pork or veal;



a large cup of tea or coffee (without milk or sugar), a little biscuit, or one ounce of dry toast, making together six ounces of solids and nine of liquids.

Dinner at two p.m. Five or six ounces of any fish except salmon, herring, or eels; any meat except pork or veal; any vegetable except potato, parsnip, beetroot, turnip, or carrot; one ounce of dry toast; fruit out of a pudding, not sweetened; any kind of poultry or game, and two or three glasses of good claret, sherry, or Madeira—champagne, port, and beer forbidden—making together ten or twelve ounces of solids and ten of liquids.

Tea at six p.m. Two or three ounces of cooked fruit, a cake or two, and a cup of tea without milk or sugar—making two to four ounces of solids and nine ounces of liquids.

Supper at nine p.m. Three or four ounces of meat or fish, similar to dinner, with a glass or two of claret or sherry and water—making four ounces of solids and seven of liquids.

Other dietary systems have been proposed. The method of Ebstein allows the patient a definite quantity of fat daily, from two to two and one-half ounces in the form of bacon or butter. The presence of a small quantity of fat favours the assimilation of the albuminoids. Foods containing much starch or sugar are forbidden.

Oertel has devised a regimen by which fluid is, as far as possible, withdrawn from the circulation and general system. Oertel's plan is recommended as of special value in cases attended by fatty degeneration of the heart. Schweninger adopts the diet list of Oertel, but allows an abundance of fluid to be taken—not, however, with the meals, but after an interval of two hours. Germain Sée advocates the free allowance of water, upon the ground that digestion is facilitated by the presence of fluid. He also advises the free use of tea and coffee, both during and between meals. Kisch, of Marienbad, argues that a liberal ingestion of cold water is useful in obesity by encouraging oxidation.

It is unnecessary to set forth in any further detail the various diet-lists which have been suggested, since the principles upon which they must be constructed have been already considered.

## WHY MEN BECOME BALD.

SO long as men grow bald at an early age in life, just so long will remedies of all kinds be concocted and forced upon an innocent public, and the constitution of pomades and apothecary mixtures will advance in direct ratio with the ever-increasing bald population. A statistical writer intimates that about seventy per cent. of the male population become bald between the ages of twenty-five and thirty-five, and that by another generation it will have increased to ninety per cent. This alarming loss in the head covering may result finally in the total extinction of the hairy cranium protection Nature furnishes, and any check to its disappearance may well be received with approbation. Bowel and nervous disorders have now been claimed to be at the foundation of the whole trouble, and the dyspeptic nation is always a bald nation. The bald, shining cranium of the young or middle-aged man, then, is no longer indicative of extensive knowledge and wisdom, but rather of a dyspeptic and probably nervous, irritable nature. The hair grows poor and seedy, the same as vegetation upon a barren soil, and the only way to check such loss is to make a complete change in the working order of the stomach. See that the dyspepsia is cured, and that the stomach works properly. Then, according to a specialist, observe these brief rules: Avoid tight-fitting hats, caps, and collars. Never stand near gas or lamp light, artificial heat of any kind. Don't wet the head with water oftener than once a week. Never use salt water. Apply a little olive oil occasionally as a wash, and take to heart old Dr. Godfrey's dictum, "Every touch affecting so delicate a texture as the scalp should be soft and soothing; every application bland and mild."

## HYSTERIA.

### ITS PREVENTION AND TREATMENT.

By W. A. JONES, M.D.

WE are all endowed with hysterical tendencies, and it is not surprising that attacks of hysteria are of such common occurrence.

To prevent hysteria in many instances would involve the extermination of remote and perhaps historical ancestors. The revival of a barbarian custom in this age might be beneficial, but hardly popular, and our efforts now must be to diminish or abolish hysteria in the present and future generations. To do this successfully, we must aim to improve the physical and mental development of the subject at the earliest possible moment. Parents could do much to aid the physician if they were informed as to the proper course to pursue. Definite rules should be mapped out for them to follow as to habits, occupation, environment, and hygiene.

Our attention should be first directed towards securing proper physical development. The nutrition should be very carefully watched, not only toward robustness, but for a strong, healthy, nervous apparatus, which will finally result in a stable nervous system, with cortical cells and paths that will resist the various influences that cause instability.

Habits are easily formed in infant life, and for that reason must be directed to normal and healthy channels. Habits of obedience and regularity are of the greatest importance. The power of analysis should be stimulated and encouraged as a basis for character and intellectual training, so that the child will, by his developing personality, be able to judge between right and wrong.

Self-control and the control of the emotions is the pinnacle to be reached, and is perhaps the most difficult to accomplish, but patience, persistence, and perseverance will overcome all difficulty. When this control is once established, the dangers of hysteria are reduced to the minimum. Introspection should be discouraged and unselfishness encouraged by stimulating the interest of the child in outside matters, healthy occupations, wholesome ideas and early training in out-door sports. In this way they are more or less exposed to the hardships which tend to invigorate the nervous system and render it less sensitive. Teach the child early the use and benefit of cold water to strengthen the vaso-motor system.

Up to the age of puberty, the development and training of the child, if faithfully carried out, will lessen the dangers incident to the exhausting evolution of the nervous system at that time.

The education of the child is now well under way, and it is important to check the desire of parent or teacher in their mad endeavours to push the developing subject into an education, crowding the nerve cells beyond their endurance and bringing about the same condition we have tried so faithfully to avoid. If the education is carried on systematically, with proper regard to health and relaxation of mind and body, and regular habits are still maintained, the child continues to grow mentally and physically, and the real dangers in chronic hysteria are nearly overcome.

To prevent hysteria, then, we must aim to secure perfect bodily development, mental training, the establishment of certain definite, regular habits and hours, the control of the emotions, occupations to prevent introspection, education properly conducted, and a mind trained to analysis.

The treatment of hysteria depends upon the tact, ingenuity, and personality of the physician and nurse. We must remember that hysteria is a disease—an instability of the nerve cells, with a depressed will and an exalted emotional nature—a pure psychosis. This condition may arise from some physical disturbance, and, as in the prevention of the disease we begin by reconstructing or reorganising the physical apparatus. A large number of hysterics suffer from faulty digestion, many are anæmic and need richer and newer blood globules. All

physical derangements must be corrected before the treatment proper of hysteria is undertaken; in fact, many of these subjects should be treated as if the nervous system was exhausted or depleted, even if the patient is in apparent good health.

After correcting the physical disturbance, the moral or mental treatment is most important. In the minor forms the treatment can be carried on at home, provided the environment is suitable; in the major forms it is useless to undertake the management of such cases unless there is complete separation from former surroundings, sympathetic friends, and relatives. The resources of the physician are taxed to the utmost, the nurse is often in despair, the patient loses confidence, the friends become dissatisfied; but when removed to a well-appointed hospital or suitable private family, the results are more easily attained.

The best possible results can be obtained under this form of treatment, particularly if faulty or imperfect nutrition is a prominent causative factor. On the other hand, there is a class of hysterics that are not benefited by the rest treatment; these cases do not usually suffer from digestive disturbances, and are purely psychical forms, which have been allowed to drift into a condition of apathy, or who have suffered from disappointment or mental shock. Such cases do better under physical exercise, regularly and persistently followed out under the direction of the physician. These patients should have a definite motive in view, rules and regulations to observe, and each hour in the day should be covered, but the rules should be sufficiently elastic and changeable to keep up an interest.

I would suggest that the hysterical patient begin the day with a glass of cold or hot water to which is added a quarter or half a teaspoonful of salt, or a full glass of some other mild saline, to be followed by a small cup of clear coffee or tea.

A cold bath—shower, spray, or sponge—should be given on rising, then a plain, wholesome breakfast of simple meats, properly cooked bread-stuffs with clear coffee or tea, or in some instances a glass of milk with lime water and salt.

About ten o'clock in the forenoon the exercise should begin, indoors with gymnastics, weight and pulley, or the gentler movement of the muscles as is outlined by the teachers of physical culture. Out-of-doors walking or horseback riding should be encouraged and systematically carried out. Whatever the form of exercise, the patient and nurse should be instructed to begin with moderation and increase slowly, very slowly in fact, even in the face of protest from the patient, thereby preventing fatigue, and also to stimulate the interest of the patient to look forward with pleasure to the next day's work. Massage and Swedish movement may be employed to stimulate nutrition if the patient refuses or is unable to take proper exercise; but outdoor exercise voluntarily undertaken with a motive in view is much better.

The question of diet is important, and a properly printed diet-list is indispensable, and should be prepared for all patients; it teaches them what to avoid and gives them the best possible foods for the promotion of nutrition, particularly in those cases where faulty digestion and assimilation play such an important part. The first meal, as I have said before, should be preceded by a saline drink, to wash out and stimulate the digestive tract; the simpler meats—beef, lamb, chicken, game, fish, or eggs—should be the main article of diet for the morning meal, with toast, stale bread, clear coffee, and a relish such as celery or cress, followed by fruits. The patient should never be allowed to begin the meal with fruit, for a sweet acid introduced into the empty stomach will retard the normal secretion and delay digestion. During the middle of the forenoon the patient should take a glass of milk diluted with lime water, Vichy, or Apollinaris, a light luncheon of simple food at noon, milk in mid-afternoon, and a dinner of meats, fresh vegetables, light desserts or fruit, and at bedtime a glass of hot milk diluted with the saline. Pork and veal, sweets and starches, and highly-seasoned dishes should be prohibited. A dry baked potato as a luxury occasionally



does no harm. The taking of fats should be encouraged. Oatmeal and wheat as ordinarily prepared for a patient should be absolutely forbidden, as they are fit only for animals or hard-working men, and are responsible, I believe, for more suffering and discomfort among nervous invalids than almost any other food.

## THE SECRET OF HIS HEALTH.

IT LIES IN EATING ONLY A VERY SMALL AMOUNT OF FOOD.

A FAMOUS old man recently told the writer the secret of his marvellous health. He is far along in the seventies, is an indefatigable worker, free from deafness, eyeglasses, rheumatism and other indications of advancing age. His name is withheld at his own request but his method of life is of interest. Until he was forty years of age he suffered from a number of petty ills. Indigestion was one of them, and an overburdening amount of fat another. Almost incessant headaches at night rendered his work uphill and difficult. It was not until he had passed his fortieth year that he came to the conclusion that nearly all his ills came from excessive eating. He put himself at once upon a regimen which he has maintained for upwards of thirty-five years. Like Capri, Napoleon, and many other great men, he rises at six in the morning in winter and five in the summer, and takes a light exercise before dressing. Then he lights an alcohol lamp, boils some water and makes a cup of coffee of two parts Java and one part Mocha. The coffee is selected with great care. After it has boiled for fifteen minutes he pours a little cold water on it to settle the grounds, put in some milk, drinks two cups and eats three or four biscuits. Then he goes into his study and undertakes the most serious problems of the day. For six hours he works steadily. His mind has not been disturbed by any incident, not even by the entrance of the servant with his breakfast. At one o'clock he eats whatever his appetite craves. There is no restriction whatever at this meal. After this he walks religiously for an hour, and during that day not another mouthful of food passes his lips. If at eight or nine o'clock at night a feeling of hunger comes on he takes a glass of milk, but nothing more. He has come to the conclusion that excessive eating kills more people than excessive drinking.

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### CHURCH SANITARY ASSOCIATION.

TO THE EDITOR OF THE FAMILY DOCTOR.  
SIR,—I shall be much obliged if you kindly permit me to bring to the notice of your readers that summaries of the papers read during the past year at the Church House, under the auspices of the above-named society, can be had on application. They include papers upon the following subjects:—"Sanitation as Taught by the Mosaic Law," "Workmen's Dwellings," "Prevention of Cholera," "Non-poisonous White Lead," "Ventilation," "Prevention of Consumption amongst the Poor," and "Sanitary Bakeries."—Yours, &c., F. LAWRENCE, Hon. Sec. Westow Vicarage, York.

#### TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.  
SIR,—As your correspondents still appear interested in the subject of stays, it will probably not surprise them that the wearing of corsets is a fashion that seems to spread more and more abroad. I have heard of tight-lacing being enforced in English schools, but have never met anyone who has personally

undergone the treatment. This year it is very noticeable that much younger children, both English, colonial, and foreign, are made to undergo the discipline of the lace, evidently to ensure extreme slenderness of waist as early as possible. Two children, of ten and thirteen, staying at Mentone, have their figures encased in old-fashioned bodices, coming high enough up to allow of their arms passing through holes; the fronts are quite stiff, and very long and pointed. The elder especially is laced up so tightly that people always stop and stare after the slim figure, buttoned up tightly in a perfect-fitting jacket, the waist so extremely pinched and waspish that people wonder how the child can bear to walk; the stomach front also making her as straight and stiff as a dart. Both children have bad complexions, sallow and unhealthy, which is not to be wondered at; but their faces are amply compensated for, in their mother's opinion, by their really lovely hair, of which they have masses, and the whiteness of their hands, which are models of shape and colour. Their mother, a handsome Dutch lady, told me she first put a belt round her girls as early as five years old, drawing it tighter till they were eight, when regular stiff corsets were substituted. She showed me a photo of her husband when a boy at a Russian cadet college. It represented a remarkably handsome youth, with a figure as slim and tightly laced as a female beauty; he was a great pet amongst fashionable ladies, especially on account of his waist, which by a very severe system of lacing never exceeded in size that of the reigning star in the theatrical world. He was made to go through the long and very arduous gymnastic classes, with his figure always as strictly confined as when buttoned up on parade or in a lady's drawing-room. His health failed from the constant strain of violent exercise, which was developing his chest, though his waist was still confined to the most girlish size. His relations and the military authorities refused to allow him to loosen his waist, and even made him lace tighter to counteract his growing weight; he soon became a constant visitor to the hospital, and was at length sent home as too weak to make a soldier. He is now a martyr to his congested liver, and will probably never regain his health, though still a handsome, upright man. There are twins who attend a dancing class here; they are about ten or eleven years old. By a whim of the mother they are dressed exactly alike—large knickerbockers, velvet doublets, cut to fit the figure closely, and show off slim, well-corsetted waists; broad lace collars, and the hair long and falling to the waist. Both children have equally white, well-kept hands, waists the same size, and neat feet, in high-heeled shoes; so no one but their own mother can tell the girl from the boy. Some years hence the boy will be sent to a military academy in Austria, somewhat like the one described by your correspondent under the heading of "Military Tight-lacing"; his slim, ballet-girl figure will be well prepared for the compression it will probably be subjected to. In conclusion, I may say that, in my opinion, should a very slim waist be considered more essential for a girl than complexion, robustness, and strong health, the wearing of stays can hardly be begun too early, as the bones are easily compressed in a child of eight or ten, and she has become accustomed to the restraint by the time that many mothers begin the really severe lacing, continued night and day, necessary to secure the veritable tiny wasp waist of the debutante of eighteen summers.—Yours, &c., Grand Hotel, Nice. R. E. B.

#### EARRINGS.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I quite agree with your contributor, "Male Earrings," that the operation of ear-boring is quite painless; for gold wires were pressed through mine, and no pain ensued, only a slight oozing, which completely disappeared in a few days. There was, of course, some tenderness in the holes, which obliged using some very pure oil upon the rings to prevent their adhering therein, and causing no inflammation. If thread or worsted is inserted there cannot be any suffering or phlebotomy.—Yours, &c., Barbican. JOHANNA PRINGLE.

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

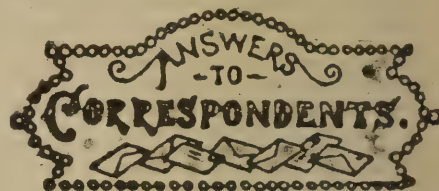
All letters should have the words "NOTES AND QUERIES" on the envelope.

## QUESTIONS.

Under this column will you kindly inform me how to remove ink spots (black ink) from cloth without injuring it. Please reply under *nom-de-plume* "Ink S.ots."

## ANSWERS.

COMMON JURY. (From the Latin *jurare* to swear). A body of twelve men originally drawn from the place where the contended matter occurred, and sworn in merely as witnesses "to speak the truth" as to what they knew and thought about the statements made by other witnesses before the judge. Now they may be requisitioned from any part of the country as they are not required to know anything about the matter, and must further dismiss from their minds all outside influence, weigh only the testimonies of witnesses, and give a verdict (lit. to tell truly) accordingly.



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand, London, W.C.

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## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopaedic Hospital

ZXX.—No doubt this is some chronic inflammatory trouble, which for some reason or other appears to be extending. We should advise you to use a little iodine ointment rubbed in over the thickened parts and to take the following: Iodide of potassium half a drachm, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One sixth part three times a day in water. We should think the best thing for you to do would be to show it to some medical man.

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See The British Medical Journal of 29th April, 1893, and The Lancet, 8th April, 1893, wherein this Food is highly commended.

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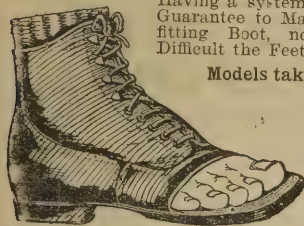
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FLUTE.—If there is already lung disease in your family, we cannot sanction your playing the flute. It might be a different thing if you could start as a full-fledged experienced flautist; but it is the learning and practising which are so exhausting, and likely to cause emphysema of the lungs. You had much better learn the 'cello.

## THE CURE OF CONSUMPTION.

[130TH THOUSAND.]

The treatment promulgated by Dr. Alabone has been put to a crucial test in Miss Sharan's Orphan Homes, and is reported upon as follows:

"Dr. ALABONE, of Highbury, has for more than twelve years most successfully treated patients in my Orphan Homes, and many children who were pronounced to be in advanced Consumption by doctors attending the Homes, and some who have been patients at the Ventnor andrompton Hospitals" (for Consumption) "have been cured by Dr. Alabone's treatment, and are now in good health and doing useful work."

Medical men and others whose opinions are of the greatest worth cordially give an opinion entirely in favour of his treatment.

Full particulars of the treatment and the details of a great number of cases pronounced incurable which have been cured, will be found in "THE CURE OF CONSUMPTION" (price 2s. 6d. post free of author), by EDWIN W. ALABONE, M.D., Phil., U.S.A., F.R.M.S., late M.R.C.S. (Eng.), &c., Lynton House, Highbury Quadrant, Highbury, London, N. Besides which there is also a mass of information of vital importance to those suffering from chest disease.

TYN-Y-GLISON.—We do not think the method you suggest would be at all beneficial. It would bring the skin out in a beautiful eruption, which you might have some trouble in getting rid of. You had better rely up your doctor solely, ask him the questions you have put to us. He has seen your brother and knows his exact condition far better than we do, and can give a cause for the excessive sweating. If we prescribed anything it would not do for him to take without the effect being carefully watched.

H. JAY.—I. We are really unable to give a reason for the dizziness from which your wife suffers without knowing more about her physical condition. Perhaps she is overworked at home and exhausted. After all, it is of no use for us to speculate as this dizziness may be attributable to a hundred things, and it would be much more satisfactory for you to take her to a doctor. Before prescribing a tonic we should want to know the state of her tongue, and digestive organs, otherwise she might not be able to digest it. As regards yourself, you will get rid of this itching by the constant use of soap and water, and if you wish to get rid of the scalding avoid all beer, wines, and spirits, and take the following medicine: Bicarbonate of potassium two drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day.

DESPERATE.—You had better apply a little lunar caustic to any sore places on the tongue, and let her take the following mixture: Solution of perchloride of mercury two drachms, iodide of potassium half a drachm, carbonate of ammonia half a drachm, decoction of bark to six ounces. One-sixth part three times a day.

BILEEN.—You must not accuse anyone on account of this condition, which is very common in anæmic women. You should use an injection of cold lime water regularly night and morning, and take the following medicine: Carbonate of ammonia half a drachm, glycerine three drachms, decoction of bark to six ounces. One-sixth part three times a day. Try and get out in the open air as much as possible, and eat plenty of good nourishing food, drink plenty of Burgundy with your meals. You require rest, feeding up, fresh air, and iron.

JULIUS.—These cases are common enough, but can only be treated locally. There is no satisfaction in taking medicine as it is useless. If you like to send a stamped addressed envelope we can tell you whom to see.

FAILURE.—For the discharge in the left ear we should advise you to place a small piece of antiseptic wool in the ear, do nothing else to the ear without seeing an aural surgeon. With regard to the eye, it will be necessary for you to be examined to see what kind of glasses are suitable.

PREMATURE.—This condition of badness is very frequently hereditary.

T. EUSTACE.—We cannot promise to absolutely cure without knowing the exact conditions of the parts, but you had better try the medicine we shall recommend. You must avoid all beer, wines, and spirits and much walking or standing about. Keep the bowels freely open, continue to wear the suspender and take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals. If this does not cure you, you had better send a stamped addressed envelope and we will tell you where to go.

C. J. M.—It was unwise of you to continue to irritate after the condition was cured. Now, it will probably be much more difficult, especially as we think it likely you have got some chronic inflammation of the prostate. You must avoid stimulating food, and try the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia three drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day between meals. Write again if you are no better.

## The Life of Food

is the fat within it—the more fat the more real benefit from food; that is why cod-liver oil is a powerful builder of flesh.

## Scott's Emulsion

of pure cod-liver oil with Hypophosphites has solved the problem how to take cod liver oil. For that reason if no other the medical fraternity prescribe it for all wasting diseases.

*The combination of Hypophosphites peculiar alone to Scott's Emulsion has added vastly to the oil value—they are a direct tonic to brain and nerve.*

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F. STEWART.—Indigestion is the cause of your trouble. Eat your food slowly, drink only after meals; take a dose of the medicine ordered for "Palo" in this column, every night and morning. Use only hot water for washing your face and some soap, such as vinolia or terebene, that will not irritate the skin.

"WORRIED."—See reply to "F. Stewart" in this column and carry out the directions given to him. It is better to press out the specks before they arrive at the suppurating stage, but they should first be pierced with a clean needle. You are at an age when the development of hair on the face is in progress, and that functional disturbance is partly accountable for the skin eruption.

## FAILING EYESIGHT.

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tine; it is most beautifully perfumed, and is a  
perfect luxury for the toilet table of everyone;  
also in a golden colour for fair hair; sold  
everywhere; bottles 3/6; 7/-; 10/6 equal  
to 4 small.

OLYMPIA.—We are afraid we cannot suggest any  
secret plan of action. If you can persuade her to  
take Easton's Syrup it might be beneficial, but  
even that is doubtful. At any rate, this is certain,  
nothing can be done unknown to her.

I.—1. There is no other medicine applicable to your  
condition but bromide of potassium. You have  
not mentioned what doses we ordered you, but it  
can easily be increased by two or three grains. 2.  
This is purely a matter of habit—if you overcome  
the urgent desire on one or two occasions, until the  
bladder is really full, you will soon get over this.  
But if, on the other hand, you continue to pass  
water frequently you will become a perfect slave,  
and get physically worse.

MARTIN PELSCHOV.—1. It is impossible for us to tell  
what is the matter with your brother, especially as  
you have been fogging us by using terms you do  
not understand. 2. With regard to yourself, you  
require a good tonic like Parrish's food, but it would  
be much better for you both to see a medical man.

DEPRESSED.—The drugs you refer to are useless in  
your case, so you need not take them. Take a cold  
bath every morning and get plenty of active out-  
door exercise during the day. Keep the bowels  
freely open, and let your diet be free from all fat or  
saccharine articles, also hot liquids. Take the fol-  
lowing medicine: Sulphate of magnesia three  
drachms, carbonate of magnesia two drachms, spirit  
of chloroform one drachm, peppermint water to six  
ounces. One-sixth part three times a day.

BAKER'S WIFE.—We are glad to hear that the medi-  
cine we ordered has done you so much good. With  
regard to a pill, you had better take the following:  
Watery extract of aloes one grain, dried sulphate of  
iron one grain, extract of nuxvomica half a grain,  
extract of belladonna half a grain, to make one pill,  
to be taken every day immediately after dinner.  
With regard to your wife, we should advise you to  
get her an elastic bandage, it does not matter what  
colour, and let her wear it all day. Cover the bad  
leg with some lint, which may be removed with the  
bandage at night. No ointment is necessary.

CONSTANT READER.—Be careful to keep the bowels  
freely open by means of a teaspoonful of compound  
liquorice powder taken every night at bedtime, and  
followed the next morning by a mild dose of  
aperient fruit salts. When you go to stool use a  
douche of cold tepid water, and dry with a soft rag  
or towel; then if the piles protrude, anoint them  
with some gall and opium ointment, and endeavour  
to return them, but use no force. Your diet must  
be very simple, and free from hot tea, stews,  
alcohol, pastry, &c. Take a fair amount of exercise;  
if this treatment does you no good, you had better  
have something done to them.

W. TURNER.—We should advise you to take the  
following medicine: Salicylate of soda two drachms,  
bromide of ammonium one and a half drachms,  
syrup of oranges three drachms, chloroform water  
to six ounces. One-sixth part three times a day.  
You can move anywhere in London, and can easily  
find out where the hospital is, when you come.  
There is no harm in your eating oranges.

A. F. W. C.—We are sorry to say we are unable to  
ascribe a cause for your illness, and hence we are  
unable to tell you what to do. The cod-liver oil  
may not agree with you. Perhaps you come of a  
thin stock. The best thing you can do is, have  
your chest examined by a good doctor, and place  
yourself under his treatment. You have given us  
no clue to any malady.

"PALO."—Take the following mixture each morning  
before getting out of bed: Sulphate of magnesia  
forty-five grains, carbonate of magnesia ten grains,  
nitrate of potash five grains, peppermint water to  
half an ounce. Take plenty of outdoor exercise, do  
not smoke, and give up sweets of all sorts, and even  
sugar in your tea. Let us know the result in four  
weeks' time.

T. H.—There does not appear to be any intimate  
connection between the condition of forty years ago  
and the present eruption in the trunk. The  
probabilities are that more conditions than one are  
accountable for the manifestations. Take half a  
teaspoonful of syrup of iodide of iron in water after  
each meal, keep the bowels free, bathe the spots  
twice a week with hot water and soap, then apply  
the following ointment: Ammoniated mercury  
ointment one ounce, carbolic ointment two ounces;  
mix. Wear linen garments (Flaxonia by preference)  
next the skin, and never scratch the affected parts.

## GENERAL DEPRESSION.



"Those of our readers  
who are afflicted with  
liver troubles and suffer  
from their irritating  
and depressing effect  
on the temperament  
should try

### ENO'S 'FRUIT SALT'

It is especially com-  
mendable for this pur-  
pose, but it will also be  
found useful for other  
ordinary ailments, par-  
ticularly when they  
result from over-eating or undue excitement."

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Assists the functions of the LIVER, BOWELS, SKIN,  
and KIDNEYS by Natural Means; thus the Blood is  
freed from POISONOUS or other HURTFUL  
MATTERS. It is impossible to overstate its great  
value. THERE IS NO DOUBT that, where it has  
been taken in the earliest stages of a disease, it has,  
in innumerable instances, PREVENTED A SEVERE  
illness. Without such a simple precaution, the  
JEOPARDY OF LIFE IS IMMENSELY INCREASED.

### Headache and Disordered Stomach.

"After suffering two and a half years from severe  
headache and disordered stomach, and after trying  
almost everything without any benefit, I was recom-  
mended to try ENO'S 'FRUIT SALT,' and before I  
had finished one bottle I found it doing me a great  
deal of good, and am restored to my usual health.  
And others I know that have tried it have not  
enjoyed such good health for years.—Yours most  
truly, ROBERT HUMPHREYS, Post Office, Barrisford."

ONLY TRUTH CAN GIVE TRUE REPUTATION. ONLY REALITY

CAN BE OF REAL PROFIT.

THE SECRET OF SUCCESS.—Sterling Honesty of  
Purpose. Without it Life is a Sham.

CAUTION.—Examine each bottle, and see the capsule is  
marked ENO'S "FRUIT SALT," without it you have  
been imposed on by a worthless imitation. Sold by all  
chemists. Prepared only at—

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By J. C. ENO'S PATENT.

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Ingrowing Nails, Flat Feet, Crooked Toes, &c., &c.

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(OR HOP ALE).

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BEVERAGE.**

THE REPUTATION WHICH THIS  
ARTICLE HAS ATTAINED HAS  
BROUGHT FORTH A HOST OF IMITA-  
TIONS. CONSUMERS ARE THERE-  
FORE EARNESTLY REQUESTED TO  
NOTE THAT

**BOTTLES BEAR WHEATLEY'S  
LABEL,**

AS INFERIOR AND LOWER-PRICED  
ARTICLES ARE BEING OFFERED.

**GOOD ON DRAUGHT.**

TO BE HAD OF WINE MERCHANTS  
BOTTLEERS, & GROCERS EVERYWHERE  
OR FROM

**WHEATLEY & BATES  
(LIMITED),  
SHEFFIELD.**

C. MCPHERSON.—Of course this must be attended to. Send a stamped addressed envelope, and we will advise you to whom to go.

TEMPLE NOOK.—You should place yourself under treatment by an expert at once. Send a stamped addressed envelope, and we will tell you where to go to.

EVERY WEEK.—You should take a cold or tepid bath every morning, and get plenty of active outdoor exercise during the day, such as gymnastic sports and athletic exercises. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Eat well and regularly of good wholesome food, and take a teaspoonful of Parrish's food three times a day immediately after meals.

JOCK.—No. It is a natural development, often found. Your writing strikes us as being that of a member of the fair sex.

PERPLEXED FATHER.—A common cause of non-development of the nipples, is the practice, once so common amongst nurses of the 'Sairey Gamp' type of pinching the nipples of new-born children when giving them the first bath. This pernicious habit not infrequently set up adhesive inflammation of the tissues, which was followed by cicatricial contraction—hence the result complained of. If that be not the cause in the case referred to, it is possible that under the stimulus of maternity, the parts may acquire the necessary development. We do not think, in the latter event, that you have any cause for anxiety.

OLFA.—1. You may have lost your sense of smell on account of excessive dryness of the mucous membrane of the nose. If so, salt and water sniffed up two or three times a day may be beneficial. Pilocarpine taken internally might be beneficial, but this must be under the superintendency of a medical man. 2. Offensive breath is nearly always due to bad teeth or to an affection of the nasal mucous membrane.

PERICLE.—You have not described a single symptom of lung disease, but you have indicated pretty clearly that your liver is out of order and that you are suffering from marked hysteria. The eye trouble may possibly be one of the symptoms of one of these, but if after three months' treatment it should continue to trouble you, it would be best that you should consult an ophthalmic surgeon. Meanwhile take the following mixture before every meal: Dilute hydrochloric acid ten drops, bromide of potassium twenty grains, sulphate of magnesia half a drachm, camphor water to half an ounce. Write again in a fortnight.

H. A. D.—1. We would certainly make an examination, but we could not charge any smaller fee than the doctor you refer to, whose fee, we consider, is small enough. Most physicians would charge you considerably more.

D. D. A.—Of course the local trouble will have to be treated by local methods, and these methods can only be satisfactorily carried out in London. A fortnight's residence here under skilled treatment would be of lasting benefit to you. For your general condition we should suggest your taking some specific medicine; for example—Liquor hydryngic perchlor three drachms, iodide of potassium one drachm, carbonate of ammonia half a drachm, decoction of bark to six ounces. One-sixth part three times a day. You had better make up your mind to come to town.

J. VINE.—Bromidrosis is the name of your complaint, and it is of all skin troubles one of the most difficult to cure. See our reply to "Antiseptic" in these columns, and follow the directions there given as well as those mentioned in reply to "A. H. Ather-smith." We shall be glad to hear how you progress after a month's trial.

ALBERT VERNE.—1. No doubt this symptom is due to indigestion, and both this and the blackheads are due to your constipated habit and not getting enough exercise. Your friend is no doubt a hidden light, but if you followed his advice you would be extinct in a week. You should take a cold bath every morning and keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. You must either get more exercise or eat less. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day. The new volume commences March 3rd.

A GIRL.—Try some of the Karswood creosote, to be obtained of Mr. E. G. Hughes, chemist, Cateaton-street, Manchester. Sprinkle ten or fifteen drops on a handkerchief, place on your pillow at bedtime, and you will inhale the antiseptic while asleep. Try this every night for a fortnight and let us know the result.

DOROTHY.—We are sorry that the hair has not reached us, but should advise you to have the ends clipped every fortnight, and to rub the following lotion into the scalp on alternate nights: Blistering fluid two drachms, tincture of cayenne two drachms, glycerine four drachms, rose water to six ounces. Keep the bowels free with an occasional teaspoonful of compound liquorice powder.

S. A. JAMES.—Take the following medicine after each meal: Bicarbonate of soda twenty grains, tincture of ginger half a drachm, glycerine half a drachm, tincture of gentian twenty minims, camphor water to half an ounce. As you are not far from the Gellyon sulphur springs (Pontardawe) you might obtain a supply of the water, and take a tumblerful at 8 a.m. and 11 a.m. daily.

SURGEONS.—Any member a Fellow of the College of Surgeons can give you a ticket of admission to the Museum at Lincoln's Inn Fields. The visiting hours are, we believe, from 10 to 4 on the first four days of the week, except when examinations are in progress. Your own family doctor will doubtless be a member of the college, and all you need to do is to ask him for a card of introduction.

C. W. H. R.—We do not know why you think a tonic would relieve the pain of which you complain, for we are inclined to attribute the difficulty to the presence of hemorrhoids dependent on the constipation from which you have been suffering. Stick to the concoction of senna for some weeks longer, and take a scruple of bromide of potassium night and morning in water.

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**"SANITAS OIL"**  
Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
AND ALL  
Lung and Throat Affections.  
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PAMPHLETS FREE ON APPLICATION.  
THE SANITAS Co., Ltd., Bethnal Green, London, E.

"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.

Fumigators, 3s. 6d. each.

"Sanitas" Eucalyptus Disinfectors, 1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

A READER. F. M. M.—There is no way of getting rid of knock-knees, except by operation, the results of which are always more or less precarious.

FAIRFIELD.—If you still continue to favour the cause of your baldness—viz., the wearing of a hat—you cannot expect the hair to grow. You had better wear some other kind of hat or cap. The hair will not grow even if you apply a stimulating lotion, so long as you wear the hat. In fact, the lotion will only assist the action of the friction.

E. A. L.—The middle ten days is the period of safety. If you do not wander outside of this you will be pretty safe.

FLO.—The treatment depends upon your social position. If you can afford to have a good doctor to attend and watch her, do so. But otherwise we should advise you to send her to a hospital. Medicine is often of very great service in these cases, but the effects of the drugs employed must be very carefully watched. She should be kept perfectly quiet in bed and nourished on digestible food.

H. JAMES.—Send a stamped addressed envelope and we will be happy to inform you where you can obtain the necessary treatment. Physicians and surgeons do not care to have their names mentioned in these columns as it has the appearance of advertising.

T. M.—There is no local application that will remove tattoo marks. The skin may be blistered and removed, and the grains washed away or picked off, but it is a work of skill and patience, and not quite free from pain.

SLACK CARTILAGE.—As you say, there are sure to be conflicting opinions on condition which cannot possibly be diagnosed with certainty until the parts are exposed to view. It is of no use your reading any work on "Joint Diseases," as that will not help you at all. If the operation is conducted by a skilled surgeon the chances of a good recovery, perhaps even of a moveable joint, are favourable. The worst that can happen is a stiff knee-joint. There is no inflammation, or there would be heat and swelling. The condition is rare.

F. MC.—The three prescriptions which you received from this gentleman were identical—viz., Easton's syrup. The lead lotion was, of course, for the removed warts. We do not know how to advise you for the best, unless you can come to town. We think that the internal administration of medicine is not sufficient to cure you, because there is probably some local ulcer or erosion of the mucous membrane, which keeps up the discharges and requires local treatment; but this must be absolutely antiseptic, otherwise more harm than good may be done. The best method is by electrolysis; you cannot get this in the provinces.

CORAZON.—We do not think your symptoms point to heart disease at all. You are extremely nervous; you have indigestion and possibly there are other factors at work which you have not mentioned. We should advise you to take a teaspoonful of Epsom salts each morning in water, and the following mixture three times a day between meals: Mixture of digitalis fifteen minims, bromide of potassium twenty grains, spirit of chloroform five minims, bitter infusion to half an ounce. A fine proportion of outdoor exercise should do you good.

FOR INFANTS AND INVALIDS.

# Swinborne's Isinglass

Is the Best.

A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.

IT IS MOST NUTRITIOUS.

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Mr. Hugh Kelly, Registered Chemist, Kingston Apothecaries' Hall, Gloucester Street, Glasgow, writes:—"I have been selling a good many of your famed Old Dr. Jacob Townsend's Sarsaparilla. People say that it is purer and more effectual than any other."

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**EPPS'S**  
GRATEFUL-COMFORTING.  
**COCOA**

**SKIN ERUPTION.**—You appear to be suffering from Psoriasis. Bathe off the scales twice a week, and then apply carefully to the patches (not to the healthy skin) some chrysophanic ointment (five per cent. strength). Take five drops of Fowler's solution in a teaspoonful of water after each meal, and keep the bowels acting regularly. You must report progress in a month, as the medicines are strong.

**A DISTRESSED MOTHER.**—We should advise not to press the part at all; if there was any matter left it would find its way out somewhere. The best thing you can do is to leave it alone altogether, otherwise you will produce what you dread.

**PENKIFE.**—Once a fortnight is quite often enough. You cannot take any medicine for this. You are probably a little below par and require rest. If any treatment for this is undertaken it should be local in character, and is of rather an expensive kind.

**A NEGLECTED ONE.**—What is the matter with you? You say you are no better, but have neglected to mention any ailment. You are neglecting yourself.

**J. FREEMAN.**—This is probably lumbago. You may have it rubbed with some turpentine liniment and warm flannels applied, or else place a belladonna plaster over the painful part, so as to support and comfort you.

**E. LANE.**—Take a cold bath every morning, and plenty of exercise during the day. Avoid all indulgence in smoking and the drinking of wine, beer, and spirits. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**AUGUSTUS.**—Though your *nom-de-plume* is that of a male, we judge by your handwriting that you belong to the female sex. Why didn't you say which when writing? You have not mentioned your age or occupation, habits or dietary. Please favour us with these details and any others you may consider important, and we shall be happy to advise you accordingly.

**BLOT.**—They ought not to occur so frequently, though they are not altogether unnatural. You had better take a scruple of bromide of potassium in half an ounce of camphor water twice a day. Keep the bowels acting freely; bathe the parts regularly, and direct your thoughts into other channels.

**SHAMEFULL.**—You should take plenty of active outdoor exercise, and a cold bath every morning, excepting when you are unable to do so. Take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

**WILLIAM.**—1. Perhaps for two days, or at the outside three, it depends upon what is necessary to be done. 2. Yes, any good doctor. 3. This we cannot say, it depends upon the position of the doctor and his social standing.

**J. REED.**—The conquering of this habit rests entirely with yourself. We are quite unable to give you medicine that will prevent your doing so. You must turn your thoughts to other matters. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take the following: Bromide of potassium one and a half drachms, aromatic spirit of ammonia one drachm, infusion of gentian to six ounces. One-sixth part three times a day.

**JOHN MARK.**—1. You had better consult an aural surgeon with a view to removal by operation of any portion of diseased bone that may be causing the discharge. 2. Such "imaginary" ideas are altogether wrong and may if you indulge much in them lead to consequences of which you could not at present appreciate the importance.

**ETUDIANT.**—Cocain will remove the pain, but the best cure for what you call a 'rotting tooth' is its immediate removal. Try the affect of applying some carbolic collodion on cotton wool. Keep the bowels free, and have the tooth taken out if there be any further difficulty.

**LOLIE.**—Gouty people very often indulge in grinding the teeth during sleep. We are unable to give a cause without further information. If you suspect worms you must look for them.

**RALPH.**—We should say that Turkish baths would be the worst thing possible for varicose veins in the legs. The only thing you can do is to support them, as you are doing, by a firmly-applied elastic bandage. Keep the bowels freely open.

**COLUMBUS.**—1. If there is nothing the matter we do not advise anything beyond the usual salutary cold bath. 2. There is no such book published. 3. Yes, in certain cases, but it may be unsuitable for you. We cannot say definitely, because we do not know. 4. You have apparently nothing the matter with you.

**JOHN.**—You had better take the following: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day between meals.

**ONE IN DOUBT.**—We see no reason why you should have any doubts on the matter. If you have no other objections you can make your mind quite easy on that score.

**EMMIE H.**—If you have been attending a hospital you had better continue to do so. We are quite unable to prescribe for your eyes without examining them.

## EYESIGHT PRESERVED.

MR. AITCHISON, Oculist Optician, should be consulted in all cases of Defective Vision 47. FLEET STREET, LONDON, E.C.

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ARE universally admitted to be worth a Guinea a Box for Bilious and Nervous Disorders, such as Wind and Pain in the Stomach, Sick Headache, Giddiness, Fulness and Swelling after Meals, Dizziness and Drowsiness, Cold Chills, Flushings of Heat, Loss of Appetite, Shortness of Breath, Costiveness, Scurvy and Blisters on the Skin, Disturbed Sleep, Frightful Dreams, and all Nervous and Trembling Sensations, &c. The first dose will give relief in twenty minutes. Every sufferer is earnestly invited to try one Box of these Pills and they will be acknowledged to be

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N.B.—Full directions are given with each box.



# JOHN BRIGHT AND OTHERS.

WE want to quote you a sentence from a woman's letter. Here it is: "I had no ease or comfort except when my stomach was empty."

Now, isn't that strange? It is exactly contrary to nature. Animals and little children sleep when their stomachs are full, and most people rest better after having taken food. Empty stomachs are commonly the uneasy ones; they are asking for something to do. To be sure the late John Bright said we could promote unnecessary hunger by eating every time the stomach happened to be a trifle collapsed, just as we can cultivate an artificial thirst; but the facts observed by Mr. Bright do not disprove the rule.

Besides that, what are we going to do with such a tremendous consideration as this, for instance? We get all our life and strength by way of the stomach; and if the putting of food into it comes to be a source of pain and discomfort to us—why, Where are we? It follows that we can only be comfortable so long as we are slowly starving to death. And starvation is not comfort. If it were, the human race would die out in a hundred years. Does this woman realise the importance of the thing she has said? Let us ask her to explain.

She is a young person, and writes a straight and intelligent letter. Here is the rest of it: "It was May, 1891, when I began to be ill. At first I had a sour taste in the mouth, and was constantly spitting up frothy water. After eating food of any kind I had an awful pain at my chest and a heavy aching at the pit of the stomach. I never had a moment's ease until I had vomited it all up. For hours together I would be vomiting and straining until my side was tired and sore with the labour of it."

This is a frightful picture. Take account of the object of eating, and then think what is sure to be the end of such a state

of things as this lady describes. Fill a metal jug with water; punch a hole in the bottom as big as a pin, and set the jug away. After a week look at it. What will you find? *An empty jug.* But we have interrupted the lady.

She concludes, "Week after week, month after month, I went on in this way. I got so weak that for some time I had to leave the mill where I was employed. I consulted two doctors, one after the other. They gave me medicines, and advised me to restrict my diet to particular kinds of food. I did so; still the sickness and pain continued, as before, and my strength left me day by day."

Of course, we say, "To be sure it did. How could it possibly be otherwise with her? Life running out, and none coming in. Heaven pity us all! A giant himself would soon be weak as a baby under that process."

Well, Miss Crossdale finishes her clear-headed little letter in a more cheerful strain. And we're glad she can, and does.

"After having been under the doctors' treatment for seven months," she says, "and spending many a pound in doctoring, my brother urged me to try Mother Seigel's Curative Syrup."

"Not from any faith in it on my part, but altogether from my brother's persuasion, I sent to Messrs. S. Burch & Co., Grocers, Manchester Road, and bought a bottle or two. In a few days I felt relief. My food didn't hurt me any more, and I was never sick again. So I kept taking the Syrup, and was soon as strong as ever. (Signed) Clara Crossdale, 37, Manchester Road East, Little Hulton, near Bolton, Oct. 13th, 1893."

When Miss Crossdale said she had no ease save when her stomach was empty, she meant *comparative* ease. She was not thinking or speaking of the future. To-day—thanks to Mother Seigel—she doesn't desire that sort of ease. She is, and ought to be, more comfortable after taking the nourishment which a kind Providence appoints for us all.

We hope that she may never again know the torments of indigestion and dyspepsia, for how dark and dismal they make life seem. Indeed they do.

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**ANTISEPTIC.**—It is not at all easy to cure your complaint. See reply to "A. H. Athersmith" and follow the instructions therein given. Bathe the hands (after washing with hot water and drying thoroughly) with a solution containing two drachms of boracic acid, and three drachms of tincture of belladonna in a pint of distilled water, and repeat this application two or three times a day.

**THIN.**—The doctors are probably quite right. The only treatment likely to be of service is the method of electro-manipulation which will require to be done by a skilled operator and under the direction of a physician in the habit of dealing with such cases. We shall be happy to give you the address of such a gentleman on receiving a request for it, together with an addressed envelope.

**Q.**—Your question is so very indefinite that we are unable to reply adequately to it. If you will mention your age, sex, occupation, habits, diet, height, and weight, and the direction in which you wish to develop, whether in muscle, or mere adipose tissue, we shall be happy to make the necessary suggestions.

**A. H. ATHERSMITH.**—Your liver is not acting well, and your stomach objects to being overloaded. You take too much meat, too many eggs, too much pastry and other sweets; too little exercise. Eat more fish and green vegetable, correct the points noted, and take a teaspoonful of sulphate of soda in a wineglassful of hot water every night and morning.

**ST. GEORGE.**—You had better abstain altogether from stimulants; cut your tobacco down to half its present quantity, and give up the other indulgence which is not fair to other parties until you are in a better state of health. You will need at least two years steady treatment before you can even think of matrimony. Take five grains of iodide of potassium, with twenty drops of solution of perchloride of mercury in half an ounce of infusion of gentian after each meal. Write again in six weeks.

**ONAN.**—These curious sensations are in great part the result of former bad habits, which we are glad to see you have quite relinquished. Take ten drops of dilute phosphoric acid, with five drops of tincture of nux vomica, and twenty grains of bromide of potassium in half an ounce of water, twice a day before meals, and continue the treatment for a month.

**RINGWORM.**—We think your doctor's bill very moderate indeed, though he was unwise to promise to cure the condition within a limited time. As it is impossible to say whether the disease be active or not, without a careful examination of the part, we would advise you, on calling to settle your account, to ask the doctor whether it would be safe to allow the boy to return to school. You need not continue the cod-liver oil, but rub gently into the patch, every night and morning, some five per cent. ointment of oleate of mercury.

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WRITE

TO-DAY.

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Letter from A. JOHN and Co., Chemists and Druggists, Agra India, June 6th, 1888.

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33 or 132 stamps by the Proprietors, THE LINCOLN AND MIDLAND COUNTIES DRUG CO., LINCOLN.

"7, Canonbury Park North, London, N., Jan. 13, 1892.

"I had a very bad arm for eight or nine months, and had medical advice which did not benefit me much. I met a gentleman at the Crystal Palace, and he told me a friend of his had a carbuncle on his leg, and that your Blood Mixture cured him right out. He advised me to try it, which I did, and after taking four 2s. 9d. bottles I am glad to tell you the place healed quite up, and I have not felt anything of it since."

"I have no objection to your publishing this cure."

"Yours faithfully,

A. BONNER.

"Lutton-road, Long Sutton, Lincs., July 27, 1891.

"I received your letter of the 22nd. The testimonial you saw in the paper is quite true. My leg was bad about five years, and I thought I would try a bottle of Clarke's Blood Mixture, and did so, and, to my great surprise, my leg got on wonderfully well, and is just as well as the other one. The book which is wrapped around the bottle will show you how to go on. It is best to get a case of the mixture, 11s. Clarke's Blood Mixture is worth its praise. I can't recommend it too highly. I am sure it will do your leg good. I have much pleasure in writing this letter to you, because it is a medicine worth buying. It is a great boon to any sufferer."

"Yours truly,

PHILIP BALES."

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FORMS OF SQUINTING.

WRITTEN  
AND  
ILLUSTRATED  
BY A  
FAMILY DOCTOR



A. 2.—Single *c*onv<sup>er</sup>gent squint.



C. Double *d*ivergent squint.



B. 2.—Double *c*onv<sup>er</sup>gent squint.



D. Single *d*ivergent squint.

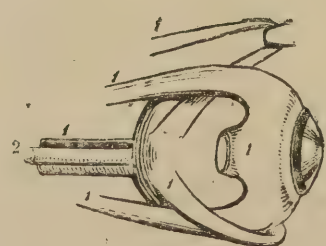


FIG. 11.  
THE MUSCLES OF THE EYEBALL.  
1. 1. 1. 1. 1. 1. The six muscles, the upper one acting through a pulley.  
2. The optic nerve and blood vessels,



## THE FAMILY DOCTOR

SATURDAY, FEBRUARY 10, 1894.

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## CONTENTS.

PAGE.	PAGE
Forms of Squinting (Illustrated) ..	370
Editorials ..	370
Forms of Squinting ..	371
"Sleep" ..	371
Tablecloths and Napkins ..	372
Is Medicine Science ..	372
Corporal Punishment in Schools ..	373
How it feels to go Barefoot ..	373
Night Air ..	373
Soap ..	373
Recipes for the Table	374
Household Hints ..	374
Specialties ..	374
The Mother's Page ..	375
The Lost Rib ..	375
Corns and Kindred Ailments ..	375
Fasciation ..	377
How to Sleep ..	377
Handkerchiefs and Diseases ..	378
Our Open Column ..	378
Recent Patents ..	378
Notes and Queries ..	378
Answers to Correspondents ..	378

## EDITORIALS.

**COUGH.**—In severe paroxysms of coughing from whatever cause, a tablespoonful of glycerine in hot milk, or cream, will give speedy relief.

**FOR SWEATING FEET.**—Just before retiring at night, take a hot and cold foot bath, dipping the feet first in cold water, then in hot, allowing them to remain in each for about one-half minute, and repeating the operation fifteen or twenty times. Then wipe with a soft towel, and when nearly dry rub with subnitrate of bismuth, using a large teaspoonful for each foot.

**BURNS.**—A mixture of castor oil with peppermint is an excellent dressing for burns.

**GREAT** as have been their advances in recent years, in other respects the Japanese people have remained singularly deficient in stature and physique. A Government commission, after prolonged investigation, attributes this to an almost exclusively vegetable diet.

THE following scientific parody by "R. M." is taken from *Nature*, and is better than usual:—

## THE THYROID GLAND.

(With Apologies to Mrs. Hemans.)

We hear thee speak of the thyroid gland,  
But what thou say'st we don't understand;  
Professor, where does that acinus dwell?  
We hashed our dissection, and can't quite tell.  
Is it where the macula lutea flows,  
And the suprachoroidal tissue grows?

"Not there, not there, my class!"

**ASTOUNDING!**—It certainly does seem a lot of money, but it is a positive fact nevertheless, that a grateful patron after 35 years use, pronounced the American Sugar-Coated Pills to be worth fifty guineas a box, or, to quote the *præ-cise* words, "they are worth a guinea a pill." For Diarrhoea, and all ailments arising from impure blood and disordered stomach. They are simply invaluable. Purely vegetable, absolutely harmless, and very palatable, suitable to both sexes and all ages. 1s. 14d., 2s. 9d., 4s. 6d., all chemists; direct, W. LOCKING & SON, Leeds (late Hall).—Adv.

Is it far away where the bronchi part,  
And the pneumogastric controls the heart?  
Where endothelium endocardium lines,  
And a subpericardial plexus of lymphatics expand?  
Is it there, Professor, that gruesome gland?  
"Not there, not there, my class!"

I have not seen it, my gentle youths,  
But myxoedema, I'm told, it soothes.  
Landois says stolidly, "functions unknown,"  
Foster adopts an enquiring tone.  
Duct does not lead to its strange recess,  
Far below the vertex, above the pes,  
"It is there, I'm told, my class!"

**EGGS.**—Eggs may lose their nourishment by cooking. The yolk, raw or very slightly boiled, is exceedingly nutritious. It is, moreover, the only food for those afflicted with jaundice. When an egg has been exposed to a long continuance of culinary heat, its nature is entirely changed. A slightly boiled egg, however, is more easy of digestion than a raw one. The best accompaniment for a hard egg is vinegar. Raw eggs have a laxative effect; hard-boiled, the contrary. There is an idiocynasy in some persons, which shows itself in the utter disgust which they experience, not only against the egg itself, but also against any preparation of which it forms an ingredient, however slight. Eggs should always be liberally accompanied by bread.

**BEEF JUICE.**—Where it is necessary to give an invalid just the juice of beef, broil say a half pound for just a moment over a quick fire, then score it thoroughly, put it in a lemon squeezer, and press the juice into a cup, add a grain of salt, stand the cup in hot water for a moment until the juice is warm and use it immediately. This is more tasty and appetising than beef tea.

THE normal temperature of a human body is 98.2-5 degs.

**THE WEDDING-RING FINGER.**—How many women who fondly love the golden symbol of their wedding vow, know why they wear it on the third finger of the left hand? That particular digit was chosen because it was believed by the Egyptians to be connected by a slender nerve with the heart itself. And these ancient worshippers of Isis held this finger sacred to Apollo and the sun, and therefore gold was the metal chosen for the ring.

**SUGAR AS A MEDICINE.**—Among the ailments claimed to be relieved by sugar are chronic catarrh of the stomach, chlorosis, scrofula, achitis, and various nervous affections of the stomach. Chamois hunters in Switzerland, it is said, take with them on their excursions nothing but bacon and sugar, to restore expended muscular force. Sugar is to be looked upon as nourishing food, and not as a sweetmeat. In comparing the consumption of sugar per head in England and Germany, being three to four times greater in the former than in the latter, it is found that the working and endurance of the English is frequently attributed to their food, and in this case also must be referred to their sugar diet. All should eat more sugar, those who are ailing should eat much; such is the opinion of a German writer, whose book was published at Jena some time since.

**AN EASY REMEDY.**—Very often a person gets trouble. Blues come just as clouds sweep across the skies. Life doesn't seem cheerful. Discouragement tangles up the mind and disturbs the soul. Indigestion attacks the emotions. In everything there lurks despair. You don't want to meet people. You don't

**A SPOTLESS COMPLEXION.**—Sulpholine Lotion clears off Pimples, Blemishes, Irritating Objectionable Appearances, Redness, Uncomfortable Skin Disfigurements, leaving a beautiful skin. Shilling Bottles of Sulpholine everywhere.—[ADV.]

want to be alone. When you get in this condition, don't take medicine, don't drink whisky, don't sit still. Just go out to the park; walk over the grass-carpeted hills and among the noble trees, and look up into the sky, and ask God to give you a bigger soul, to appreciate the beautiful world you live in. After that you'll feel better.

**FOR CATARRH OF THE BOWELS.**—If the case is of long standing, you will find great benefit in using a purely milk diet, if milk is borne well. If it is taken as an exclusive diet, it should be taken every two hours, and about a glass at a time; it should be sipped slowly, and should be preferred warm. Fomentations to the bowels every evening, abdominal compresses during the night, with a cold hand rub in the morning, would be about all the treatment that is necessary. It would be well to wear a flannel bandage during the day. It is equally as necessary to keep the feet warm and the limbs well dressed. The most obstinate forms of catarrh of the bowels will readily yield to a course of mild treatment like the above. Medicine will not be necessary except in the most aggravated cases.

**WHICH IS THE MOST DELETERIOUS TO HEALTH, TEA DRINKING OR COFFEE DRINKING?**—It depends very much upon the individual; some systems can tolerate tea better than coffee, and others coffee better than tea. To some could tolerate alcoholic drinks better than tobacco, while still others can tolerate tobacco the best. The deleterious principles in tea and coffee are the theine and caffeine; they are the alkaloid principles, and are poisonous in their nature, and are usually deleterious in proportion to the amount of tea or coffee taken. Tea is less apt to derange the digestive organs, but will oftener show its deleterious effects through the nervous system.

**COTTON OR WOOLLEN UNDERWEAR.**—There has been a prevailing opinion that cotton underwear, which is as heavy as woollen underwear, would be as serviceable as woollen. It certainly would be as serviceable, perhaps more, as far as wear and tear are concerned, but from a health standpoint there are several reasons why it is not as safe to wear next to the skin as woollen. It is true that it can be made loose, soft, and warm like woollen, but, owing to the nature of the fibres, they will always absorb dampness; consequently the damper the climate the more the necessity for woollen underwear. If you examine the fibre of each under a microscope, the solution of the question is made very apparent. Each fibre of cotton is a hollow tube, and the substance which forms its walls is one that absorbs and carries moisture; hence cotton clothing, as experience teaches us, constantly needs airing, and with a damp atmosphere becomes more or less soaked with moisture. Wool, on the contrary, consists of solid hair, composed of a substance that resists damp; therefore, the wool should be worn next to the skin in cold weather or damp climates. The cotton can be worn in very hot climates.

**CHRONIC RHEUMATISM,** if taken in time, can always be cured. If it is allowed to run until there is a marked deformity and enlarged joints so settled that the pain and tenderness are largely gone, it proves to be a most obstinate case, and the deformity may never be overcome. Rheumatism is a disease of nutrition in which the morbid or rheumatic material is continually being produced and settling in the joints, thus perpetuating the trouble; but in inflammatory rheumatism the joints alone do not suffer, for the valves of the heart are equally as liable to be affected, producing a heart lesion that is often very dangerous. In rheumatism, like all other diseases, the first rational thing to do is to remove the cause, which means to so order the habits of life—in which case food and exercise are the most important—as to stop the morbid processes of digestion and nutrition by

**A HOUSEHOLD WORD.**—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youthful Colour, gloss, and beauty.—Adv.



which the rheumatic material is generated. This being done, the all-important question is to eliminate what rheumatic material has been deposited in the joints and ligaments in the various parts of the body. This can usually be done by breaking up the deposits and increasing elimination by the use of electricity, massages, and rubs, with manual and Swedish movements, and fomentations and compresses to take out the soreness. Consequently, we think it is safe to say that in all moderate cases deformity from rheumatism can in little time be rectified. In the severer forms it cannot always be done, but the case can be improved, usually made comfortable, and more or less of the distortion caused by rheumatism removed. So, for the encouragement of those who are suffering with rheumatism, we will say that very much can be done, if the effects of the disease cannot be entirely removed.

[SPECIAL ARTICLE.]

## FORMS OF SQUINTING.

By A FAMILY DOCTOR.

(See Frontispiece.)

FOR the sake of making ourselves understood, we must compare the eyeball to a bull's-eye lantern, with this proviso that the passage of the rays of light through the lens or bull's-eye glass differs from the eye, in that the rays of light pass in exactly the contrary directions—from *before it to the inside*.

In the eye the rays of light, accompanied by a picture, pass through the lens into the chamber of the eye, where they are concentrated and then thrown on to what might represent the reflector in the lantern—the sensitive retina lining the posterior wall of the eyeball; and more especially at the exact point where the optic nerve emerges through the back of the eyeball, and called the “yellow spot,” it being of a creamy colour.

This *yellow spot* is believed to be the actual receiver of the picture, or object in view, so that if we remove the little oil lamp out of the lantern, and place it a distance, the rays of its light may be thrown upon the reflector at the back, having first of all to pass through the lens of the bull's-eye; and as that lens is only a certain size, not much larger than the reflector, or not quite so large, it stands to reason that the lamp must be in a *direct line* from that commenced by the *centre* of the reflector and continued through the *centre* of the lens to it. This is precisely the case with the eye—a straight line from the object to be viewed to the yellow spot must pass through the pupil to be seen. Now having ascertained this as a principle, let us shift the lamp outside without changing the position of the lantern, supposing the direct line to have been perfect before *from* the lamp *through* the lens to the reflector, by altering the position of the lamp we must readjust the lantern to re-establish the straight line; without which the rays will not fall upon the reflector.

It is so important to the subject that this should be thoroughly understood that we shall be forgiven if we give another illustration of our meaning. Suppose we take a square cardboard box representing a square eyeball instead of a round one, which is immaterial for our purpose (or, to be more exact, you may take a hollow india-rubber ball if you like), and cut a small hole in one side, and another in the side

opposite, or the two poles of the ball. Now, in order to see any object *through* this ball, these holes must be in a direct line with the object to be viewed, just as much so as it will be in a telescope, in which, of course, you have the lens and all complete; only, the chamber is a long tube instead of a round ball. This tube must form a direct line between the eye of the individual and the object, or it will not be seen.

This being admitted, we will take another bull's-eye lantern, or perforated box (a ball), or telescope, and another lamp; and place them side by side in such a manner that the centres of the two lamps shall be exactly the same distance apart as the centres of the two reflectors, and the straight lines between them shall pass directly through the centres of the lenses. It will easily be understood that the directions of these two straight lines will be parallel, just as the lines of a railway—the reflectors, or “yellow spots,” being at one end, and the objects, or lights, at the other.

Then, if we have only *one* object, or lighted lamp for both lanterns, they must be adjusted accordingly, and made to point at the same object, and then the lines will *converge* from the reflectors to the object, and the bull's-eyes will be directed accordingly. If the two objects were wide apart again so that the direct lines *diverged*, the bull's-eye lenses would have to be directed outwards, this is *never* the case with the eyeballs, excepting in disease or deformity, hence the form of squint shown at Figure 2, C, is very rarely met with, and cannot be induced voluntarily as can the form of squinting known as *convergent* (Figures 2, B); this can be imitated by looking at the point of the nose, or at an object held directly between and closely in front of the two eyes.

Another form of squinting, in which one eye looks inwards, is very common (Figure 2, A), but these are abnormal directions of the eyeball, and depend upon matters that do not altogether enter into our consideration here.

From what we have already learned it is evident that the eyeballs must require a great deal of skill in focussing, so that the lines of vision, as we may call them now, shall both fall upon the same object at the same time, no matter whether it be far or near. The wonderful accuracy and rapidity with which we *focus* any object is one of those provisions of an Almighty Creator that fill us with awe and amazement; and how much more wonderful still does it seem when we look at Figure 1, and observe that it is all done by six little muscles acted upon by the will—four of which pull the sides of the eyeball backwards, and two pulling the back part of the eyeball *forwards*, are for want of a better attachment working through a pulley. With what exquisite judgment must these little muscles act, and with what perfect concert to perform the increasing duties required of them. See how quickly the eye flashes from spot to spot, and *both together*, now first one and then the other. Take two bull's-eye lanterns, one in each hand, and try yourself to throw the rays exactly on one spot at the same time, and you will find that you are nothing better than a clumsy imitator, and not even that, for the directions of the eyeballs fall together simultaneously, and so rapidly, that a thousand changes may take place whilst you are saying “one,” and the convergence vary from *half an inch to some miles distant*, to the *right or left, up or down*, or in *conceivable direction forward*. Sometimes the focus may be near, sometimes far, sometimes straightforward, sometimes to one side; but, in order to see accurately, the convergent lines must differ accordingly, but are never divergent, which is a provision of Nature for the assistance of the brain, which would be confused by attempting to see two things at once.

But what would strike a reasoning person most forcibly would be that both eyeballs are worked and moved about in such perfectly harmonious concert—that is to say, with only the one object in view upon which they both work their vision. This is only to be explained by the fact that the pair of nerves that govern

these actions arise from both sides of the brain, and some of their fibres coalesce before separating into the trunks that supply each individual set of eyeball muscles. This coalescence forms a bond of sympathetic union between the two, and so they may be regarded as a very happily united couple whose aims, efforts, and ambitions are the same, although maintained and contained by separate individuals, and thus it comes to pass that physiologists accept the *marriage* theory, and speak of the *conjugal* action of the eyeballs, for they *twain* should be, in health at least, but *one*.

The eyeballs are held in the bony orbits of the skull by their connection with the optic nerve and the muscles, and the stories that are told of surgeons taking out the eyes and examining them, and putting them back, are as untrue and ridiculous as is the expression, “Crying your eyes out.”

The eyelids are the shutters for closing up when work is done, and the eye requires rest; and the eyelashes form a defensive grating in front to keep dust and insects from flying in; but the dust and the insects are sometimes too clever for these lashes, and manage to escape them, as the Matabele did the Maxim guns, by getting *under* their temporary range.

## “SLEEP.”

O H, is it Death that comes  
To steal a glance at life's dread goal?  
To-night the planets and the stars  
Will glimmer through my window bars,  
But will not shine upon my soul.

For I shall lie as dead,  
Though yet I am above the ground;  
All passionless, with scarce a breath,  
With hands of rest and eyes of death,  
I shall be dead to sight and sound.

Or if my life should break  
The idle night with doubtful gleams,  
Through mossy arches will I go,  
Through arches numerous and low,  
And scan the true and false in dreams.

Why should I fall asleep?  
When I am still upon my bed,  
The moon will shine, the winds will rise,  
And all around and through the skies  
The light clouds travel o'er my head.

Oh, busy, busy things!  
To mock me with your ceaseless life,  
For all the hidden springs will flow,  
And all the blades of grass will grow,  
When I know neither peace nor strife.

And all the long night through,  
The restless streams will hurry by;  
And around the lands, with endless roar,  
The white waves fall upon the shore,  
And bit by bit devour the deep.

Even thus, but silently,  
Eternity, thy tide shall flow.  
And side by side with every star  
Thy long-drawn swell shall bear me far,  
An idle boat with none to row.

My senses fail with sleep;  
My heart beats thick; the night is noon,  
And faintly through its misty folds  
I hear a drowsy clock that holds  
Its converse with the morning moon.

O, solemn mystery!  
That I should be so closely bound  
With neither terror nor constraint,  
Without a murmur of complaint,  
And lose myself to all around.

—M. A. Selvey.

THE resumption of rights long denied or withheld never made a social convulsion; that is produced by refusing them. The influence of the enfranchisement of women will glide into society as noiselessly as the dawn increases into day.

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

A BLESSING IN DISGUISE is often a pleasant surprise, especially when it brings us relief from pain. Holloway's Ointment will be found to fulfil both these conditions to those who have faith in its merits. Its success induced the medical profession to introduce it into the hospitals and their private practice, and in many instances where the sufferer was considered incurable, Holloway's Ointment, in conjunction with his Pills, healed the most desperate cases. They are also unequalled for the cure of scrofula, scurvy, and all diseases of the skin, and the cures they effect are not temporary or imperfect, for by their purifying powers they bring about a marvellous and beneficial change in the whole system.—ADVT.



[SPECIAL ARTICLE.]

## TABLECLOTHS AND NAPKINS.

By MARGARET FAIRWEATHER.

MOST young housekeepers take a deep interest in the furnishing and equipment of their table—not alone with the food supplies which are there to be served, the dishes which are to contain them, the appointments which are to make everything neat and cosy; but as well and especially with the cloth by which the table is to be covered, the napkins which are to be placed beside each plate, whether for the members of her own household or for the visitor—friendly or critical as the case may be—who shall occupy a seat at the board, or whose casual glance may rest thereon.

Fortunately, she may give pretty free rein to her fancy in this portion of her realm, whatever fashion may dictate in other directions. If for any reason this tablecloth or that set of napkins commend themselves to her favour, they may be purchased and used for all ordinary occasions. Naturally, if in command of ordinary means with which to equip her dining-room, she will have a special cloth, "with napkins to match," to be brought forward on the more ceremonious occasions; but for ordinary service this is not at all necessary, though, on the other hand, there is no reason why a preference in that direction should not be followed. The matter is entirely in her own hands.

The size of the tablecloth must, of course, be determined in a general way by that of the table. Where an extension is used, there should be one cloth large enough for the table when all of the leaves are in place; but such a cloth would be entirely out of place when half of the surface had been taken away, and smaller cloths should be provided, of proper size for the ordinary use. While any approved pattern may be purchased, it is generally a mistake to select fancy coloured linens. The white is always standard, always appropriate, looks well, and will be in fashion; but as much cannot be said for the colours, which may be popular one season and entirely under the ban within a year. Besides, when the cloth has become so worn that it is not available for further use on the table, its utility is very much greater if white than if coloured. In the former case it may be cut over and acceptably used in a multitude of ways.

Tablecloths may be bought either woven and finished complete, or by the yard. For kitchen tables, and not infrequently for general use, the latter is an entirely satisfactory way, while it is decidedly more economical. The ends may be secured by a simple hem, or finished in any approved manner, and some very pleasing effects may be produced by the housekeeper skilled in such work and having a little spare time which may be thus employed.

The napkin is now indispensable at all well-regulated tables, though it was not so very long ago that it was looked upon as a fancy attachment, adapted only to high-class people and to children. It is historically interesting to read that almost as far back as books of etiquette are to be found, including such as have come down to us in manuscript, from a time prior to the discovery of the art of printing, children were directed to wipe their hands and mouths with their napkins; but it does not appear that grown people were supposed to use these convenient articles earlier than the middle of the fifteenth century. At that time tablecloths among the wealthy—and nobody else had them at all—were long enough to come nearly or quite to the floor, and the ample margin which hung over the edge of the table served the purpose for which the hand-cloth is now employed.

When the napkin first came into use, it was handled quite differently from the present custom. For a time it was considered the thing to throw it over the shoulder; then it was

placed upon the left arm, as it is now carried quite generally by waiters; being still later placed under the chin by one corner, while the lateral corners were carried around the body and tied at the back. This was the custom during the days of elaborately frilled shirt fronts, and the philosophy of the fashion is quite apparent. More recently it dropped into the lap, where it still reposes, though many individuals have habits of their own to which tenacious adherence is given regardless to the usages of society.

One of the accomplishments of an "expert waitress" has long been the ability to fold a napkin in all manner of curious forms. This fancy doubtless comes from the fashion, at one time prevalent, of folding the napkin for each member of the household or each guest in a different manner. This was a French custom, and at one time napkin etiquette ran so high that they were perfumed with rose water and were changed with each course, at ceremonial dinners. A French work published in 1650, which undertook to teach how properly to wait on tables and to fold napkins, gives the following forms in which the cloths might be folded: "Square, twisted, folded in bands, and in the forms of a double-and-twisted shell, single shell, double melon, cock, hen, hen and chickens, two chickens, pigeon in a basket, partridge, pheasant, two capons in a pie, hare, two rabbits, sucking pig, dog with a collar, pike, carp, turbot, mitre, turkey, tortoise, the holy cross, and the Lorraine cross."

Breakfast napkins are considered of the right size if half a yard square; but for dinner they should be three-quarters of a yard. They are sometimes made an eighth larger, but those are too large for convenience, and there is no necessity for the extra size.

Besides the tablecloth and napkins, there are numerous bits of linen connected with the table service which will be found of the greatest usefulness; most of which can, if necessary, be readily and very acceptably made from linen remnants that may be bought for a trifle, or from the best portions of worn tablecloths. By using a little time and pains in drawing threads and hemstitching, or other graceful working, these cloths can be made very tasteful; they can be employed where there is danger of spots and stains, and if mishap occurs to them they are very much more easily treated than the larger articles, while if ruined, the loss is comparatively slight.

We thus secure carving cloths, tray cloths, children's cloths, as well as the means for protecting a fine cloth or the table from tea or coffee stains and the like. Sometimes a square of thin oilcloth may be placed upon the tablecloth, and being in turn covered by what might be called "a table rug," will give double protection.

In the matter of economy in purchasing table linen, there are two factors to be borne in mind. Where a pattern proves unpopular, the goods are soon to be had at a considerable discount from the prices of popular patterns of the same quality. This is generally the "inside reason" for the great "bargains" which are sometimes advertised in these goods. The purchaser must decide for herself whether this reason makes the bargain an undesirable one, in her particular case. In any case, it may be set down as poor policy and poor economy to buy thin, light goods, no matter how fine they may be, for ordinary table use. A much coarser article, with strength and firmness of fibre, will look vastly better after a little time, owing to its power of resisting wear.

The suggestions thus far given are for the benefit of the ordinary household at ordinary times. Neatness, convenience and good taste will determine what shall adorn the family board, as its members gather round it at each mealtime. On more elaborate occasions, and in the homes where wealth and social position bring constant responsibility, fashions have their rise and fall, in table linen as elsewhere. For these, the formal dinner, the less formal luncheon, the cosy tea, have each their requirements as to table napery and service. Just at

present, the "right thing" for the several occasions, as laid down by a recognised authority, may be thus briefly summarised.—"For dinners and for luncheons, cloths are woven with borders complete and with napkins to match each set. For the afternoon tea, small fringed napkins will be used, and they may or may not match the pattern of the cloth, as taste and circumstances determine. The dinner cloths are all required to show a finish of narrow hand-sewn hem, as on the napkins that accompany each. The lunch cloths are hemstitched. The five o'clock tea cloths are to have out-work centres, out-work edges, drawn-work borders, and as much elaboration as individual taste may suggest.

Closely allied to the table linen and the bed linen is the department of towelling, for which still other grades of linen are required.

This is a large department, and no more than a few suggestions would be in place at the end of an article which has already practically reached its limit. But there is one rule regarding towelling which should never be overlooked—let there be a good supply. Towels are closely related to health, purity, and cleanliness. There is something defective in the management of a household which finds itself obliged to get along upon a scant supply. Then they should be of good size, if for no other reason, because they are so much more satisfactory in use when of ample dimensions.

For everyday service and especially by children, servants, and labourers, the very best form of towel is that familiar and much-abused variety, the roller, with its endless web of crash. For such use this has manifold advantages, not the least of which is that it is always in place, waiting for the next patron. Cotton towels are an abomination, and should never be countenanced; though it is not demeaning any housekeeper that she shall make it a point to buy her towelling at such times and in such manner as shall give her the best value for the money invested. "Special sale" towels, if not defective in quality, may be commended to the prudent.

Never put a towel into use—and especially not in the guest room—with the starch still rendering its surface about as pleasant as a sheet of steel. At least give it a good thorough rinsing to remove the starch, allow it to dry, then iron lightly on both sides, and it will be found to present a very satisfactory surface; though nothing can take the place, for luxurious use, of a soft, well-worn piece of linen, from which every trace of harshness has been long since removed.

## IS MEDICINE SCIENCE?

THERE are evidently a great many ways of answering the question which M. Larroumet raises in the pages of the *Vie Contemporaine*—an old question, but raised in a somewhat novel manner. If a science must needs be either mathematical in its character, like astronomy, or built up, like chemistry, by certain fact upon certain fact, without leaving any margin for the imagination, then medicine is not a science, though in course of time it may become one. M. Larroumet, however, goes further, and contends, in effect, that scientific medicine is not only impossible, but that it ought to be. He dwells upon the personality of the physician as of much more importance than his knowledge. Tact, influence, courageous insight resembling the inspiration of instinct, are certainly a great part of the outfit of the successful physician; even—it is contended without any sort of cynical intention—the gift of talking comfortable nonsense is often more to the purpose than the most skillfully devised prescription. In short, we are to understand that not what the physician learns or does, but what he is, is the main point. And,

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TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 14d., and 2s. 9d., (the latter contain three times the quantity) of all Chemists. Sent anywhere on receipt of 13 or 24 stamps by the Maker, E. T. TOWLE, Chemist, Nottingham. Beware of imitations, injurious and worthless. (ADVT.)

FOR BOTH SEXES.—Personal visit not necessary. CORSETS and BELTS made to fit any figure. For health and neatness. Satisfaction guaranteed. Instructions for self-measurement gratis to any address.—FORD AND PARR, 141, Stockwell-road, London, S.W., Practical Corset-makers, Estab. 1851.—Advt.



whatever exaggeration may be discovered in the view, one must certainly suppose that only these personal attributes can account for the unquestionable cures that were effected in the dark ages of medical practice. Patients were treated according to methods which would now be held equivalent to deliberate assassination; yet they were very far from always dying either of the treatment or of the disease. Nor is there the slightest security that many of the medical beliefs and methods now current will not be similarly looked upon by future generations as forms of legalised homicide. No two periods have ever been alike in practice, and yet the great medical reputations have been unquestionably well deserved. Let every patient ask himself whether his doctor's personality does not constitute at least half his skill. It is often said that patients are incapable of judging of their doctor's qualifications. But they do; and, if there be a grain of truth in M. Larroumet's argument, they are at least as capable judges as a board of skilled examiners. —*Globe*.

## CORPORAL PUNISHMENT IN SCHOOLS.

A CASE of more than usual interest in its bearing on the much discussed question of corporal punishment in schools was recently investigated by a coroner's court, held at Garswood, near St. Helens. It was that of a boy who died of blood-poisoning attributed to chastisement inflicted by his schoolmistress a week before. Briefly, the facts were the following:—

There was inflammation of the right forefinger, which lasted a fortnight in spite of poultices, &c., and cost the boy his nail; then came the punishment, which was said to have consisted in a caning over the knee, the sore finger being injured at the same time, with subsequent illness and death. At the post-mortem examination there were found disease of the finger, as above stated, the mark of a small wound on the right heel, signs of injury below the left knee, with redness and points of localised suppuration, suppurating phlebitis in the left thigh, swelling and suppuration in the left groin, and purulent pericarditis. The medical evidence allowed of no doubt as to the existence of septicæmia, but was divided as to its source, one witness maintaining an idiopathic origin at the seat of supposed injury in the left leg, the other maintaining the necessity of an external origin at some wound and regarding the signs in the leg as secondary. We will not discuss at length the comparative merits of these different views.

It is sufficiently evident that a schoolboy, probably not too well nourished, and in whose system the germs of contagion from a festering whitlow had been allowed to breed for a fortnight, could hardly be regarded as of healthy physique; it is probable, therefore, that the blows inflicted upon him, if directly accountable for his last illness, owed their influence entirely to his constitutional predisposition. The issue of the case, even without this unintended stimulus, was inevitable. Among other deductions from the facts above related, the coroner and his jury drew the inference that corporal punishment in schools was in danger of being overdone, and in particular that it should not be administered in any case by an assistant teacher. We do not dispute the general truth of these conclusions; at the same time, we must not overlook the fact that had chastisement been inflicted by a head master, or anyone else, and with the utmost regularity, the result would in all likelihood have been the same.

A still truer inference, it appears to us would be that there are some children in schools in whose case physical punishment may, at all events for the time being, have to be

dispensed with altogether. The question of health, or the contrary, must ever be present in the teacher's mind. As regards chastisement by assistants, the instance related, as we have seen, proves little or nothing, but there can be no doubt that, if it is to be entrusted to subordinates at all, this at least is necessary—that an interval sufficient to allow of the subsidence of angry feeling, and of some needful reflection as to physical conditions, should intervene between the offence and its expiation. The case is further instructive as a warning that the cane must not be used over prominent bony structures. These, as is well-known, readily become inflamed after an injury. In the light of suggestion, such as this case affords, it appears to be very desirable that some knowledge of the pathology of physical punishment should form part of a teacher's qualification to use the rod. —*Lancet*.

## HOW IT FEELS TO GO BAREFOOT.

IF you wish to know the essence of comfort when yachting, burn your corsets and return your shoes and stockings to your trunk until you enter a civilised port. For four years I have worn neither except in public. Consequently I run no risk of a chill from cold or damp feet. It certainly requires a little training before you are able to walk over rough ground with the unnatural, soft soles of the shoe-bound foot, but it is more easily and quickly done than you would imagine. After years of being swathed and bound and tied and cased in whalebone, it gives a delicious sense of freedom to be clad in nothing but a gauze woollen shirt, a mumu, and a holoku. There is not anywhere a band or string to check the blood in your veins, and as you stand on the deck of your ship, all your body conscious of the rhythmical, elastic roll of the sea and the fresh, clean trades sweetly blowing, you feel like a bird on the wing. —*Mrs. Robert Louis Stevenson*.

## NIGHT AIR.

BEFORE we hope to fight consumption with any chance of success, we have got to get rid of the night air superstition. Like the dread of cold water, raw fruit, &c., it is founded on mistrust of our instincts. It is probably the most prolific single cause of impaired health, even among the civilised nations of our enlightened age, though its absurdity rivals the grossest delusions of the witchcraft era. The subjection of holy reason to hearsays could hardly go further.

"Beware of the night wind; be sure and close your windows after dark!" In other words, "Beware of God's free air; be sure and infect your lungs with the stagnant, fetid and offensive atmosphere of your bedroom." In other words, "Beware of the rock-spring; stick to sewage." Is night air injurious? Since the day of creation that air has been breathed with impunity by millions of different animals—tender, delicate creatures, some of them, fawns, lambs, and young birds. The moist night air of the tropical forests is breathed with impunity by our next relatives, the anthropoid apes—the same apes that soon perish with consumption in the close, though generally well-warmed, atmosphere of our Northern menageries. Thousands of soldiers, hunters, and lumbermen, sleep every night in tents and open sheds without the least injurious consequences. Men in the last stage of consumption have recovered by adopting a semi-savage mode of life, and camping outdoors in all but the stormiest nights. Is it the draught you fear, or the contrast of temperature? Blacksmiths and railway men seem to thrive under such influence.

"THERE ARE MANY ECHOES IN THE WORLD, BUT FEW VOICES." There are many kinds of Tea sold in this country, but few of the "Cheapest and Best." HORNIMAN'S PURE TEA stands in the front rank, and for 60 years has been celebrated for its excellence, high quality, and absolute purity. The "Best is Cheapest." —(ADVT.)

## SOAP.

THE soap-bubble can no longer be considered as the type of glittering evanescence, of shining emptiness, of fragile beauty vanishing into nothingness at the lightest touch. It is rather the insignia of the army of rich men, who extract solid fortunes, princely mansions, model villages, with the inevitable reading-room, opened in person by G. O. M. himself, out of the magic soap-bubble.

Sunlight soap, Titan soap, Hudson's soap, Venus soap, Brook's soap, silently present their claims for public favour in all sorts of guises, artistic or humorous, from the walls of nearly every railway station in the United Kingdom, whilst our friend Pears greets us with a kindly "Good Morning" in the most unexpected places all the world over. The amount of money spent in advertising by the makers of all these soaps must be immense, yet, like the fat gentleman in the Bab Ballads, "their riches know no kind of pause, their trade is fast advancing."

It is gratifying to know that humanity consumes such a vast amount of cleansing matter, rather curious to realise what multitudes of people, for the most part themselves unwashed, we fear, are collecting the necessary materials and preparing them that other people may wash. There is the negro, clothed in nothing much except his own black skin, chattering and joking as he rolls the casks of palm oil down to the shore to be carried across the sea so that after certain manipulations, employing many hands that are nearly as black as the negro's, from another cause, her ladyship may anoint her satiny skin with some choice, delicately-perfumed soap. And there are the little, dirty, black-eyed Italian children knocking down the olives out of the grey-green foliage, olives which later will yield their oil to make the Castile soap used for the milk-white English baby's bath.

Many scenes of more or less picturesqueness suggest themselves in connection with soap, not only during the process of its manufacture, but with its uses when made. Nauseous and her attendants, we are told, washed their clothes by treading on them in pits of water. I am sure they must have looked very nice if they were anything like a Scotch lassie I remember when I was a child. She was treading blankets. The great wooden tub full of blankets and soap suds stood on a broad greensward close to a gurgling stream. The operator was tall and buxom, and as she stood in the tub, the snowy foam frothing round her dimpled knees, her striped wincey petticoat gathered well out of the wet, her rosy face, half amused, half ashamed, at our round-eyed juvenile admiration, she formed a picture not soon to be forgotten.

Besides the primary use of soap, it is largely used in medicine; but a new and more elegant way has lately been discovered for introducing soap into the internal economy. It has been discovered by someone in Belgium that pastry raised by means of soap-bubbles is light as air—that it melts in the mouth as typical pastry ought to do. We are told that the way to use it is to beat the soap with water into a light froth, and quickly incorporate this froth into the dough. The result is said to be all that could be desired. Even the bread is said to be much lighter when soap is applied as leaven. At the present moment a soap tart does not seem irresistibly attractive, but there is no saying what we may come to in pursuit of gastronomic novelties. And, after all, when one thinks of it, a good clean soap is, from the very nature of it, a more inviting substance to swallow than the swarms of living microbes which form to a large extent the leaven with which our bread is raised. —*Sanitary Record*.

MAGIC!—If you suffer from a sore finger, bad toe, bad breast, bad leg, corn, tumour, blister, or boil, that you cannot cure, give Glendon's Salve a trial. "It never fails." Mrs. Gifford says, "They call it Magic Salve, out here in Melbourne, Australia." Otley, October, 1893, "Glendon's Salve cured me of Blood Poison when the doctor's treatment and lance failed." 74d., 1s. 14d., all chemists; direct W. LOCKING & SON, Leeds (late Hull). —ADVT.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional), Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES DRUG COMPANY, Lincoln. (ADVT.)



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**GRAVY FOR HASHES, STEWS, &c.**—Some gravy beef, or bones and scraps of any cooked meat, water, one small onion, a piece of carrot, turnip, and celery, a little thyme and marjoram, or other sweet herbs, a little ketchup, port or sherry wine, pepper and salt. If made with gravy beef, cut the beef into small pieces and put them into a stewpan along with the vegetables, and about two pints of water. Simmer gently for three or four hours, then strain. Thicken with flour if necessary; season with pepper and salt, and add a little ketchup, or port or sherry wine, according to taste. If made with bones and cuttings from cooked meat, put the bones, &c., with the carrot, turnip, celery, and herbs, into a stewpan, with sufficient water to cover them. Stew gently for about two hours, then add the onion, previously sliced and fried in butter, and boil for twenty minutes. Strain, stir in a little ketchup and a piece of butter rolled in flour; boil one minute, and it will be ready for use.

**ROLLED VEAL.**—Three pounds of the breast of veal, two ounces of bacon minced, one slice of bread grated, a little minced parsley, flour, butter, pepper, and salt, one egg, one breakfast-cupful of water. Remove the bones from the veal. Make a stuffing of the bacon, bread-crumbs, parsley, pepper, salt, and egg, mixing all well together; spread it over the veal, which must then be rolled up tightly, and bound firmly with tape. Make some butter very hot in a stewpan, put in the veal previously rubbed over with flour, and when it is nicely browned all round add the cupful of water. Stew very gently for two hours. The bones can be added to enrich the gravy, or they can be used for soup.

**TO BROIL THE LEGS OF A TURKEY.**—The legs of a cold roast turkey, pepper and salt, cayenne, lemon-juice, butter. Take the legs from a cold roast turkey, and score them across with a sharp knife; season them with pepper and salt and a pinch of cayenne, and squeeze a little lemon-juice over them. Place them in a Dutch oven before the fire, watch carefully that they do not burn, turn them occasionally, and rub a little fresh butter over them when they begin to smoke. When nicely browned, serve on a hot dish with a piece of butter on the top of each. If preferred, the legs may be dressed on the gridiron, but the above method will be found the more satisfactory.

**HASHED TURKEY.**—Remains of cold turkey and stuffing, flour, pepper and salt, butter, some sliced onions, one pint of broth, one dessertspoonful of mushroom ketchup, one dessertspoonful of pickled walnut vinegar; a little grated nutmeg, a pinch of cayenne (if liked.) Cut the remains of the cold turkey into small pieces, roll them in flour, and season with pepper and salt. Melt a little butter in a stewpan over the fire, and half fry in it the sliced onions. Add a little flour, brown it, then stir in by degrees the broth. Put in the pieces of turkey and stuffing, cover closely, and simmer gently for one hour. Arrange the meat neatly on a hot dish; add to the sauce in the stewpan the remaining ingredients, boil, stir well, and pour over the turkey. The dish may be garnished with sippets of toast, slices of lemon, and, if necessary, forcemeat-balls.

**ROAST TURKEY.**—One turkey, some good stuffing, butter, flour. If the turkey has not been regularly trussed and prepared by the poulterer, the bird must be plucked, drawn, singed, and the hard tendons of the thigh removed by breaking the legs below the knee, and pulling them out by dint of sheer force. One way of doing this is to half open a door, put the foot between the door and the jamb above the upper hinge, close the door as far as the leg of the turkey will admit, and then pull till the tendons come out. Then truss the bird, putting the liver under one pinion and the

gizzard under the other; wash and dry it thoroughly inside, and fill the breast with stuffing. Fasten a buttered paper over the breast with small skewers, and set the bird at some distance from the fire, which should be a hot and clear one. Roast from one hour and a half to two hours and a half, according to the size. Baste constantly with butter, and when it (the turkey) is nearly done, remove the paper, sprinkle lightly with flour, and baste well, moving the bird a little nearer the fire that it may become nicely browned and well frothed on the surface. Serve with good brown gravy and bread sauce; and garnish the dish with small fried sausages or forcemeat-balls.

**A GOOD RECIPE FOR BEEF TEA.**—Take a half-pound of chopped lean raw beef, put it in an earthen pint bowl, add a bit of pepper and salt for seasoning, and two table-spoonful of cold water. Over the top of the bowl paste or tie closely, a covering of thick brown wrapping paper. Set in a hot oven for fifteen minutes; it will require five minutes additional in a slow oven. While cooking, heat the cup it is to be served in. You will need, when the time is up, to press out the juice, and whatever you use to do this with must be hot. The reason everything connected with the operation must be hot is because the juice is not to be reheated on the range. It will lose its redness and curdle and coagulate if you do this. This may be served with angular bits of toast, and should be served two or three times a day, using half a pound each time.

## HINTS FOR THE HOUSEHOLD.

### THE CARE OF PICTURES.

**I**N cleaning house one of the principle cares should be the pictures. It is too often overlooked or left to the care of the servants, when the mistress should give it her personal attention. Each picture as it is taken down should be carefully dusted, and the cord or wire wiped. Then lay it on a table, wash the glass, and polish it until it is perfectly clear. Wipe the frame with a soft cloth wet in warm water, and rub off all flyspecks and other dirt. If the picture is framed with a glass, paste paper smoothly all over the back, to keep dust from sitting through the cracks.

Frames of polished wood, oak, walnut, or, in fact, anything but gilt, will be greatly improved by rubbing them with a solution, three parts linseed oil, and one part turpentine. Apply with a woollen cloth and rub with a dry woollen cloth until perfectly dry.

Before hanging the pictures fasten a large, clean cloth over the brush end of the broom, and wipe the walls all over. If the walls are papered, and the paper torn or defaced, cover such places with scraps of the paper, matching, if possible, to the figures. If you have no pieces of the paper, a Japanese scroll or a cheap plaque, or even a bunch of dry grasses tied with a nice bow of ribbon, will cover the place and add beauty to the room. One lady covered pieces of pasteboard with coloured satin and fastened the bunches of grass to them, and they were very ornamental.

Pictures should never be hung too high. You often see a choice little painting hung so high that you would have to mount a chair to see what the subject is. Always hang them so that they can be easily seen by a person of medium height. It is considered to be in better taste to use two nails instead of one; it gives a more symmetrical effect, and, indeed, it is worth considering as a matter of safety. Be very careful to hang pictures in the proper light. If they are to be seen in a strong light, do not put them in an obscure corner, and if painted in bright colours, do not place where the sunshine will fall on them.

"ANY DOCTOR WILL TELL YOU" there is no better Cough Medicine than KEATING'S LOZENGES. One gives relief; if you suffer from cough try them but once; they will cure, and they will not injure your health; they contain only the purest and simplest drugs, skillfully combined. Sold every where in 134d. ins.—[ADVT.]

If oil paintings have become soiled or fly-specked, they may be cleaned by wiping them off with a cloth dampened with warm water. Do not use soap, and do not rub hard, but a careful washing will brighten the colours without harming the paint in the least.

THERE is no better blacking to apply to soft, fine boots than equal parts of black ink and sweet oil, well mixed, and rubbed on with a sponge. A neat little device for preventing buttons from coming off is the following; Make a hole in the kid large enough for the eye of each button; then take a round shoe-string, and pass it through every button, fastening the string at each end. In this way the buttons will be kept in place as long as the shoe lasts.

**HOME-MADE COUGH CANDY.**—An excellent cough candy is made of slippery elm, flaxseed, and sugar. Soak a gill of whole flaxseed in half a pint of boiling water. In another dish put a cup of broken bits of slippery elm, and cover this also with boiling water. Let these stand for two hours. Then strain them both through a muslin cloth into a saucepan containing a pound and a half of granulated sugar. Extract all the liquor you can, stir the sugar until it is melted, and then boil it until it turns to candy. Pour it out at once, when it reaches this point, on to greased papers. This is the old-fashioned rule. The candy is more palatable if the juice of two lemons is added to it after it has cooked for ten minutes.

## SPECIALITIES RECEIVED.

### VIROL.

**W**E have had much pleasure in examining the sample of "Virol" which has been submitted to us by the Liquor Carnis Company, Limited, London. We agree with the leading medical authorities in anticipating that it will displace and replace the much more unsavoury cod-liver oil. The latter is rich in heat-producing and nitrogenous materials, but "Virol" is characterised by the fact of its undoubted bone-forming property. There can, therefore, be no comparison between the two; in cases of rickets or deficiency of lime salts, where it has been the custom for years to order cod-liver oil in combination with other drugs, "Virol" alone will do all that is necessary, and save anxious parents from the disappointments which have so frequently attended the administration of other specifics.

**T**HE road of moral action will lead us to the only kind of religious faith which, in my estimation, is worth having. Faith, namely, that there is a power that makes for righteousness in the world, that the whole universe is moving towards the goal of the Perfect. That substratum of the old theology, it seems to me, we cannot do without. We do not, indeed, say that there is a personal pilot at the helm of the world-ship, who is steering her toward the good haven, but that the world-ship is making toward the good haven, no matter by what power, to us unknown, she may be steering—that, it seems to me, we must still believe. If we are devoid of that faith, our life on earth is aimless and purposeless, our sufferings are a cruel mockery. If we hold that faith profoundly and sincerely, then we may think of ourselves as co-operating toward the world's good; then there is a noble purpose to sanctify our every endeavour, and we may look even upon our direst sufferings as the price paid for an unspeakably precious gain.—*Dr. Felix Adler.*

### IN THE CONSULTING ROOM.

Doctor: "Excuse me, which of you gentlemen has been waiting the longest?"

Tailor: "I believe I have. It is more than a year since you ordered a suit of clothes and got it, but you haven't paid me yet."

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles everywhere.—[ADVT.]

MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER  
Restores the Colour.      Renews the Growth.  
Arrests the Fall.      Cleanses the Scalp.

—ADVT.



# THE MOTHER'S PAGE.

## THE CARE OF THE BABY.

It seems very strange to the thoughtful person that some mothers who love their babies are so careless concerning them, trusting them almost entirely to those who are inferior, and who have no special love or care for the charge. Many babies die annually from carelessness.

The bottle-fed baby comes in for a great share of sympathy. Especially is this the case where a hired nurse has care (?) of the bottle. There is danger in the long rubber tubes and white rubber nipples. It is difficult to properly clean the tubes, and not every girl understands this.

A lady at a seaside resort noticed a pale baby who was wheeled about a great deal in its carriage, and who always seemed to have a long rubber nipple in its mouth. The nipple had a hose more or less complicated. The lady, being a mother, was so impressed that the tube and bottle were not clean that she finally summoned courage to speak to baby's mother about the matter.

The mother coolly received the warning, and the lady, to prove or disprove her fears, took the hose from the bottle and slit it through, showing it to be filled with tiny white worms. This may be an extreme case, but, believe me, mothers, there is death in unclean nursing bottles.

Perhaps you will think my tale made up of interfering women, but I want to cite another case, and show another cause of danger. In a small town last summer a woman whose windows commanded a view of an alley in the vicinity, noticed that day after day, morning and afternoon, a nurse with her charge in a baby carriage would stop there. It was the half-way point on a tramway line, and here came every day with the same regularity a stable boy with relays of horses for the use of the car drivers. The nurse would draw the carriage just inside the alley, and there, with her hand on it, as if about to move, would stand for two or three hours gossiping with the stable boy, who was evidently an admirer.

The alley was none too clean, and the horses drew swarms of flies; it was hot and close besides. Often the baby fretted and cried, but the nurse only jostled it, and talked on. Finally the woman resolved to interfere.

She put on her bonnet, and, casually approaching the place, was attracted by the baby's prettiness. She stopped and spoke to it, and presently asked whose child it was.

The nurse, who was a good-natured looking girl, evidently not conscious of any special wrong-doing, told at once, and, at the risk of being considered officious, a note went that night to baby's mamma. It was most gratefully acknowledged and had evidently been thankfully received.

The mother wrote that she saw the maid depart morning and afternoon for, as she supposed, a small private park in the immediate neighbourhood. She had not the slightest suspicion that she did not go and remain there, and was horrified to find out where she did go. The result was an increased watchfulness on the mother's part.

Every mother who does not care personally for her baby should see that the nurse who has charge does her duty faithfully. External vigilance is the only safety.

Mothers do not realise what opportunities they miss of wielding a right influence when they delegate someone else to care for their children. To all women I would say, care for your own baby. Let others do the housework, sewing, washing, ironing, or whatever you cannot do yourself or able to have done, but care for your own little ones.

One mother who had tried and failed to do her work and care for her child, gave the work into other hands, and cared for the child, remarking pertinently, "I am a miser, and my baby is my gold."

**STEEDMAN'S** Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere, please observe the **EE** in Steedman.—Adv.

This is a great work, says Dr. Kellogg, and there is great compensation for all this. The mother, or the nurse, or the teacher,—whoever has the training of little ones,—receives greater benefit from the training than does the child. She has the highest incentive for training herself; for she cannot undertake with safety to teach a child self-control unless she can control herself.

I do not believe there is any other kind of work that is so uplifting in its tendency as is this work of training up children to a high and noble life, of endeavouring to help the little mind to grow and expand, watching the developing bud as it expands, and feeling that you are putting your own soul into it.

I well know there are many weary women who can neither have nurse girls nor working maids, and to these there is a world of comfort in the clasp of little arms, the caress of baby lips.

Life has its recompenses, and no true mother ever questions, "Does the baby pay?" Was there ever a minute when it did not pay? The baby is the one bright spot in the life of many otherwise unappreciated women.

The baby appreciates the mother, loves her better than anyone else, clings to her in its griefs, comes to her with its joys, wants no other care in its sickness, and if the dread messenger comes, it is the mother's arms that last feel the weight of the tiny form, the mother's eyes that catch the last look from the dear baby eyes so soon to open upon eternity.

To be a mother is a grand, wonderful thing; to be a true caretaker is a duty, a pleasure, a privilege, that motherhood entails upon that one who wears this crown of womanhood.

## \* \* \* BABY TALK. \* \* \*

EVERY feminine heart has a secret liking for the delicate intricacies and endless variations of baby talk, the writer gently but firmly offers the following as an example of what the best mothers may come to, if they do not guard the first approaches to an unknown tongue, in conversing with their "dimpled darlings." Beware, young matrons, beware of the "itsie bitsie" style of speech, as it leadeth gradually but surely to "tootsie-kum-popples," and other uncouth meanderings of language, such as you hold in scorn at the present moment. Neither editor, nor general reader, nor a naughty man contributor, submits to you this solemn warning: it is an unknown sister woman who has your interests (and the baby's) so deeply at heart. That this well-meant exhortation will not be appreciated, goes without saying. The prophet of hidden perils is never welcome, and often persecuted; and the president of an anti-baby talk association would be treated with freezing contempt, such as would congeal her very soul, by every mother in the land, while even the babies would, from intuitive sympathy, gurgles a defiance.

But this is a digression; let us to the story, borrowed from a contemporary:—

"I don't see why it takes Bertie so long to learn to talk," said a young mother anxiously. "I spend hours everyday trying to teach him. B'ess its 'little footsy-tootsies. Doesn't muzzer dess do ever'sing she tan to det it to talky-walky? Tum to its muzzer. Popsy-wopsy, doncy duckums, widdlecome, biddlecome, fiddle-de-dee. Toze its pitty 'little eyes now and go seeepy."

## \* \* \* FOR GROWING GIRLS. \* \* \*

GIRLS of twelve to sixteen are apt to be awkward in their movements and gestures. Sometimes they outgrow these shuffling, ugly habits of carriage and deportment without any special effort on the part of their instructors; but it is a dangerous experiment to trust to time, as the only cure for these evils. Besides, it is not only grace that is of chief importance, but the much more vital question of health.

TO TOBACCONISTS (commencing).—Illustr. Guide, 259 pages. "Post Free." How to Commence, £20 to £1000. Tobaccoist's Outfitting Co., 186, Euston Rd., London. Manager, Hy. Myers. Est. 1868. Smoke "Pick-Me-Up Cigarettes."—Adv.

How is it possible for a body to grow and develop without the necessary amount of pure air to feed the lungs; and how can a cramped-up, flat chest and narrow shoulders give the requisite supply?

In arranging for a child's winter curriculum, do not forget the body while providing for the mind; and besides the daily walks, see that the children have some form of regular exercise, particularly adapted to expand the chest and improve the carriage.

There is no need to give much time to these exercises, and in no case should gymnasium work take the place of long walks in the open air; fifteen or twenty minutes' regular and daily practice is all that is necessary, and it will be found in every case to be of incalculable advantage. A breathing exercise should always accompany the manual performance. Physicians tell us that the lower part of the lungs is seldom properly brought into play, and that diseases both of the lungs and the stomach would be less frequent if each function of the body received continually, its full share of oxygen.

After the fifteen minutes' bodily exercise is over, therefore, give ten minutes to a breathing exercise by inflating the lungs slowly for fifteen seconds, and then expelling the air for another fifteen seconds. During this exercise there should be no corsets to confine the figure, and the teacher should see that the air enters properly the lower part of the lungs.

## SINGING AS A CURE FOR CONSUMPTION.

THIS subject crops up periodically in our various daily and weekly periodicals.

We are not desirous of entering into a discussion upon the matter, but it seems cruel and heartless to delude the unfortunate consumptive into the belief of "cures" for his complaint before there is some substantial evidence. The tuberculin method of Professor Koch, which has now fallen into disrepute, should be sufficient illustration of this. Not that we mean to doubt the beneficial effect of a regular healthy exercise of the lungs, such as singing would entail, but we must not talk of "cure" upon so slight a foundation. Remember you are not speaking of a slight bodily disturbance, but of a terrible scourge to which cholera and cancer are as nothing. By all means let us encourage everything which tends to alleviate the poor sufferer, but don't raise false hopes which must be doomed to disappointment. Bear in mind that the disease is not confined to the weak chested, or weak lunged. Go to Switzerland. See the herculean chests of the Swiss guides, and learn now these strong healthy men contract the disease. We know that the consumption is always attended with bodily wasting and emaciation, and our efforts must be as they have been in the past to repair the ravages of the demon until some reliable cure is forthcoming. We must keep up the patient's strength by giving a concentrated form of nourishment, such as a tablespoonful of Oppenheimer's Cream of Malt with Cod-Liver Oil and Hypophosphites with meals, and so protect the system from the weakening effects of colds, and chills. When the cure is found, if found it is, it will not need lauding in our periodicals to attain popularity. Thousands of anxious medical men will be only too delighted to give their efforts to a practical trial, and the gratitude of millions of poor sufferers will be more recompense to the discoverer than anything the world can give.

Better to hunt in fields for health unbought  
Than fret the doctor for a nauseous draught.  
The wise for cure on exercise depend;  
God never made His work for man to mend.

—Dryden.



[SPECIAL ARTICLE.]

## THE LOST RIB.

By LADY COOK.

AN old lady, of pious and orthodox views once found herself in a museum opposite to a pair of human skeletons. Hearing they were male and female, she viewed them long and attentively. She felt a little thrill of satisfaction at the opportunity of being ocularly convinced of the truth of Holy Writ. In fact, she was looking for the place of the lost rib. But there appeared to be no gap in either arrangement. The intercostal spaces were symmetrically equal on both sides of each. Then she carefully counted the ribs—twenty-four in one skeleton, twenty-four in the other. Much perplexed, and trembling for her faith, she eagerly enquired which was the man and which the woman. On being informed, she went over the male ribs again and again. "Seven pairs," someone remarked, "were true and five were false." But to her all of them seemed particularly mendacious. She remembered how Adam, in "Paradise Lost," gave the locality as nearest his heart, and, as she gazed, there was a lurking mockery in the eyeless orbits of the Sphinx-like skeleton, and she distinctly saw it grin with cruel derision as its bony finger pointed to the hollow side. It had been a noted wag in its living day, and its gruesome bones preserved a smack of old habits. The venerable lady, in her bewilderment, felt as Hamlet might have done had the skull of Yorick apostrophised the Prince, instead of the Prince the skull.

This sacred legend is so commonly a matter of implicit belief, that it scarcely seems right that every male skeleton from Adam's day to the present, should persistently belie it. Taking it, however, for what it is worth, we cannot see why Eve should have nearly all the blame and Adam scarcely any. The whole story redounds less to his credit than to hers. She, most likely, was not fully aware of the impropriety of listening to the wily advice of the polite and intellectual serpent. Without experience of the world, debarr'd from foreign sources of information, he seemed a beneficent angel to the artful and ingenuous Eve. He appealed to the inquisitiveness and thirst of knowledge implanted in her soul. He aroused immortal longings. And then the fruit, so fair, so sweet, so easily plucked! What woman would not give way to such enchanting temptation. She put forth her hand and tasted. Had he lied? No. If there was any misstatement, it was not the Serpent's. Her eyes were indeed opened, as he foretold. In her joy at her happy discovery she shared with Adam. He knew very well what he was about. His stronger power of reflection might have induced him to abstain. But he did not hesitate nor demur. As soon as Eve offered him the forbidden luxury he took it with avidity. Indeed, they seemed to have been together during the whole time of the temptation by the Serpent. Shame fell immediately on both, and they made themselves coverings of fig leaves.

And now the moral courage of the man paled before that of the woman. Having enjoyed what he must all along have desired, he tried to throw the blame and punishment on the lovely partner of his bliss and guilt. The Great Proprietor of the garden takes his accustomed evening stroll in its shady walks, and calls for the gardener. But the latter at once hides himself. At last he comes with trembling steps to his Master. "Why didst thou hide thyself?" "Because I was naked." "Who told thee thou wast naked? Hast thou eaten of the fruit I forbade thee?" And then the noble ancestor of our race replied, "The woman whom Thou gavest to be with me, she gave me of the fruit, and I did eat." Here Adam doubtless sneaked behind Eve, like any false witness in an Eastern Court of Justice to-day. He had thrown the onus of the act on God and his wife. God gave him the woman and the woman gave him the forbidden thing. He was the poor victim of circumstances. It reminds me of what so commonly occurs in modern house-

holds, when a cowardly footman after discovery tries to ruin the cook. However, the Master feels that the gardener's defence is somewhat unanswerable. So He turns to the blushing Eve. "What is this thou hast done?" "The serpent beguiled me, and I did eat." It was a straightforward and honest reply. The serpent is immediately condemned unheard after true Oriental fashion. No further defence is permitted, but judgement given all around. The serpent is to be metamorphosed and be a creeping dust-eating thing all his life. The woman is to be the slave of man, and bear his children in pain and sorrow. The man—well, the man was not to be punished, except by dismissal from his easy post. Both servants were to lose their situations and get their living in the wilderness beyond the park gates, where the earth was cursed and gave forth thorns and brambles. And all this not so much from the sin done, as from a jealous fear that they might find the other mysterious tree—the tree of life—and eat and live for ever, and become equal to the gods themselves.

But the worthy old lady, notwithstanding, any normal man from Adam's time to this, looks for his rib. There is a natural incompleteness in a bachelor—a want, a vacancy which can only be satisfied by the possession of his Eve. Nature is no grudging mother. Sac provides the missing rib for every man, and then has a superfluous number to spare. The difficulty, out of so many, is to know which is which. It is so hard to get the right rib. The chances are so many to one, that a man will make a mistake and get the one intended for someone else instead of his own. The fairest and most shapely one is often the one that fits least, and the mischief is that a man does not find it out until after use, when she has become a fixture. Adam for a very good reason could say, "Thou art bone of my bone and flesh of my flesh," but only a limited number of his sons are able to repeat the sentiment. A familiar friend of a celebrated man took the liberty of remonstrating with him for his dissatisfaction with his wife from whom he was about to be separated. "I cannot understand it," he said, "everyone agrees that she is a most charming and amiable woman. I should have thought any man might be happy with her." This is a nice boot," the other replied, putting out his foot. "Seems to fit well, doesn't it?" "Yes," said the other, "it appears a good and well-fitting boot." "Very well," answered the husband, "can you tell me where it hurts?" "No." "And yet is a simpler thing to understand than a woman. My good friend, no one but the wearer knows where his own shoe pinches."

There is such a vast variety of ribs, weak and strong, light and heavy, crooked and straight, brittle and tough, unyielding and flexible, that it is no easy matter to select one with the correct curve and adaptability to the vacant place. And thus it often comes about that after a man has made his choice, he discovers he has been precipitate. It doesn't fit properly, and then, perhaps, like so many more, he goes about hankering after other men's ribs.

There is something, too, to be said on the other side. A woman is not like a peg, or a pin, or a bolt or a screw, nor even like an unfeeling part of a man's framework. She is a creature of acuter sensibilities than her master. Adam was fashioned from a clod, but Eve was made from a nervous organism. A woman is thoroughly conscious of her unsuitability whenever it occurs, and it makes her miserable. How many a tender wife wears hers heart out in the service of an unsympathetic partner. How many women are there whose daily lives are spiritual crucifixions of deeper agony than any suffered on a cross. Is there anyone of us who does not know some of these patient martyrs under the creed of the rib?

Now there are many articles in that creed which are false and the cause of further fatal errors. We deny, for instance, that a proper rib can be bought, or selected for us by our friends, or taken by way of barter, or obtained at all without much searching and careful thought. To attach a rib in a good and lasting way is a very arduous matter.

If it be one's own rib it joins spontaneously when it comes in contact, and forms a natural union. But, in all other cases, it is more or

less an imperfect adhesion, a botch or bungle, a mere artificial soldering. It may last for a day, a week, a year, but it will not stand the stress of a life struggle. It is divorce *ab initio*. What matter, then, how soon the breach is completely effected.

Another falsity of the rib creed is our present marriage system. Above our matrimonial portals are inscribed, as above the gates of Dante's Inferno: "All hope abandon, ye who enter here." Have you the wrong rib? No matter, you must stick to it, or rather it must stick to you.

The obligation is mutual. There is only one mode of escape. You must find your way out by plunging into the depths of iniquity. Sin, and sin your hardest. Sin shamelessly and brutally, and then those who administer the marriage law will dissolve you, but not before.

The power of a clever woman is great, greater than most men imagine. She can not only win a man, or any man, but she can hold him even though she knows she is not the true rib. She will not, for her pride's sake, publish to a gaping world that she has made a huge mistake. And thus she puts her bit in his mouth and holds the reins, and runs him straight, so that he lives and dies with untarnished honour. But, alas! for the strong-souled and loyal wife who feels the baneness of the thing she guides. Unfortunately, all those wedded to ignoble men are not clever. Loyalty is a far more general quality than ability.

Most women are loyal. When will men generally comprehend this, and treat them accordingly? Loyalty is a woman's instinct, won by countless ages of endeavour under cruel treatment. She is loyal to her God, her king, her priest. And when she finds the true man of her heart, she unites in him the qualities of all three, and adds to them infinitely. He becomes the law of her life, for whom she is willing to do and to endure all things, and that law is love. The man who knows how to respond to such a woman, transforms earth to Eden, and finds in her the veritable Eve.

## CORNS AND KINDRED AILMENTS.

IT is a great pity that parents cannot be impressed with the importance of looking after the welfare of their children's feet. It is safe to assert that if shoes were not worn, corns and kindred ailments would be unknown. It therefore becomes the duty of every mother to see that her children's feet are left in as near a state of Nature as possible, the shoe being broad soled and well fitting. A shoe that is too large is nearly as uncomfortable as one that is too small, and will often be an active agent in producing corns. Every point of contact should be looked after, and nowhere should there be the least binding permitted.

For soft corns, dip a piece of linen cloth in turpentine, and wrap it around the toe on which the corn is situated, every night and morning. It will prove an immediate relief to the pain and soreness, and the corn will disappear after a few days. An ingrowing toe-nail can be cured by observing the following treatment: Just apply to the tender part a very little tincture of perchloride of iron. This will cause the tender surface to dry up, and will relieve the pain. Let the hardened flesh remain for a week or two, when it may be removed by soaking the feet in warm water. As soon as relief from pain has been effected by means of the iron, cut the toe-nail straight across the top, and clip a V-shaped nick in the middle. This will incline the nail to draw or grow away from the flesh at the sides, and assume its proper shape. As ill-fitting shoes are often as much the cause of this painful trouble as an improper manner of trimming the toe-nails, only those which are of a reasonable size and good shape should be worn.

For painful sore feet, caused by excessive walking, long standing, or constant movement, as in the use of the sewing machines, a dusting powder of equal parts of precipitated chalk and tannin, or the tannin alone, will be of much service. Apply twice daily, after bathing the feet in warm water.



[SPECIAL ARTICLE.]

**FASCINATION:**

WILFUL OR UNCONSCIOUS

By NED DE RENNOG.

DR. MESNET, of the Academy of Medicine, and formerly one of the physicians connected with Hôtel Dieu, has just published his long expected work on "Somnambulism and Fascination." The subject is of deep importance, as it not only raises questions of a most delicate and painful nature connected with legal medicine, but also with social life. It raises a very grave question of moral responsibility before the law. Dr. Mesnet has been occupied with the question since thirty years, and studied it from the standpoints of experiment and observation. He presents results, but prudently abstains from drawing conclusions. He definitely establishes the distinction between spontaneous or natural, and artificially produced somnambulism; and places in full light the nature of these two singular phenomena, and of the interruption or intermittence of memory in somnambulism. For example: When the hypnotic crisis, whether produced by catalepsy, lethargy, &c., has passed, and the patient has returned to his usual condition, and in full possession of himself, he has no recollection of the period of disease he has just passed through; it is a phase in his existence wholly lost for him, as he cannot recall it on awakening, and he will never find it in his memory.

The same situation occurs in the case of the somnambulist on awakening; the crisis is for him dark and mysterious. How long has it endured? What did people say to him? What did they do to him? He knows nothing. And yet he has never ceased to be in relation with the immediate world around him, at least in a limited circle; he has walked, acted, and discussed, as if he had been in full possession of himself. He has replied to the appeals made to his memory, his intelligence, to his physical and moral sensibility. But all the time he has really been only the instrument, the plaything, of the hypnotiser, whose imperious and sovereign will has directed his mind and ordered his acts. And of all this the patient has no recollection on awakening. But note this strange phenomena: Induce a fresh somnambulist state at the moment where the sleeping fit recommences, what he did not know an instant ago, will immediately return to his mind; he will relate to you what was said, done, and made for him. He will find, as it were, in the second, the impressions of the first situation, when he awakened silent and mute, and with increased intensity. All these strange results are attested by Dr. Azan, who aided Dr. Mesnet in his investigations.

The intermittence of the memory in somnambulism is henceforth an established scientific fact, and is extremely important from the nature of the applications which it permits. Dr. Mesnet concludes that the transmission of magnetic domination is a solid fact, and can be communicated by the eye or the voice, either directly by the operator, even when a third person intervenes. He invited his colleagues one day to assist at a singular experiment; he undertook to act as telegraphic wire between a somnambulist, Alice, and a colleague; then he placed his left hand behind his back, and his right hand on the shoulder of the patient. The colleague stood behind the doctor, and asked several questions of the patient, she heard nothing, so could answer nothing. But when he touched the finger of the doctor's left hand—the girl being unable to perceive the contact—the communication secured all questions then to be heard, and were replied to; but the moment the contact was broken, silence the most abrupt and absolute, like the turning down of gas, ensued! For thirteen years Dr. Mesnet was observing and controlling that fact during his clinical lectures, and the patients were unconscious of their being experimented upon. The doctor candidly avows he cannot explain the matter. Fascination, according to Dr. Mesnet, has invariably for

origin an external influence acting upon the sight, and is distinguished from somnambulism, which is of spontaneous origin, save that induced by hypnotic causes. Fascination is not a special characteristic of man, as naturalists attest it is common among birds.

Darwin alludes to the male bird, by its gaudy plumage or its song, fascinating its mate. The hawk by its eye, as well as the vulture, while soaring in the air terrorises by their penetrating glance the small bird rendered motionless on the soil. It is by a like fascination that the serpent captures the frog. Dr. Mesnet explains that in a bull fight, the bull becomes hypnotised by the reflection of the red banners, and will raise or lower its head before the point of the sword destined to penetrate its spine. Fascination not only acts by man upon man, or by one animated being upon another, but an inanimate object in a state of movement, or shining brilliantly, will produce the same effect on a living being. Whoever has once crossed on horseback a river can recall this influence; never regard the flowing water, that is the siren which lures and attracts into the gulf; instead, fix the eyes on a tree on the opposite side of the bank, or even on the crupper of the saddle in front. It is the same fatal principle that intoxicates when we look down from the summit of a monument, or peep into an abyss. A railway station-master not many years ago came by his death owing to his facility of being fascinated by an approaching locomotive; the engine driver whistled, but the official stood on the rail, petrified, head leaning forward, as if in a state of contemplation; he was crushed, and before expiring he moaned that he could not understand how the accident occurred, as he neither saw, nor heard anything. After his death, the medical inquiry, instituted among the company's servants, established that the deceased would, after giving the signal for starting a train, become fascinated by its motion and the tail lights, he would run after and catch onto the luggage van till the guard pulled him in. And he never recollected the circumstance. Once when he went to visit the railway doctor he was discovered motionless, gazing fixedly at the brass plate on his door. On another occasion, he was fascinated by the sun's rays dancing on the window pane of a first-class carriage; he ran, entered the compartment, and was whisked on by the train. When he recovered, he could not account for his presence; so jumped out, fell into a ditch, unscathed, on the line, and took the first return train to Paris, stating that he was totally unaware of having left the platform. "Daltonism," or the confusing of colours, is a danger serious enough among railway signal men, but if station-masters become infatuated by locomotives and fascinated by carriage lamps and windows, that would be a new risk to railway travelling. Dr. Mesnet states that his work is only written for the profession, and his recorded observations are too momentous, and would open up vistas, that he declines to deal with.

Of personal fascination and its consequences, a striking illustration occurred a few weeks ago at Jouville-le-Pont, a suburb of Paris. A young woman complained that she was continually followed by an officer, who exercised a fascination upon her, so much so that she could not resist it. The officer, a sedate, married man, of upright character, protested against the charge, asserted that he did not know the girl, though he must have passed her every day, as he was engaged on his duty. He never looked or even spoke to the young woman, and could not comprehend the charge of "fascination." This incident recalls the notable trial that occurred some time ago in New York. One day a young man met an agreeable looking woman, aged twenty-five years, in Broadway; he stared at her, she grew pale, and her eyes closed. "Meet me to-morrow, here, at four o'clock." Then he disappeared. The next day she returned to the rendezvous indicated, and as she also did the days following. Uneasy at the repeatedly unusual absence of his wife, the husband on the occasion of her next going out, followed her; was present at her meeting with the strange man, and dogged them to an hotel. He horse-whipped the seducer, and led his wife home. She could not understand why her husband covered her with reproaches. All that he

charged her with was pure calumny; she appeared to speak so sincerely, and was so wounded by the upbraids, that the husband called in a doctor, who in turn requested to be assisted by a specialist in nervous diseases. They declared, that his wife was unconscious of the past. The husband sued the young man for making a criminal abuse of his magnetising power on his innocent spouse.

**HOW TO SLEEP.**

THAT the amount of sleep required by different individuals is decidedly different, has almost passed into an axiom. Persons who are very energetic naturally require a great deal of sleep, and children and young people who are growing require at least nine or ten hours of sleep. Invalids or people advanced in life should sleep as long as they can, as there is no restorer of tired Nature like sleep. To get a refreshing sleep the brain must cease to act. It would be curious to trace how many cases of irritability, or of functional diseases of the nerves, are due to lack of proper sleep. Little children should literally go to bed with the chickens. They should have an early supper at half-past five, and be put to bed directly after. This should be kept up till the child is seven or eight years old, when the bedtime hour may be changed from five o'clock till seven. A growing girl should certainly go to bed as early as eight o'clock. The old Norman law which commanded that all fires should be covered and lights put out at the ringing of the curfew bell, though looked upon as a tyrannical measure, was from a hygienic point of view, a wise one. Considerable harm has been done by arbitrary rules in the matter of sleep. The fact that Napoleon was able to exist with six hours' sleep, if it were true, proves nothing, but his exceptional endurance. It is said that General Grant once said that he could do nothing without nine hours' sleep.

There has been considerable discussion as to what is the best position in sleep. Most physicians will say you should lie on the right side, but no definite directions can be given. A weakness of the lungs may cause the sleeper to rest more comfortably on the left side. Again in depressing illness the patient usually lies flat on his back, and this position seems, in general, to contribute the greatest amount of rest of the muscles, yet few people would find it a comfortable one. A position which has been advocated with considerable show of reason, is that of lying partly on the face. Probably no healthful person sleeps altogether in either one of them, but varies his position during his resting hours.

The best bed coverings are light woollen blankets. The impervious cotton counterpanes so much used are the most unwholesome of any covering. A hair mattress is conceded now to be the very best bed, and a good hair bolster is the most wholesome head rest. Sleeping with a number of pillows under the head is certainly injurious, as it tends to raise the head into a cramped unnatural position. The fashion of double beds is one greatly to be deprecated, and two single beds placed side by side, are taking their place in many cases. So high an authority as the *Lancet* says, in discussing the question: "Nothing will so derange the nervous system of a person who is eliminative in nervous force as to lie all night in bed with another who is absorbent of nervous force. The latter will sleep soundly all night and arise refreshed in the morning, while the former will toss restlessly, and awake in the morning fretful, peevish, fainthearted, and discouraged. No two persons, no matter who they are, should habitually sleep together."

**CULTURE AND COOKING.**

Husband: "What stuff, this pudding is! Where did you get the recipe?"

Cultured Wife (calmly): "When speaking of directions for preparing foods you should say receipt. When referring to medical prescriptions you may, if you choose, use the term recipe, from the Latin *repipe*—take."

Husband: "I used the word correctly. This pudding was a dose."



## HANDKERCHIEFS AND DISEASE.

It is not fully appreciated by the public that the article we carry as an everyday and necessary part of our attire may become charged with elements of infection. If it were, there would be shown much more care in the use of the handkerchiefs and in their cleansing. Especially should this be the case in families of whom any member is troubled with a cold or an influenza. One person with a catarrhal affection may impart the trouble to an entire household. This fact should make it common practice to isolate the handkerchiefs of an individual who is affected by an "influenza." The handkerchiefs used by such a person, too, should be treated in the following manner: They should be placed under water, and there remain for, say, two or three days, then the water is to be heated—by pouring on boiling water—and when this is cool enough they may be washed, soap being used, of course. Another washing makes disinfection sure, and completely removes all stain and effect of nasal appropriation. Then rinse the handkerchiefs carefully in warm water, and if possible hang upon a line to dry in the open air. Let them remain out on the line over night. When handkerchiefs are treated in this manner, diseased matter is robbed of its danger, a fabric of delicate character spared the sacrifice occasioned by hard rubbing and washboard penalty, and the luxury of a soft, clean, and white appliance may be had for the suffering nose, which is liable to be for a time very sensitive from effects of "blowing and excoriation."

"AN eminent German professor recently tried an interesting and wonderful experiment. He caught a live herring; he took the fish home and placed it in a vat of salt water. Every morning he dipped from the vat a teaspoonful of salt water, and replaced it with an equal quantity of fresh, for the purpose of gradually accustoming the fish to live in fresh water instead of salt. The herring lived long under the change, and was happy without a grain of salt. Next the professor began to deprive the fish little by little of the fresh water element until the herring finally gambolled around in a perfectly dry tank. A great transformation had been accomplished, and he had a land herring at last. He then put the fish in a bird-cage, and the intelligent creature soon began to utter plaintive little cries, and gradually began to warble; but although the choicest food was given him, he did not seem to thrive, until the professor remembered that he had given him no water to drink, so he placed a dish of water in the cage and left the fish to drink at his leisure. Next morning a sad sight met the professor's gaze, the poor herring had fallen headforemost in the water and drowned."—*American Paper.*

## OUR OPEN COLUMN.

## CORRESPONDENTS' OPINIONS.

## HIGH HEELS.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Your letter from "Lady M." on the above subject, leads me to hope you will print this from me in your interesting journal, as I find myself in the proud position of having outdistanced her. I have

now a pair of button boots with heels that oblige me to walk like a ballet dancer when she rises on to the very tips of her toes. The heels are  $\frac{7}{8}$  ins., measured at the back, and I wear them for practice almost every evening, though I have not been out of the house in them. I hope soon to be able to walk gracefully in them, but I cannot do so yet. The additional height they give is a great improvement to my appearance.

I now wear 5 in. heels for morning and walking out, but for afternoon in the house, and for going out to parties, &c., 6 in. heels. In every case  $\frac{1}{2}$  ins. is inside in form of a Spanish sock. These heights I wear with perfect comfort, and without undue fatigue. I am able to walk two miles on the 5 in. heels without being really tired, which is more than most ladies can say who wear low heels. But for country wear I have some boots with only 4 in. heels, but I seldom wear them they are so uncomfortably low.

I have now worn high heels ever since I was a girl of sixteen, though not till eight years ago were they higher than 3 ins. Only since I was engaged were they ever higher than 4 ins., and only since I married have I had them over 5 ins., and the last year 6 ins. or over. Yet with all this experience of very high heels, I have never had bad corns, bunions, enlarged joints, or found them at all injurious, simply because I have always had boots and shoes to fit the foot, and heels placed in the proper place well under the foot.

I have had similar experiences with tight-lacing, and I am quite certain that if properly done neither practice is injurious, and both give pleasure to oneself and onlookers. They are decidedly on the increase in fashionable circles.—Yours, &c. MODERATION.

## CORPORAL PUNISHMENT.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—“R. H. Owen” need not, I should think, have any fear of being charged with an assault under the circumstances he names, but to make it perfectly clear, he might get his friend to put his request and instructions in writing. During a life of over sixty years, I have met with several holding similar views to those of his friend, but none with both the courage and opportunity to put them in practice. I am sure many will envy the man who has “R. H. Owen” for a friend.

I am sorry the correspondence of the FAMILY DOCTOR has been languishing of late and wish this question could be ventilated through its columns: viz. The efficiency or otherwise to deter from crime, minor offences, or misconduct of every description, of all kinds of punishments, whether adjudged by public or other authorities compulsorily, or submitted to voluntarily.

My own opinion is, the deterring effect depends on the remembrance of it being always present with the inclination to do evil, and that this result is best attained by frequent periodical repetitions of a small or moderate amount of punishment, rather than by inflicting a large amount at one time only, and that corporal punishment is the most natural, the most effective, more susceptible of being graduated to meet every case and liable to the fewest objections.—Yours, &c. SCHOOL TEACHER.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

991. A new or improved instrument for rectifying a pessary for retaining the uterus in position. FRANK WOOD HAYLAND, 53, Chancery-lane, London. Jan. 16th, 1894.

1003. Bi-focal lenses for the treatment of anisometropia. WALTER ANDERSON DISCEY, 3, New Bond-street, London. Jan. 17th, 1894.

1291. An improved ointment. JOHN NATHAN FRANCIS, 24, Winsley-road, Colchester. Jan. 20th, 1894.

1292. Improvements in elastic stockings, belts, bandages, or the like. JOHN HARRINGTON HAYWOOD, 323, High Holborn, London. Jan. 20th, 1894.

## Notes &amp; Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words “NOTES AND QUERIES” on the envelope.

## QUESTIONS.

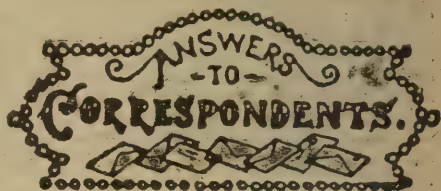
Will any reader of the FAMILY DOCTOR kindly inform me what is the precise meaning of the “Going on Circuit” ?—“W.B.”

## ANSWERS.

“A CONSTANT READER” will find the registers in the parish churches go back much farther than those at Somerset House. I have a copy of a baptism registered at St. Dunstan's in the West in 1760, of a marriage in 1765, and of a death in 1774.—“R.B.”

SUBLINE PORT.—Literally means, lofty gate. It is the principal entrance to the Seraglio at Constantinople, and is the place from which the imperial edicts are issued. As the official designation of the Turkish government its origin is found in the custom, still in vogue in some eastern towns, of making gateways the places for the administration of justice.

CHAUVINIST.—One who has an excess of, or an exaggerated, patriotism, or who advocates a spirited foreign policy, and shows a correspondingly narrow-minded opinion of foreign nations. It is a French word taken from M. Chauvin, a brave soldier under Napoleon I., and whose name has become synonymous for all passionate followers of Napoleon. A comedy called “Soldat Labourer,” in which Chauvin was a character, popularised the name for a time, and then a street ballad fixed the word in the French language, much in the same way as Jingo was, in London, a few years ago.



Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked “ADVICE GRATIS” over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand London, W.C.

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## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a Postal Order for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than Thursday, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on Friday. The answers to these will therefore appear in the issue of Saturday week following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## The “Family Doctor” Hospital Fund

Has already given large amounts to the following Hospital, &c.:-

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incura-
London Temperance Hos-	bles, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
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An Admirable Diet in Cases of Influenza. One Pound Contains More Nutritive than Four Pounds of Meat. As a Brain Food, Better even than Fish.

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See The British Medical Journal of 29th April, 1893, and The Lancet, 8th April, 1893, wherein this Food is highly commended.

“The FAMILY DOCTOR may be recommended as safe and useful in all Households.”—The People.



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St. Peter's Hospital.  
Evelina Hospital for Sick  
Children.

London Hospital.  
Charing Cross Hospital.  
St. Thomas's Hospital.  
City Orthopaedic Hospital

X.—We regret that we are unable to give you any assurance in this matter for so much depends upon the possibility of contact and actual conveyance. The merest touch of secretion is occasionally sufficient to produce an undesirable result. You must, therefore, wait until after the next period.

NEURO.—Undoubtedly you are nervous, but the question is how far this is functional, and how far organic. You should cultivate society and not cherish solitude, as you are apt to brood upon your own condition, a thing which is fatal to any curative treatment. So long as you cultivate a solitary life it is absolutely useless to take medicine. We do not think you require any medicine at all. Take a cold bath every morning, get plenty of active outdoor exercise, and keep the bowels freely open by means of a teaspoonful compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Eat plain food and do not work too hard.

VINDEX.—The best way to set your doubts at rest is to send a piece of linen containing the dried secretion to a specialist and have it microscopically examined. Send a stamped a dressel envelope, and we will advise you whom to send it to. There are sure to be a few fertile elements in it, which will be conclusive.

C. J. M.—You ought to find some change in a week if you observe our directions closely. At the end of that time send a stamped addressed envelope and we will advise you whom to see.

DAIRADIA.—There is no "quick, safe" way of arriving at this end. All alcoholic beverages tend to increase obesity. See reply to "Teetotal Barmaid."

HUGO.—Your stomach and liver are out of order. Take the following pill every day with dinner: Resin of podophyllin one-eighth of a grain, pill of colocynth and henbane two grains, compound rhubarb pill two grains. Eat your food slowly, drink only when the meal is finished, and rest for ten or fifteen minutes after each meal before you begin talking.

## THE CURE OF CONSUMPTION.

[130TH THOUSAND.]

The treatment promulgated by Dr. Alabone has been put to a crucial test in Miss Sharman's Orphan Homes, and is reported upon as follows:

"Dr. ALABONE, of Highbury, has for more than twelve years most successfully treated patients in my Orphan Homes, and many children who were pronounced to be in advanced Consumption by doctors attending the Homes, and some who have been patients at the Ventnor and Brompton Hospitals" (for Consumption) "have been cured by Dr. Alabone's treatment, and are now in good health and doing useful work."

Medical men and others whose opinions are of the greatest worth cordially give an opinion entirely in favour of this treatment.

Full particulars of the treatment and the details of a great number of cases pronounced incurable which have been cured, will be found in "THE CURE OF CONSUMPTION," BRONCHITIS, AND ASTHMA" (price 2s. 6d. post free of author), by EDWIN W. ALABONE M.D., Phil., U.S.A., F.R.M.S., late M.R.C.S. (Eng.), &c. Lynton House, Highbury Quadrant, Highbury, London, N. Besides which there is also a mass of information of vital importance to those suffering from chest disease.

**LEUCOL, OR INDIAN OIL,**  
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Sciatica, Lumbago, Neuralgia, Pains in the Joints.

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J. SELLERS, 57, Farringdon Road, London, E.C.  
Or from Chemists, Stores, &c.

WORRIED.—The only way to get rid of these troublesome creatures is by means of an injection applied locally. You should take a tablespoonful of salt, place it in a pint of infusion of quassia, and inject a third part or half of this three times a day as far into the bowel as you can. Be careful not to injure yourself in any way. At the same time you should be careful not to eat much vegetable food, but chiefly lean meat, biscuits, toast, or crust of bread. Take the following medicine: Liquor potasse one drachm, infusion of quassia to six ounces. One-sixth part three times a day.

VIATOR.—It is quite improbable that as you say the drum was given, &c., because the drum is merely a thin membrane dividing the internal ear from the outer atmosphere; vibrations from sounds affect the drum, which communicates the vibration to some fluid with which the nerves of hearing are in close connection, and the sense of hearing is perceived. It is highly probable that you may have perforation of one drum, in which case the hearing on that side would be more or less affected. We do not know of what operation you refer to. We, personally, should be very sorry to submit to any operation unless the result justified the means, and the result is always an unknown quantity. You had better leave well alone. We cannot advise efficiently because we have not seen the proper condition of affairs.

E. L.—It is not very easy to diagnose a skin affection accurately from such small information as you have supplied, but still if the skin be very dry we should advise you to use a little lanoline to the dry parts every night and morning. It is essential that you should refrain from taking beer and wines, though a little whisky will not be harmful. Avoid also all sweets, pastry, puddings, salt meals, &c., and take the following medicine: Sulphate of soda half a drachm, aromatic spirits of ammonia one drachm, tincture of cardamoms one drachm, chloroform water to six ounces. One-sixth part three times a day. If the bowels are at all obstinate, relieve them with a small dose of fruit salts.

NANCY TATE.—From your description we are inclined to think the disease is hereditary, in which case it would be inadvisable for you to marry until perfectly clear of the malady for at least eighteen months. The drugs which you say relieved you, point to a special kind of disease, and therefore on the strength of your assertion we have ventured to prescribe something similar. Take the following: Iodide of potassium half a drachm, aromatic spirits of ammonia one drachm, decoction of bark to six ounces. One-sixth part three times a day. If you find no improvement you had better write again in a fortnight.

SELVERT.—1. You had much better not, you will only be disappointed if you do. 2. Medicine is of no use to you. It will be necessary for you to undergo a course of local treatment at the hands of a skilled man. If you like to send a stamped addressed envelope, we shall be happy to tell you where to go. If, however, you cannot come to London for treatment, we are afraid we cannot promise the same solid satisfaction, as we otherwise could with a reasonable amount of security.

SPRUCE.—You will have to deal cautiously with the medicine as the dose is rather large, but you had better take it for another month, provided the gums do not become tender in the interval. Take care also, that the bowels are kept in good order, and that you do not indulge to excess either in stimulants or tobacco.

## FAILING EYESIGHT

Persons suffering from Defective Vision (particularly those who have been unable to get suitable glasses elsewhere), should consult Mr. Bluet, who has had thirty years' practical experience in making and adapting Spectacles for every form of Defective Eyesight, and for which he has received numerous unsolicited testimonials.

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8A, GREAT PORTLAND STREET, W.

[FOUR DOORS FROM OXFORD STREET.]

NERVOUS.—We are unable to gather from your letter whether or not there is any cause for the nervousness. You do not say whether you are male or female, what your age may be, nor whether your occupation and habits are such as to predispose you to nervousness. Until you send us these details, we should advise you to take the following mixture three times each day: Bromide of potassium twenty grains, carbonate of ammonia three grains, ammoniated tincture of valerian half a drachm, spirit of chloroform five minims, water to half an ounce.

A. STUART.—You had better keep on with the pill, but take the following medicine as well: Iodide of potassium one drachm, spirit of chloroform one drachm, decoction of bark to six ounces. One-sixth part twice a day, night and morning. You had better send a further report in another month or so.

G. B.—The third paragraph accounts for the whole of the difficulties, and the conditions require prompt and rigorous treatment at the hands of a physician. You had better make up your mind to undertake this, and if you wish to do so we shall be happy to advise you to whom to go, on receiving a stamped addressed envelope stating your desire.

A. SUFFERING ONE.—Add a tablespoonful of salt and a few quassia chips to a pint of hot water, allow the solution to stand for five minutes, strain, and use as an injection each morning. Take a tablespoonful of castor-oil the night before commencing. We shall be glad to hear the result.

W. G.—The symptoms would be accounted for by the presence of varicocele or a hernia, probably the former. You had better be examined by a surgeon at once, with a view to proper treatment. Supposing the trouble to be varicocele, a slight operation would cure it, while a hernia would necessitate the application of a properly fitting truss, and as there may be risk of strangulation, the sooner the diagnosis is made the better.

## Fresh Air and Exercise.

Get all that's possible of both, if in need of strength,



flesh and nerve force. There's need, too, of plenty of fat-food.

## Scott's Emulsion

of Cod Liver Oil builds up flesh and strength quicker than any other preparation known to science.

Scott's Emulsion is constantly effecting Cure of Consumption, Bronchitis and kindred diseases where other methods FAIL.

Prepared by Scott & Bowne, Ltd., London.  
Sold by all Chemists and Vendors of Medicine at 2/6 and 1/4.

"The Family Doctor will be found of great use in every Household."—Sponstan



# KOPS Non-Alcoholic KOPS KOPS ALE KOPS KOPS AND KOPS KOPS STOUT KOPS

Guaranteed Bittered from Hops ONLY.

— BRIGHT. —  
PURE. SPARKLING.

EVERYBODY SHOULD TRY IT.

Sales in London alone during last 9  
Months exceed 9,000,000 Bottles.

Write for Prices of Imperial Pints and Half-Pints  
(Screw-Stoppered Bottles).

Carriage Paid to all parts of the United Kingdom.

The Certificates of the following eminent Public Analysts prove that Kops Ale and Stout are two of the very best non-alcoholic beverages: OTTO HEHNER, Esq.; R. H. HARLAND, Esq.; JAMES HAYNES, Esq.

The Champion Cyclist of the World (A. A. ZIMMERMAN) writes:—"I think Kops Ale very adaptable for athletes. Have found it very refreshing after hard work."

THE FAMILY DOCTOR.—"Kops Ale as a non-alcoholic tonic and stimulant may challenge, for purity and health-giving properties, all the beverages of the world."

THE LANCET.—"Kops Ale is a carefully-brewed product, and affords an excellent and satisfying drink in hot weather, and while it contains all the tonic and refreshing qualities of beer, it can never be accused of stealing a march on the latellect."

DR. T. R. ALLINSON, L.E.C.P.—"The beverage will no doubt meet with approval from those who like a bitter drink. It is a good substitute for light English ales."

Innumerable Testimonials  
may be seen at the Brewery.

WHOLESALE OF DULY APPOINTED AGENTS,  
AND OF

**KOPS BREWERY, FULHAM.**

## EASIEWALK.



Having a system of our own, we  
Guarantee to Make a Perfect-  
fitting Boot, no matter how  
Difficult the Feet are to Fit.

Models taken in Plaster.

Private Rooms for  
Measuring.

Special Study  
made of  
Deformed and  
Children's Feet.

By Our System Corns & Bunions are Unknown.

Send for Descriptive Circular. Ladies and Gentlemen  
Waited upon by Appointment

**EASIEWALK, 249, SHAFTESBURY AVENUE,  
51, NEW OXFORD STREET.**

GEOFFEREY ALLEN.—You will have to overcome  
your objection to fats, including butter. Take  
toasted bread, more vegetable and meat with fat,  
including fat bacon, drink hot milk with toast for  
breakfast, and two pints of bitter ale per day. The  
hot water was a mistake for you, in spite of the  
temporary benefit. Each night and morning take  
one teaspoonful of salts dissolved in a wineglassful  
of hot water. Write us again in six weeks or so.

## EYESIGHT PRESERVED.

MR. AITCHISON, Oculist Optician,  
should be consulted in all cases of Defective Vision  
47. FLEET STREET, LONDON, E.C.

## CALVERT'S CARBOLIC TOOTH POWDER

NEWTON CRANE, Esq., late U.S. Consul, Manchester, says:—"Your Carbolic Tooth Powder is the BEST I EVER USED. In this opinion I am joined by all the members of my family." 3d. 1s. and 1s. 6d. Tins, at any Chemist's. Sample 1s. tin, post free in United Kingdom, for value in stamps sent to—  
F. C. CALVERT & Co., MANCHESTER.

SENEX.—We have no doubt that something could be done in this way, but the treatment would have to be local. Internal administration of drugs is of no use. If you care about undergoing treatment for it, send a stamped addressed envelope and we will advise you where to go. Have nothing to do with advertising agencies.

QUADRANT.—It is not easy for us to say what the nature of this enlargement is: if you cannot afford to go to a medical man privately, we should advise you to see a surgeon at one of the hospitals and let him ascertain the nature and fit, then follow his advice with regard to removal or otherwise. If you would rather see one privately send stamped addressed envelope.

NISBET.—There is nothing the matter with you but a little constipation. Take plenty of active outdoor exercise and a teaspoonful of compound liquorice powder every night, followed the next morning by a mild dose of aperient fruit salts.

F. C.—You can get the palatinoids of any good chemist. They are sold in tubes, but we do not know the price. Take them as directed. You should have more rest, but as you have not stated whether your occupation is sedentary or not, we are unable to say whether—considering your long hours of work—the dumb-bell exercise would be beneficial or not.

ANATOMY.—If you are acquainted with the science indicated by your *nom de plume*, you must be aware that the meagre details given are quite insufficient to enable us to diagnose the condition or the cause of it. You had far better show the sores to a medical man, who will be able to form an opinion at once.

S. R. W. K.—See reply to "Twenty-two."

SIGNALS.—It is as yet much too early to expect recovery in your case. Five or six months hence would be quite soon enough to express impatience, and you will do well to go steadily on with the medicine already prescribed for you. Write us again in eight weeks, giving a report as accurately as possible of the state of things at that time.

TEETOTAL BARMAID.—1. It is pretty clear that your occupation does not agree with your health. Long standing in a poorly ventilated room, with an excessive temperature at night is about the worst thing possible for you. You require more rest and a daily regular allowance of exercise in the fresh air. You must not expect that going without food will help you in any way—the contrary is the fact. Take small quantities of easily digested food (including six ounces of mutton or beef per day) at regular hours, eating very slowly and only drinking when the solid parts of the meal are swallowed. For a fortnight take the following: Subnitrate of bismuth twelve grains, mucilage half a drachm, nepenthe ten minims, glycerine twenty minims, bithu infusion to half an ounce. Ten minutes after each meal. After that time, take a bipalatinoid of carbonate of iron with each meal instead. Take care that the bowels are kept in good order. 2. (Amy). By no means can we recommend arsenic for the purpose named. Let the diet consist of eight ounces of lean meat per day, with plenty of green vegetable, and eight to twelve ounces of toasted stale bread. Weak tea with little milk, no sugar or butter, and, of course, no pastry. We shall be glad to know the result in a month, care being taken that the weight is taken in clothes weighing about the same, both at the beginning and end of the time.

## GENERAL DEPRESSION.



"Those of our readers who are afflicted with liver troubles and suffer from their irritating and depressing effect on the temperament should try

**ENO'S 'FRUIT SALT'**

It is especially commendable for this purpose, but it will also be found useful for other ordinary ailments, particularly when they result from over-eating or undue excitement."

—Science Siftings.

## ENO'S "FRUIT SALT"

Assists the functions of the LIVER, BOWELS, SKIN, and KIDNEYS by Natural Means; thus the Blood is freed from POISONOUS or other HURTFUL MATTERS. It is impossible to overstate its great value. THERE IS NO DOUBT that, where it has been taken in the earliest stages of a disease, it has, in innumerable instances, PREVENTED a SEVERE illness. Without such a simple precaution, the JEOPARDY OF LIFE is IMMENSELY INCREASED.

### Headache and Disordered Stomach.

"After suffering two and a half years from severe headache and disordered stomach, and after trying almost everything without any benefit, I was recommended to try ENO'S 'FRUIT SALT', and before I had finished one bottle I found it doing me a great deal of good, and am restored to my usual health. And others I know that have tried it have not enjoyed such good health for years.—Yours most truly, ROBERT HUMPHREYS, Post Office, Barrasford."

ONLY TRUTH CAN GIVE TRUE REPUTATION. ONLY REALITY

CAN BE OF REAL PROFIT.

THE SECRET OF SUCCESS.—Sterling Honesty of Purpose. Without it Life is a Sham.

CAUTION.—Examine each bottle, and see the capsule is marked ENO'S "FRUIT SALT," without it you have been imposed on by a worthless imitation. Sold by all chemists. Prepared only at—

Eno's "Fruit Salt" Works, London, S.E.,

BY J. C. ENO'S PATENT.

J. C. C.—1. You have probably ruptured some fibres of a muscle, which only time and and absolute rest will heal. 2. This will not mitigate against your having children.

# Rowntree's "Elect" Cocoa.

PURITY, STRENGTH, FLAVOUR.

6d. and larger tins.

The Cocoa Works, York, England.



## A BLESSING TO MOTHERS.

No more poisoning of Infants.

Mrs. JOHNSON'S  
AMERICAN

SOOTHING  
SYRUP,

Rubbed on the Gums, prevents all Pain in Cutting the Teeth.

CONSEQUENTLY CONVULSIONS AND OTHER TROUBLES ARE ABSOLUTELY AVOIDED.

Price 1s. 1d. and 2s. 9d.

SOLD BY ALL DEALERS. WHOLESALE—BARLOW & SONS, LTD., 95, FARRINGTON ST., LONDON



# PURE-BREWED Vinegar



**A FOOD.**

AN EMBROICATION. AN ANTISEPTIC

## R. & N. POTT.

GUARANTEE AS TO PURITY

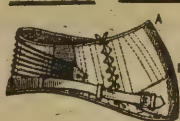
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ALL CASKS, BOTTLES, AND INVOICES.

Established 1641, over 250 Years.

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LONDON, S.E.

### Keep your Figure



By using the  
**FIFE BELT**

before and after  
Confinement

and for general support.

BEST MAKE & FINISH—as block.

Measurement required: Diameter at ABC

Forwarded free on receipt of P.O. for 13/- to

HOCKIN, WILSON & Co.,

13 to 16, New Inn Yard,

188a, Tottenham Court Rd., London, W.

ANON.—1. The diet is a very fair one, and as far as we can see, needs very little improvement—if any. 2. Frame Food occasionally, and Bovril frequently, both as food and stimulant, we can recommend with every confidence. 3. The nitrogenous elements, but you must exercise caution lest you exceed the quantity physiologically necessary. 4. No. We advise you to keep clear of that and all other so-called "cures." 5. Take a breakfastcupful of hot water before rising every morning. 6. Certainly, follow the advice quoted, in every particular. 7. There is at certain periods of life always a tendency to that "state of things," but the tendency is exaggerated when the patient has been guilty of indulgence in the manner mentioned. 8. No. Leave the supposed iron tonic alone. If you meddle too much with the medicines, you will live to regret it. 9. What for? See answer to question 8. We should advise you to take no medicine whatever for the present, but to stick to the directions quoted in your letter. We may add that we think you must have understood what your doctor told you about your heart, for though rheumatic fever often causes heart complications, it is not usual to develop a "fatty heart" at the early age named.

J. E. (1 pool).—This black spot will disappear in time if you leave the place quite alone, and do not apply anything to it. The chances are your hair is getting gray because you are predisposed to it.

SKIN.—You must simply wash the face night and morning with hot and cold water, and plenty of soap. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Do not apply anything to the face. The disease will not disappear immediately, but will do so gradually if you are careful to use washing gloves. Your diet must be light and nutritious. Take the following: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part twice a day between meals.

WEARY OF LIFE.—You will soon be all right if you prevent yourself sleeping on your back by means of a cotton reel tied in contact with the back by means of a piece of tape tied round the waist. Keep the bowels freely open by taking a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. Take also a teaspoonful of Parrish's food three times a day immediately after meals.

W. G.—This discharge is not due to cold, but to a natural method of relief which is not at all uncommon in such cases. In fact, we are doubtful about the advisability of actually stopping it, at any rate, by local measures. If you like to take some Scott's Emulsion it will both strengthen and relieve you. Eat well.

NEMO.—The swelling and coldness of the feet is due to your having varicose veins. The other symptoms are also indications of debility. We should advise you to keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime and followed the next morning by a mild dose of aperient fruit salts. For your general condition we should advise you to take a teaspoonful of Parrish's food three times a day immediately after meals.

IGNORAMUS.—We are not aware that there are any marks either on the hand or face which of themselves indicate either strength or weakness.

AUGUSTUS.—We do not keep correspondence, and you have neglected to mention what was the matter. Owing to the number of correspondents, it is impossible without reference or reminder to bear in mind all their numerous complaints. We are sorry to give you so much trouble, but the circumstances of the case necessitate it.

GILBERT B. (1 pool).—As it is impossible to diagnose the condition of your eye without examination, we should strongly advise you to consult one of the surgeons at the Eye Institution without delay. The matter is certainly important, and further waste of time may make it serious.

ANXIOUS.—1. The operation is comparatively free from danger, and the proper position would be recovered at once. The eye might need to be bandaged up for a few days. 2. The Moorfields Ophthalmic Hospital is one of the best in the world.

"To breathe 'Sanitas' is to breathe Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
AND ALL  
Lung and Throat Affections.

DIRECTION:  
INHALE and FUMIGATE with "SANITAS OIL."

PAMPHLETS FREE ON APPLICATION.  
THE SANITAS Co., Ltd., Bethnal Green, London, E.

"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.

Fumigators, 3s. 6d. each.

"Sanitas" Eucalyptus Disinfectors, 1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

CHARLES SAMUELS.—We are unable to say what can be the cause of this state of affairs without making an examination for ourselves. The best thing you can do is to go and see a doctor.

DOWNHEARTED.—If you desire to have "The Physician," by all means send the money for it. You ought to take plenty of exercise, and have a cold bath every morning. Do not eat much bread, potatoes, cheese, and other things likely to cause constipation. Eat lean meat and green vegetables, and take the following medicine: Sulphate of magnesia three drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part three times a day.

DEMOTHEENES.—1. Shave every day, and each night apply an ointment containing twenty drops of blistering fluid to an ounce of boracic ointment, cease the application for a day or two when soreness comes on, then go on as before. 2. This languor is one of the results of the old habit, and will persist until the local hyperesthesia (irritability) has been cured. Take a teaspoonful of Fellow's syrup of the hypophosphites in water three times a day. 3. Take fat meat, much butter and milk, a fair proportion of bread and potato, and when salad are in season use as much oil as may be palatable. The medicine ordered (No. 2) will help you. 4. Keep on with the bromide, and have patience.

NERVOUS.—1. Indigestion is probably the cause of your trouble. Eat your food very slowly and follow carefully the directions given to "Tactotal Barnmaid," (1), including the medicine prescribed for that case. 2. The absence of the ordinary tendency is not very rare. We are acquainted with a single family in which five married female members show the same sort of characteristic inaptitude. Time may help you in the matter, but we very much doubt whether medicine of any kind would, and we, therefore, do not prescribe any for the case. Avoid drugs advertised to do what you wish. They are nearly all poisons.

JANE.—We are sorry you have not restated your case, as it is impossible to preserve our correspondents' old letters, and among so many, we naturally are unable to remember individual details. You had better keep on with the liniment for the present, and write again at once, giving us all particulars, as before.

TWENTY-TWO.—If you like to send a stamped addressed envelope, we can recommend you some one to go to. No specialist will see you under a guinea.

THE GUARANTEED  
PRODUCT OF

## PRIME OX BEEF.

**BOVRIL GIVES STRENGTH.**

And STRENGTH is precisely what is wanted; STRENGTH to resist the insidious approach of the Epidemic; STRENGTH to throw off an attack in its incipient stage; or where, from want of precaution, it has already obtained a firm hold, STRENGTH to carry the patient through it to a speedy convalescence and recovery.

# BOVRIL

FORTIFIES THE  
SYSTEM AGAINST

## INFLUENZA, COLDS, & CHILLS.

DOUGLAS LITHGOW, M.D., LL.D., M.R.C.P., &c., &c.,

27a, Lowndes Street, S.W., 7th June, 1892.

"With regard to Bovril, I cannot speak too highly, believing as I do, after much experience, that it is superior to any other similar preparation in the market, in point of nutritive value and delicacy of flavouring. I may just add that I prescribed it exclusively during the recent epidemic of severity, and with every possible complication, I did not lose a single case."

## BOVRIL, LIMITED, FOOD SPECIALISTS, LONDON, E.C.

"The FAMILY DOCTOR conveys to its readers much Useful Information."—The Graphic.



# WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

AN IDEAL BEVERAGE FOR FAMILY  
USE. STRONGLY RECOMMENDED BY  
THE HIGHEST MEDICAL AUTHORITY.

**SEE MEDICAL TESTIMONY  
AND ANALYSIS.**

ORDER TRIAL SAMPLE CASE FROM  
YOUR GROCER OR WINE MERCHANT.

**BE SURE AND OBTAIN WHEATLEY'S,**

OR WRITE DIRECT TO

**WHEATLEY & BATES**  
(LIMITED),

**SHEFFIELD,**

Who will have pleasure in sending Pamphlets  
and Particulars, post free.

**OLD SHIRTS** REFITTED, Irish Linen, 2s; or very  
best Irish linen returned free, ready  
to wear, 2s. 6d. Sample Shirt, for Dress or ordinary  
wear, post free, 2s. 9d., 3s. 9d., 4s. 9d., 5s. 9d., or 6s. 9d.  
Twilled Night Shirts from 2s. 11d. **LINEN COLLARS,**  
**CUFFS.** Collars, exact to own pattern, 2s. 9d. 1/2 doz.,  
post free, **IRISH CAMBRIO HANDKERCHIEFS,**  
Ladies', Gents' and Chil- **IRISH SOX,** Hand Knit  
dren's in all qualities. Warm, durable, comfortable, 2 pairs Men's  
size sent post free, 2s. 6d. Knicker Hose, 2 pairs free,  
3s. 9d., 4s. 9d., 5s. 9d., 6s. 9d., 7s. 9d. **WOOL PANTS** and  
and **VESTS** are now very cheap. Price Lists and  
Patterns, sent free to any part, of Irish Linen Goods,  
from cheapest to finest qualities, for Household or  
Family use.

**B. & E. M'HUGH & CO., LTD., BELFAST.**

**BOON TO MOTHERS.**—Invaluable for use in the  
nursery, and for children attending school. An in-  
fallible preparation for thoroughly cleansing child-  
ren's heads from all impurities. **COLLIER'S ANTI-  
PEDICULAR HAIR LOTION** destroys all nits and  
parasites in children's heads by one application, and  
the itching and irritation immediately cured. Agree-  
ably perfumed and quite harmless, and its use only  
once or twice a week removes everything objection-  
able, nourishing and strengthening the hair. Adults  
will find it a very efficacious and agreeable wash.  
Ask for **COLLIER'S ANTI-PEDICULAR HAIR  
LOTION**; it is the best. Sold in bottles at 6d. and 1s.,  
or double size for 1s. 9d.—Depot: **SUTTON & CO., 76,  
CHISWELL-STREET, E.** Ask your Chemist to get  
it; or free by post for 9 or 16 stamps from **EDWARD  
HILL, Chemist, NEWBURY.**

## TO THE AFFLICTED.

FOR 28 stamps, a sufficient supply of Lady St. John's Samaritan  
Salve to cure any ordinary cases of Bad Legs, Bad Breasts,  
Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas,  
Burns, Piles, & Skin Diseases.—J. QUEMBY, 324, Wands-  
worth-road, London. Trial Box, 9 stamps. All Chemists.

## ECZEMA.

SIR.—After TEN YEARS suffering and irritation  
your "VELVETA" has cured my leg. It has been  
worth **TWENTY POUNDS** to me.—**JOHN  
JARVIS FOVANT.**

"VELVETA," a beautiful Cream for Eczema, and  
all roughness of the skin. 13d., or by post 16  
stamps from **E. J. ORCHARD, Chemist, Salisbury.**  
Please mention this paper.

**W. CHANDLER.**—We think your troubles are due to  
indigestion, and the useful drug you name would  
not be of any service for that trouble. Take the  
following, half an hour after each meal: Carbonate  
of ammonia three grains, sulphate of soda one  
drachm, spirit of chloroform five drops, bitter infu-  
sion half an ounce. Eat your food slowly, and give  
up stimulants and tobacco.

**DEPRESSED (Bristol).**—You have no occasion for  
alarm. The condition named is not unnatural, and  
is in fact the best thing that could happen under  
the circumstances. Take the following medicine  
night and morning: Ammoniated tincture of  
valerian half a drachm, bromide of potassium  
fifteen grains, tincture of nux vomica five minims,  
water to half an ounce.

**JUNO.**—1. The probabilities are that your brother has  
an enlarged prostate, for which the only sensible  
treatment is that by electrolysis. He may try the  
effect of the following: Bicarbonate of potash  
twenty grains, sulphate of magnesia half a drachm,  
tincture of henbane half a drachm, tincture of  
gentian twenty minims, water to half an ounce  
(three times a day after food). 2. There is no reason  
why he should not learn to pass a catheter with  
safety himself.

**AN ANXIOUS PARENT.**—Give the baby two grains of  
grey powder with two grains of light carbonate of  
magnesia every alternate day for a month. Bathe  
the affected parts daily with hot water, containing  
one teaspoonful of carbonate of soda to each quart  
of water, and use the following ointment regularly  
after drying: Oxide of zinc two drachms, red  
oxide of mercury four grains, Wright's detergent  
solution ten minims, vaseline two ounces. Let the  
patient wear linen next the skin, and do not allow  
the parts to be rubbed in any way.

**A VICTIM.**—We are sorry to hear that you think  
doctors have no conscience. You evidently are  
unaware of the amount of gratuitous work quietly  
done by nearly every medical man. A hue and cry  
is always raised for the nearest doctor in cases of  
urgency, or imagined urgency, but directly the  
danger is over the doctor is forgotten. Medical  
men's charges vary according to the distance gone  
over, the income of the patient, and the status of  
the medical man.

**A. D. X.**—There is no cure for this condition. Either  
you misinterpreted the *Strand Magazine*, or that  
magazine was in error.

**MANUS.**—The causes are constitutional, and can only  
be altered by a complete change of environment  
and climate. It is useless to take medicine for this  
unless you can continue to do so for some months,  
and in that case we should advise Blaud's pills  
three grains, containing one-sixtieth grain arseni-  
ous acid. Take one three times a day immediately  
after meals.

**QUEN.**—If there is any absolute deformity you had  
better see one of the surgeons to one of the hospitals  
there. We do not know of any specialist there in  
this particular line.

**W. H.**—We should advise you to put some carbolic  
acid into a bronchitis kettle, and keep the children  
in one room if it is severe. You have not stated  
how long they have had it. The other children  
must be isolated and kept out of the way, that is  
the only way to prevent their getting it. Some-  
times bromide of potassium, or belladonna, or alum  
is beneficial, but the children will have to be  
watched while they are taking these drugs, so you  
had better let a doctor see them if you have not  
done so already, and if you have, you will not need  
advice from us.

**TIGHTNESS.**—1. Thank you for replies. The cause is  
indigestion. 2. Reduce proportion of meat, beans,  
and peas. Eat your food slowly, drink only after  
meals. Take a teaspoonful of Epsom salts in half  
an ounce of peppermint water night and morning.  
3. Observe these precautions and continue the  
treatment.

**MISERABLE.**—1. The urine is evidently strongly acid.  
Take twenty grains of bicarbonate of potash in half  
an ounce of peppermint water three times a day  
between meals. Keep the bowels acting regularly,  
avoid coffee, sweets (including sugar), and stimu-  
lants. 2. Use one drachm of boric acid dissolved  
in a pint of hot water as a lotion three times a day.  
3. Without further details we are unable to say  
what the cause of this may be, and are, therefore,  
unable to suggest a treatment.

**GLASWEGIAN.**—1. Not at all uncommon. Nothing to  
fear (from the frequency mentioned). 2. Once or  
twice a week. 3. Go on with the shower bath by  
all means. Your friends are wrong.

**JAMES BEIRNE.**—If you can come to London to be  
properly treated, well and good, but yours is not a  
case which is likely to be benefited by letter. You  
are evidently very nervous, rather fanatical, and  
generally neurotic.

**A. F.**—It seems to us that you are suffering from  
stone, either in the kidney or bladder, but probably  
in the former. Under these circumstances we think  
it far better for you to put yourself under the care  
of a good medical man who can watch and advise  
you according to your changing conditions of  
health. You should avoid all sweets, pastry, cheese,  
much sugar, though there is no harm in your eating  
fresh fruit. For the present, we should advise the  
following medicine: Bicarbonate of potassium two  
drachms, aromatic spirit of ammonia one drachm,  
infusion of gentian to six ounces. One-sixth part  
three times a day.

**DONALD.**—We are inclined to think this is an un-  
cured condition left from your last attack. It will require  
local treatment. Send us a stamped addressed  
envelope, and we will advise you a surgeon to go to.  
It is the only way. You may take medicine for the  
rest of your natural life without benefit.

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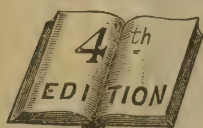
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**P. BUTTON.**—If you are naturally descended from a lean stock, and have a good many household cares and anxieties, it is not surprising that you cannot get fat. You ought to get plenty of fresh air and exercise, and plenty of good nourishing foods, especially milk, and be careful to keep the bowels freely open. We should advise you to take a teaspoonful of Scott's emulsion of cod-liver oil with hypophosphites three times a day immediately after your meals. You do not say whether you suffer from indigestion or not.

**FAMILY.**—We are at a loss to know how to advise you inasmuch as you have omitted to state what your daily occupation is. You should take plenty of active outdoor exercise, and keep the bowels freely open by means of a compound rhubarb pill at bedtime followed by a seidlitz or some other saline aperient in the morning. Your diet should be exceedingly plain and free from fat, mixed dishes, and much farinaceous food. Take a glass of burgundy twice a day, and the following medicine: Dilute nitric acid one drachm, sulphate of quinine three grains, chloroform water to six ounces. One-sixth part three times a day immediately after meals.

**READER OF "FAMILY DOCTOR."**—You appear to be suffering from some congestion of the liver and prostate gland. Both of these can be much relieved if you are careful to take plenty of exercise and to keep the bowels freely open. With this object we should advise you to take the following pill every night: Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain, to make one pill, to be taken every night, followed the next morning by a seidlitz powder or dose of mild fruitsalts. Take also the following medicine: Acid tartrate of potash two drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals. Avoid beer, wines, and spirits.

**MARGUERITE.**—Try the inhalation of Karswood creosote (Hughes, Manchester). Take also one drachm of sulphate of soda, night and morning in a wineglassful of hot water. Eat your food slowly, and avoid sugar and all sweets.

**MENDELSSOHN.**—Take of dilute solution of acetate of lead half a drachm, glycerine one drachm, distilled water six and a half drachms. Fifteen drops of this should be added to four tablespoonfuls of warm water and use with a syringe twice a day for a month. Keep the bowels free, and wear a piece of cotton-wool in the ear during the day.

**F. A. H.**—You take too much cocoa and too much sugar. Cut down both, and take more green vegetable. Take also sulphate of magnesia half a drachm, spirits of chloroform five drops, tincture of gentian half a drachm in half an ounce of camphor water an hour after each meal. Always use hot water for washing purposes (with some good soap, such as vinolia or terebene), and bathe the offending member night and morning with a lotion containing one teaspoonful of vinegar in two tablespoonfuls of water. There is no reason why you should not use the douche.

**M. W.**—The treatment of housemaid's knee resolves itself into perfect rest to the knee, the application of blisters or iodine ointment, and careful bandaging. It is the kneeling continually that causes it, hence this practice must be discontinued. You had better send for the doctor, and do not allow her to do any more scrubbing.

**W. N. L.**—Both the excessive perspiration and the other matter are significant of your being in bad health. You must get plenty of fresh air and exercise, eat plenty of good nourishing food, keep the bowels freely open, and avoid late hours, or, if you go to bed late you must get up late, take plenty of rest. Medicinally, we should advise you to take the following pills (one three times a day for three or four months at least): arsenious acid one-sixtieth grain, Bland's pill three grains, to make one pill. One to be taken three times a day immediately after meals. Drink a little burgundy with your dinner and supper.

**BENNETT.**—We do not think that the result of your taking glycerine continually in this way would be particularly beneficial, unless you are suffering from emaciation. Glycerine is a body which in combination with fatty acids constitutes fat. It is composed of carbon, hydrogen, and oxygen, and has the formula  $C_3H_5O_2$ .

**W. L. ASHWELL.**—You are undoubtedly a sufferer from "liver." You ought to take a great deal more exercise, and a little burgundy with your meals. Take a pill every night consisting of blue pill, powdered rhubarb, and sulphate of quinine, one grain each, and follow up the next morning with a wineglassful of Carlsbad or Freiderichshall water. Do not eat anything likely to cause obstruction in the bowels—such as cheese. You are better also without sweets and pastry. Take the following medicine: Acid tartrate of potash three drachms, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

**J. COPEFIELD.**—1. If there be nothing to the contrary in the time mentioned, we do not think there will be anything wrong in your doing so. 2. Leave those books well alone, not only now, but altogether. 3. Take twenty grains of bromide of potassium each night at bedtime (in a little water); do not sleep on your back. As soon as you wake in the morning get out of bed to empty the bladder. Keep the bowels free; take plenty of exercise, and cease to worry yourself unnecessarily. 4. There is no objection that we know of to your marrying a lady three years older than yourself. 5. Some treatment may possibly be necessary, but you must not place yourself in the hands of advertisers. If there be any other question, write us again.

**CHARTERS.**—You must give up stimulants altogether, take a teaspoonful of Epsom salts in hot water every morning before rising, eat your food slowly and walk at least six miles every day. Take also one teaspoonful of syrup of iodide of iron after dinner and supper each day. The lumps ought to disappear by-and-by.

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No. 468.—VOL. XVIII. SATURDAY, FEBRUARY 17, 1894.

PRICE ONE PENNY.

**STREET**  
**ACCIDENTS.**

*Written and Illustrated*

*by*  
**D<sup>r</sup> C. W. Hogarth.**

**PART II**



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CONTENTS.

PAGE.	PAGE
Street Accidents (Illustrated) .. 385	A Beautiful Complexion .. 392
Editorials .. 386	The Temperance Column .. 392
Street Accidents .. 387	How to Get Well .. 392
Digestion and Indigestion .. 387	Is Ice-cream a Form of Milk? .. 393
The Coucha Necessity .. 388	Bland's Pills, and Other Ways of Administering Iron .. 394
The Position of Nurses .. 389	Recent Patents .. 394
The Soldiers' Foot .. 389	Our Open Column .. 394
A Country Luxury .. 389	Notes and Queries .. 394
Specialties .. 389	Answers to Correspondents .. 394
Recipes for the Table .. 390	
Household Hints .. 390	
The Mother's Page .. 391	
An Effective Remedy .. 392	

EDITORIALS.

THE FAMILY DOCTOR has made such rapid strides into Popular Favour during the Past Year that we have decided to

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THE shortness of life among the highly educated natives has been attracting a considerable amount of attention in India, says Mr. W. H. Wilkins in the *Humanitarian*. There is a general tendency to put it down merely to their neglecting physical exercise for their studies. But that is not enough. Scotch students do the same, but their physique is not impaired. The Hindoo, however, in some respects presents a marked contrast to the Briton. Up to the age of nineteen, he is precocious, and shows himself on all points intellectually in advance of Englishmen at the same age. After twenty, however, the advantage disappears, and the final test of the Civil Service examination, according to the present arrangement of age limits, comes at a time when, in the native, relative decadence has taken the place of marked superiority. Longevity and precocity cannot go together, and there is no doubt that the men in India, whose lives are most valuable to the community, die in the period of seed time and promise. Another potent cause is the early marriage of boy-students. Many marry before they take their University degrees, and, if intellectual parents be so young, it is not likely that the intellectual class of the succeeding generation will be physically strong.

MICROBES IN THE ART OF WAR.—A French naval surgeon, Dr. Le Dantec, has examined the arrow-poison used by the natives of New Hebrides. The results of his investigation have been published in the "Annales de l'Institut Pasteur." The New Hebrideans employ for this purpose earth from marshy places; it contains both the septic vibrio and the tetanus bacillus. From experiments on animals, it was found that when the poison was old they died from tetanus; when fresh, from septicæmia. In the case of man, tetanus has always been observed. The practical outcome of all this is: Wounds inflicted by poisoned arrows should be treated with every antiseptic precaution, and freely enlarged, if necessary, so as to remove all foreign bodies. The observations of Dr. Le Dantec are against the equine theory of tetanus, for there never have been horses in the New Hebrides. The author also draws attention to the fact that the Pacific Island savages were the first, and probably the only ones, to make use of "microbes in the art of war."

HOW THE BEE SEES.—We are so used to regarding the world around us from the standpoint of our own sight that it is hard to realise that to other creatures, far outnumbering us, and, perhaps, quite as important in the economy of Nature, it must look quite different. The honey bee, for example, is supplied with a pair of compound eyes with hundreds of facets, each capable of sight by itself, and several ocelli or little, simple eyes more closely allied to our own. How these eyes are used, what are the separate functions, what sort of images they can present to their owners, all remain questions as interesting and well-nigh unsolved as they were before the days of our powerful microscopes. Notwithstanding the fact that hundreds of entomologists have been and are interested in this subject, we yet are only at the stage where we can affirm that the honey bee sees a very different flower from the one in which we observe her in search for sweets, although of what that difference is, and how it is produced, we can form but little idea.

MR. PEDLEY, dental surgeon, has presented an interesting report to the London County Council on the examination of the teeth of the boys in the Industrial School at Feltham. One of the recommendations he makes is "that a tooth brush and a simple tooth-powder be provided for each boy, and that a tooth-brush drill after the last meal of the day be instituted." This would undoubtedly, says a contemporary, form a useful though unattractive exercise, and

A SPOTLESS COMPLEXION.—Sulpholine Lotion clears off Pimples, Blemishes, Irritating Objectionable Appearances, Redness, Uncomfortable Skin Disfigurements, leaving a beautiful skin. Shilling Bottles of Sulpholine everywhere.—[ADVT.]

would, at all events, give the boys such familiarity with toilet amenities as would prevent them repeating the blunder of the servant who, when sent upstairs to inform a guest that dinner was about to be served, returned and said to the mistress of the house, "It isn't necessary, mum, to tell him it's near dinner-time. He knows it well enough. I looked into his room and saw him busy sharpening his teeth." The use of a tooth-brush in youth will aid the avoidance of similar mistakes in future, as well as tend to increase the health of the boys and girls themselves. Mr. Pedley is justified in calling attention to the necessity of more dental supervision than seems at present to prevail in many public institutions for the education of children.

THE largest apes have only sixteen ounces of brain; the lowest men have thirty-nine.

THE Chinese distort the feet of their women to keep them at home. For the same reason the Venetians formerly compelled their women when abroad to wear clogs of such size and shape that walking was made extremely difficult, and as little of it as possible was done.

DIRT AND DISEASE.—Dirt and disease are almost synonymous terms, they so frequently coexist and are productive of each other. For this reason cleanliness of person is a cardinal principle that is never to be lost sight of by the physician or his parent, the medical student. Neglect of these all-important duties should consign the individual to the hades of ostracism.

THE *Official Gazette* of Pekin published six columns in a recent issue, in which were enumerated the emoluments and honours conferred on the 423 physicians who attended the emperor's mother in her recent serious illness. The *Gazette* protests against the doings of the Buddhist priests, who, during her illness, were continually denouncing the locomotives, to whose smoke and whistling they ascribed the illness.

PAIN.—Pain without fever, says a prominent physician, may be very severe and may cause much suffering, but in acute attacks it is not dangerous. "If you had this amount of pain that you complain of," he said to a patient who had hastily summoned him, "in any inflammatory disease, you would be in a raging fever; if you have no fever you need never worry." Most serious illnesses are preceded by a chill. This is a symptom which should never be disregarded, and it is always safest to put a child to bed and stop its food. Warmth and dieting will be found to be the best remedy for any ordinary indisposition, while for the beginning of any serious trouble it is often the only thing that can be done until the disease declares itself.

DECAYED TEETH.—Just what effect upon the stomach is produced by the constant swallowing of bacteria and pus from diseased teeth, mingled with decomposing particles of food, we are unable to determine, but it is reasonable to suppose that gastric disturbances are greatly aggravated if not induced by so doing. In every community there are those who are enthusiasts on the subject of pure air and wholesome food, but whose mouths are in such a neglected condition that the air which passes through them is almost as polluted as that of a crowded tenement, and every mouthful of food swallowed carries with it into the stomach millions of bacteria. The almost entire futility of sterilising articles of diet for patient in whose mouth abscesses exist, or who teeth are covered with tartar mixed with mucus and food in a state of decomposition, need hardly be mentioned.

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Restores the Colour.      Renews the Growth.  
Arrests the Fall.      Cleanses the Scalp.  
—ADVT.



[SPECIAL ARTICLE.]

## STREET ACCIDENTS.

Written &amp; Illustrated by DR. C. W. HOGARTH.

(See Frontispiece.)

It was a saying of Cato the Elder, "Those magistrates who can prevent crime and who do not, in effect encourage it."

*Plut. Reg. et Imp. Apoph. Cat. Moj. 5.*

## PART II.

SEVERAL fractures are shown in the illustration as well as the method by which they are caused. A broken collar-bone, such as the one depicted in the top left-hand figure marked (Z) is generally caused by a fall on the point of the shoulder, but may be caused by direct violence as from a blow, but this is an uncommon cause. Broken collar-bones are met with great frequency, and may generally be detected by the loss of continuity in the line of the bone, and by total inability to raise the arm above the shoulder. One word here about the method of examining any bone to discover a supposed fracture. Of course the most certain sign is grating of the ends of the bones together; this sign is called in medical parlance *crepitus*, but there is great danger of forcing the usually sharp fragments of broken bone through the skin, in attempting to elicit the sign, and it is said that the examiners at the Royal College of Surgeons will refer a candidate back to his studies for six months who says he would feel for crepitus in a broken limb.

The best way is to compare the portion of the body, where the supposed fracture has occurred, with the corresponding portion on the sound side, and measure with a tape from similar bony points, and this will be sufficient for all practical purposes, and you will be able to decide the matter in all but the rare cases of impacted fractures—that is where one broken end of the bone has been forcibly driven into the other end.

But to return to the illustrations, the same figure also shows by means of the right arm the kind of deformity usually seen in a simple fracture of the forearm (S), and in the illustration it is tolerably obvious that the bones are twisted or broken, for if before a fall no deformity was present, it is certain if deformity of the kind shown ensues on a fall, that there is a fracture.

The right hand figure shows the probable result of a bad fall, when the feet have slid away forwards, and the body has fallen backwards, this is the common "orange peel slip." The figure shows two ordinary results of such a fall—one a Colle's fracture, spoken of in Part I. (O), and the other a forward dislocation of the shoulder joint (B).

The bottom figure represents a different fall, in which the wrist of the hand stretched forth to save the body comes to grief, and a Colle's fracture is again the result (X), or a backward dislocation of the shoulder joint (Y).

But fractures of the limbs, and dislocations of the joints, in addition to cuts and bruises, are by no means the only results of street accidents. Contusions of the abdomen are frequently seen from careless persons (or even careful persons in the dusk) stumbling over obstructions in their way, such as brewers' barrels waiting to be removed, and left on the footpath, these contusions vary vastly in their severity, and great care must be taken in handling anyone suffering in this manner; rest, opium, and a careful avoidance of all aperients are the guiding lines of the treatment.

But sometimes it happens that accidents, such as cab and omnibus collisions, result in injuries to one or more persons of a more serious nature than those we have hitherto dealt with; injuries which do not at all times extinguish

life, but which nevertheless gravely threaten its existence. I refer to head injuries.

These are of three kinds: 1. Scalp wounds, which are very common. 2. Fractures, simple and compound, complicated often with compression of the brain; and 3, concussion of the brain substance.

Scalp wounds are to be seen as the result of street accidents of all sorts and kinds, from a simple bruise to the whole scalp torn forcibly off. An accident commoner than would be supposed, from the facility with which it peels off when the muscles which hold it down at the back and front of the head are cut.

There is one curious kind of scalp bruise which results in extravasation of blood, and the formation of a blood tumour limited in extent, fluctuating, hard, with a thickened margin, soft centre, and mostly without discoloration. This is named a *cephalæmatoma*, and its importance arises from the fact that it may be very difficult to decide whether or not there is a fractured depressed piece of bone underneath.

Fractures of the skull are of all kinds, and vary according to the nature of the injury; if some sharp hard substance, such as a falling slate, strikes the skull, it probably causes a fissured, depressed fracture—that is, it cracks the skull, and dents in the broken edges of bone. If a heavy bale of cotton or any weighty, softish substance comes in contact with the head, it probably fractures the base of the skull. Sometimes the skull breaks at the opposite side to the place of the blow, this is called fracture by *coup-en-coup*.

If a person be found in the streets with some serious injury to the head, and there is blood or any clear watery fluid escaping from the ears and nose, or there is a bright patchy redness of the white of the eye, it is pretty certain that there is a fracture of the skull, even if none can be seen or felt, and extreme care in the removal of a person suffering from any such accident is necessary. But sometimes there is compression of the brain in addition to a fracture or even without one, caused by either pressure of broken pieces of bone or by a blood-clot under the skull bone. Concussion of the brain is due to a jar of the brain substance. It is not my intention, for it would weary my non-medical readers, to enter into a discussion of the differential signs and symptoms of concussion and compression, because any medical author on head injuries will supply in a dry matter-of-fact style the relative diagnosis. But supposing you find a man in the street who has been momentarily deprived of his senses—that is stunned—how can you help him? Well, by taking the injured one to the hospital, or putting him in the handiest vehicle, and driving him home. Never let such a man try and resume his work or walk home, *all head injuries are serious*, and grave symptoms will develop afterwards, especially if the person is a free liver and addicted to alcoholic drinks.

As the medical attendant always ought to be summoned to such injuries, I will not enter upon the treatment least I tempt some of my readers to try to treat such injuries themselves, with the unfortunate result of a domiciliary visit of the coroner's officer.

If you wish to see (and live in London) what it meant by "street accidents," get the permission of the resident medical officer (house-surgeon) to stand in the casualty-receiving room of a big hospital on a Saturday night, from the hours of eight p.m. until one a.m. in the morning, and you will see one long, ghastly procession of such accidents, and I am sure you will not leave without dropping your mite into the box that stands ready to receive the smallest donation, because you will have witnessed the best work such institutions do, and have felt on what fine threads human life is strung, and have wondered if ever your turn will come to be carried within the portals that stand ready to receive rich and poor, high and lowly, because accidents makes all alike "necessitous persons."

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## DIGESTION &amp; INDIGESTION.

(From Dr. Clark Newton's "Doctor's Corner," price 6d., Walter Scott, Paternoster Square.)

IT certainly seems somewhat strange that the physiology of digestion has only quite recently been well understood. Some of the early ideas of the subject were most erroneous. For instance, so great a physician as Hippocrates and other Greek writers believed that our food, after reaching the stomach, was rendered capable of absorption into the blood by a process of putrefaction; and Galen, who did so much to advance medical art, held the doctrine of "concoction," and compared the digestion of food to the softening and maturing of fruit by the aid of the sun, but substituting the natural heat of the stomach for the rays of that orb. Later on still, these hypotheses were deserted for that of "fermentation," a doctrine adhered to until the principle of mechanical influence was promulgated. This last theory converted the stomach into a powerful grinding machine, working with a pressure of thousands of pounds. Such a view of digestion was doubtlessly suggested by a consideration of the process as accomplished by birds. Birds are not furnished with teeth, yet they are able to digest seeds and other hard articles of diet. The crop and gizzard, however, serve all the purposes of the teeth; the latter is a muscular bag of the toughest and strongest structure, lined with a membrane so hard and impenetrable that even glass or other fine-pointed substances cannot wound it. The muscular walls of the gizzard act both laterally and obliquely upon any article reaching that organ, submitting its contents to so much pressure and friction as suffices to reduce the hardest of seeds or stones to a powder. As the anatomy and physiology of the human body became better understood, innumerable objections were urged against each of the above-mentioned theories of digestion, though an attempt was now made to unite them—that is, digestion was supposed to be accomplished by mechanical pressure aided by putrefaction and concoction. It was ultimately reserved for Cheselden to conceive the idea that some digestive fluid might be formed in some part of the alimentary canal, and following up the clue, the properties of the saliva were presently discovered, and in due course the still more important powers of the gastric and digestive fluids were demonstrated.

Digestion really commences in the mouth. Here solid food undergoes the processes of mastication and insalivation—that is it is ground into a semi-fluid condition by the motion of the jaws and teeth. After the food is chewed it is passed over the back of the tongue, and being swallowed it enters the gullet, which is a long tube passing through the chest behind the lungs and heart, and so it reaches the stomach. We must at once call particular attention to the evils resulting from an imperfect mastication of food. It is a fruitful, and perhaps one of the most frequent causes of indigestion, or, as this is sometimes called, dyspepsia. If food is bolted it remains for some time (perhaps weeks) in the stomach undigested, causing many serious and unpleasant sensations (which will be considered afterwards), whilst if well ground down by the teeth it is in a mechanical condition readily attacked by the fluids of the stomach. The Americans are famous for quick despatch at the dinner table as well as in other matters, and, as a consequence, indigestion is rather the rule than the exception with them; and business men and workmen are constantly subject to this disorder from the hurried manner in which their meals are taken. No meal should be hurried over, dinner least of all; and to us it has always been a subject of reflection that it would be much better if business men and workpeople dined in the evening instead of

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rushing about mid-day from the workshop, or taking their food half or wholly cold on a heap of stones or other available seat; for a cold dinner, as well as a hurried one, is an offence against the stomach when habitually practised. Mastication has two great objects—to divide the food or crush it into a pulp, and to ensure its intimate mixture with the saliva. Animal food is especially apt to be bolted, a fault certainly, but still closer attention should be given to the due mastication and insalivation of vegetable food. This is imperatively so with regard to bread, potatoes, and all so-called starchy foods. The digestion of meat is chiefly accomplished in the stomach, but this organ looks to the teeth to forward the food to it in a thoroughly well-ground form, so that the gastric juice secreted by the stomach may readily attack it; but in the case of bread, digestion actively commences in the mouth, the saliva being called upon to convert all such starchy foods into sugar. Farinaceous and milk puddings, or dry food, are apt to be hastily swallowed by the careless eater, but they should be swallowed slowly, and small quantities of water sipped to promote the flow of the saliva. Water or other fluids should be taken at dinner in sips rather than large draughts, the quantity being just enough to bring the food taken into the stomach into a pulp, and enough to excite a gentle flow of saliva. All physiologists are now agreed—thanks to the results observed from the conduction of experiments on artificial digestion—that moderate dilution of food promotes digestion, whilst too much fluid reduces the solvent powers of the gastric juices. When the teeth are decayed or partly lost, or are too tender to permit perfect grinding of the food, chewing should be conducted very slowly, and care observed to allow no morsel to pass over the gullet until properly crushed and mixed with the saliva. We do not wish to dwell too long on this part of our subject, but our experience teaches that too much importance cannot be attached to the act of chewing. Whilst food is in the mouth it is under the individual's control, and it may be masticated thoroughly or not, as inclination or circumstances permit, but having once passed over the gullet it is beyond recall, and everyone careless in the performance of this initiatory process of digestion will sooner or later reap a bountiful harvest of troubles. It need not be remarked that numbers of cases of indigestion can be cured by the dentist as well as by the physician.

The saliva flows from several glands situated in the mouth; its quantity varies according to circumstances. When the muscles of mastication are idle, and the nerves of the mouth are unstimulated by the presence or thought of food, the amount secreted is usually just enough to moisten the mouth. The average quantity of saliva poured into the mouth in twenty-four hours is from two to three pints. Certain articles of food, &c., cause an increased quantity to be secreted, notably tobacco; it is evident, therefore, that excessive smoking, if accompanied by expectoration, is likely to seriously affect digestion. Certain employments, as in the old hand-spinning days, require work-people to keep constantly wetting the fingers, and it has been noticed that such operatives frequently from this practice fall into ill-health. The secretion of this fluid is also influenced by the state of the mind or emotion—pleasure or annoyance both act upon the function. The wisdom, therefore, of avoiding all unpleasant topics or cares when seated at the table is apparent. Food should be taken in a hilarious mood, and the time spent in cheerful conversation. "Chatted food is half digested." Mothers may not consider it good manners for their children to talk at table, but from a physiological point of view both children and adults should be encouraged to laugh and chat when eating. Besides the lubricating use of saliva, without which some dry foods would be

difficult to swallow, it also performs the chemical office already referred to—namely, the conversion of starch into sugar. The popular idea of starch is only associated with the laundry, but it is also a vegetable substance forming the chief bulk of bread, potatoes, and other farinaceous foods. Now, as starch is insoluble in water, it is necessary for Nature to make some provision for its solution or conversion in the system, or it would be useless for dietetic purposes. Such provisions exists in the saliva, which contains an organic body, called *pytaline*. This substance forms only one per cent. of that fluid, yet it is so active that one part of pytaline will convert 8000 parts of starch into soluble sugar. This chemical transformation can be imitated in the laboratory by adding a portion of a salivary gland or pyta in itself to some arrowroot or other form of starch; the mixture, if kept at the temperature of the body for a short time, will give evidences of the formation of sugar. Seeing, then, that so large a portion of our daily food is made up of some form of starch, and that starch itself cannot be absorbed into the circulation, or made available for the purposes of nutrition, unless converted into a soluble sugar, it will be evident that the transformation of starch is an exceedingly important part of digestion, and that to hurry mastication in such a manner that the food scarcely comes into contact with the pytaline of the saliva is reprehensible in the extreme, and even more so if true, as some physiologists suppose, that the conversion of starch into sugar ceases on the entrance of the food into the stomach.

The first processes of digestion—mastication and insalivation—have already been described, and the imperative necessity for the complete performance of these parts of digestion has been indicated.

The act of swallowing precipitates the food into the gullet, by which channel it reaches the stomach. This organ in man is shaped like a Scotch bagpipe, and has its larger end towards the left, and the smaller on the right side of the body. It has an entrance and an exit; the entrance is an opening in the large round end, and traced upward leads to the gullet, whilst the smaller or pointed end terminates at the commencement of the small intestines. All animals possess a stomach in some form or other. So uniformly is this the case that the existence of an alimentary canal has for long been deemed a distinction between an animal and a vegetable. The stomach may be roughly described as a muscular bag lined throughout with a soft velvet-like substance, called its mucous membrane or inner coat. This internal surface is always moistened with a glazy mucous to protect it from irritating articles of diet; and by the aid of a strong magnifying glass numerous honeycombed-shaped figures can be discerned, studded with innumerable minute apertures—the mouths of the secreting organs from which the gastric juice is poured out into the cavity of the stomach. The mucous membrane is in health pale pink in colour, smooth and level when the stomach is distended, but puckered into ridges when empty. These folds, it will be observed, enable the stomach to adjust its capacity to the amount of food present. In an ordinary way the organ has a capacity of a little more than a quart, but it is capable, under fasting or over-eating, of great extension or contraction.

When food reaches the stomach, the gastric fluid begins to pour forth in much the same way as the secretion of saliva is excited by the presence of food in the mouth. Simultaneously with the entrance of food into the stomach the exit and entrances are closed, the latter only opening for a moment to admit more food arriving downwards from the gullet. The gastric juice now quickly begins to attack the food, and its efforts are assisted presently by a process strongly resembling churning, or by what is known as the peristaltic motion of the stomach. This action is brought about by the spiral contraction of the muscular fibres making up the chief bulk of the wall of that organ. The food is caused to go the round of a

series of revolutions within the stomach; it is churned round its walls over and over again, quick and quicker as digestion is being completed—that is, when the whole mass has been converted into *chyme*, which is a fluid of about the thickness of gruel. The time necessary for the conversion of food into chyme varies with its quantity, quality, the extent of mastication and insalivation, and the tone of the stomach and general health, but under any circumstances the change is not affected at once, and as each successive portion of chyme is formed, it is passed through the exit from the stomach into the first part of the small intestines, where it undergoes other and very important processes of digestion. This exit from the stomach is called the pylorus; orifice or "gatekeeper," and is really a wonderful and beautiful instance of design. Its office is to allow no food to pass into the bowel until it has been converted into a thin pulpy homogeneous fluid, and in a state of health the pylorus ably performs its important duty. The churning process already referred to commences so soon as food reaches the stomach; the food is passed along the greater curvature of that organ onwards to the pylorus, it is not at once permitted to pass through that orifice, but is returned along the lesser curvature, and so travels in a circle for two or three minutes. During this process, the pylorus, as stated, keeps in health a strict watch on the contents of the stomach, allowing only the properly-prepared liquid portion of the food to pass its portals; all lumps or partially-digested particles are refused exit, and passed round the stomach again for the further action of the gastric fluid, though really undigestible particles of food or substances which cannot be subdued by the stomach may ultimately wear out the vigilance of the pylorus, and be allowed to pass downwards, producing, perhaps, intestinal irritation. If the pylorus is unusually obstinate, the stomach has the option of relieving itself by vomiting.

(To be continued.)

## THE COUCH A NECESSITY.

A ROOM without a couch of some sort is only half-furnished. Life is full of ups and downs, and all that saves the sanity of the mentally-jaded and physically-exhausted fortune-fighter is the periodical good cry and momentary loss of consciousness on the upstairs lounge, or the old sofa in the sitting room.

There are times when so many of the things that distract us could be straightened out, and the way made clear, if one only had a long, comfortable couch on whose soft bosom he could throw himself, boots and brains, stretch his weary frame, unmindful of tidies and tapestry, close his tired eyes, relax the tension of his muscles, and give his harassed mind a chance.

Ten minutes of this soothing narcotic, when the head throbs, the soul yearns for endless, dreamless, eternal rest, would make the vision clear, the nerves steady, the heart light, and the star of hope shine again.

There is no doubt that the longing to die is mistaken for the need of a nap. Instead of the immortality of the soul business men and working women want regular and systematic doses of dozing—and, after a mossy bank in the shade of an old oak that succeeding seasons have converted into a tenement of song birds there is nothing that can approach a big sofa, or a low, long couch placed in the corner, where tired Nature can turn her face to the wall, and sleep and doze away the gloom.

NEWS BY THE TAPE has often been utilised by a bold speculator for the speedy accumulation of a vast fortune. Knowledge is power in every avenue of life when properly wielded. The proprietor of Holloway's Pills and Ointment is fully alive to this fact, and knowing their value as a cure for all diseases, he has made their merits known in all parts of the world. Commercial men who, to keep pace with the times, have always to work at high pressure should never be without a supply of these valuable medicines. They purify the blood, strengthen the stomach, quicken the circulation, and invigorate the system. For nervous or neuralgic headache, no remedy has been found to match them in excellence.—ADVT.

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## THE POSITION OF NURSES.

SIR HENRY ACLAND, in spite of his advanced age and the malign influence of three or four attacks of influenza, was unable to resist the invitation of the guardians of the Mile-end Infirmary to come to London and deliver to the nurses trained in the infirmary the certificates awarded after due training by the medical officer of the infirmary, Dr. Robinson, and examination by Mr. Percy Dean of the London Hospital. Sir Henry Acland's good memory carried him back to a time far beyond that at which our own Commissioners disclosed the terrible defects of the provisions for the treatment of the sick, of which none were more scandalous than the absence of trained nurses—the patients being nursed by those who were only a little less sick or a little less infirm than themselves. In his classical memoir on the cholera at Oxford, written nearly forty years ago, he has an important section "On the necessity of providing nurses for the poor," in which he forecasts and suggests the coöperation of the guardians in training nurses, and most of the other changes and improvements for nursing the sick poor which are such a striking feature of the age in which we live.

He referred to the application then being made by a committee of the Epidemiological Society to the Poor Law Board for promoting the supply of nurses to the poor through the medium of workhouses. It must be very gratifying to him to see in the better nursing in workhouse infirmaries, and in the provision made for nursing the poor in their own homes, such a splendid realisation of his own views. They are the outcome of that strong element of Christian humanity which—despite all its detractors—has been eminently exemplified in and fostered by members of the medical profession; notably—that we may make no invidious distinctions among the living—by such men as Dr. Stokes in Dublin and Dr. Alison in Edinburgh, to whom Sir Henry Acland most fitly dedicated his memoir. This great provision for the very poor, either in their own homes or workhouses, is now advanced. The rich, too, amply avail themselves of the provision of trained nurses. Hence it comes to pass that only the poorer sections of the middle class are unable to avail themselves at all adequately of the great help and comfort of a trained nurse. By this large and important class the trained nurse is still considered, as was remarked by another speaker at the meeting, rather an impracticable luxury.

Among the ways in which this may be altered is the multiplication to a reasonable extent of nurses, and the abolition of those costly intermediate institutions which absorb so much of the payments to be made to the trained nurse. There is no reason why well-equipped workhouse infirmaries, with good medical superintendents, should not add to the stock; indeed, it would be disappointing if, out of all the improvements introduced into their administration, the use of them as a training school for nurses was not to emerge. We will not pretend to be satisfied with one year of training, which is the rule at Mile-end as at several other workhouses but not all. This is a detail, though an important one; but the guardians deserve credit for seconding so cheerfully the efforts of Dr. Robinson, and will find their reward in a steady supply of nurses of a higher average capacity.

Sir Henry Acland spoke of the high position now occupied by English nurses, including, doubtless, all British nurses. Few positions can be more responsible. The calling of a nurse is one which attracts women of all ranks, and for not a few has a peculiar fascination. It cannot be too highly extolled when undertaken by those who are fit, nor can its responsibility well be overstated. Coincidentally with the training of nurses has arisen a public confidence in them which did not always exist. Even now

in many intelligent families there is a strong objection to avail themselves in the emergencies of sickness of a nurse. This objection is not always baseless, but its base is very limited. There are nurses without tact, without taste, without sympathy, and sometimes without courage. They are exacting in their wants, and mechanical and hard in the discharge of their duties. They annoy servants and worry relatives, and fail to consider and conciliate the patient. If the case is not interesting, or the circumstances of the house are not altogether comfortable, they make petty complaints or excuses for leaving. These are terrible faults in a nurse, who, though a stranger, may have practically the sole charge of a helpless patient for weeks together. If any examination could be invented to test the moral qualities of nurses it would be a great boon, and those should be unhesitatingly rejected who are deficient in patience, in magnanimity, in high principle.

Perhaps the moral side of the qualification of nurses has been too little regarded by those who undertake to train and certify them. Certain it is that one such nurse as we have described brings the whole system into discredit. But it must be admitted that they are few and far between, and that those who have once experienced the services of nurses are prone to wish for them again when sickness comes. The advantage of good nursing as an adjunct to medical treatment is so great that every effort should be made to place it within the reach of those sufferers who are still practically without it. So far the calling is largely in the hands of women—and, perhaps, naturally so. They were meant by Nature for offices where gentleness and tenderness of touch count for much. But men have too readily conceded the field to them. There is a tenderness of men as well as of women. There are large classes of disease among men which a male nurse is much more helpful than a female. All the reasons for demanding proofs of good character and temper which we have urged in the case of women apply equally to men. We believe there is room for a much larger number of male nurses.—*Lancet*.

## THE SOLDIER'S FOOT.

AT the Royal United Service Institution on January 26th, Surgeon-Captain W. C. Beevor, Scots Guards, delivered a lecture on "The Soldier's Sore Foot." Major-General Lord Methuen, commanding the Home District, presided. Surgeon-Captain Beevor said that perhaps the most serious of the troubles encountered by those responsible for the marching power of a force of men was the condition of their feet. The history of all wars, ancient and modern, abounded in records of suffering amongst the men, and disappointment and troubles amongst their leaders, on account of the unfortunate soldiers falling out of the ranks, and in many cases utterly breaking down, from their feet becoming so painful from one cause or another that they had found it impossible to march further.

In peace manoeuvres, also, much suffering was gone through and much loss to the fighting standard of a force was experienced from the same cause. Observation had led him to the conclusion that the most potent cause of the ailment was to be found in the equipment the soldiers wore, the fashion of folding a voluminous portion of trouser within a non-porous leather box, such as the legging represented. He condemned this fashion, and advocated an arrangement whereby all undue pressure might be obviated, and a more or less free current of cool air be encouraged to play in the space between the leg and its covering. This plan should be arrived at practically without expense, and without adopting any new or radical change of equipment. The regulation boot at present in use did not fulfil the requirements of Nature, and he infinitely preferred a

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strong shoes with a spat. He strongly urged a voluntary trial of foot cloths instead of socks, and that men should be allowed to wear socks or go without, as they liked. For hardening the feet he recommended common salt or salt-petre. Strict attention to cleanliness and the facility for the men to cool their feet on the march were necessary. At the close of the lecture there was a discussion, and the usual complimentary votes were accorded.—*British Medical Journal*.

## A COUNTRY LUXURY.

By E. E. VALENTINE.

CREAM, which is within the reach of country people, should be liberally supplied at meals. Here, however, the good housewife is apt to mistake, and stints in the use at table that the churning may be larger, not reckoning that cream in the preparation of vegetables, or on fruit, or as sauce with puddings, is quite as delicious, and even more healthful, than its equivalent in the butter it would make, while the slightly augmented sale of butter that may be the result of such saving is poor pay, if it be to give, as it usually is, a superior for an inferior article, and that, too, with the added expense of time and labour.

I know no vegetable that is not improved by a dressing of cream, while other ways for its use are multitudinous. Besides the indescribable deliciousness of fruits of every kind imbedded in its richness, there is cream toast, and poached eggs in cream, and pie made of it. For with the crust made of cream, all opprobrium attached to pie must be removed. It is, then, no longer the dyspepsia-encouraging, lard and water mixture that it has the reputation of being, but healthful and inviting enough to be eaten with impunity by the child as well as the adult, and even the dyspeptic could partake of this when any other would be forbidden.

To make the pie crust, put into enough flour for one pie a pinch of salt and nearly a teacupful of thick cream. Mix, working the flour into it until it can be rolled easily, and is of the consistency common to pie crust. Pies made in this way should be eaten—as all pies are the better for being—on the day that they are baked. Then, with the crust made of cream, tender and sweet but not greasy, a sensibly-treated filling of fruit or other substance, behold a pie fit for an epicure, and wholesome enough for a hygienist; so simple, also, in the construction of its pastry—the hardest part of cookery to many a learner—that the tyro cannot despair of perfection in the "knack" of it.

The city has its advantages. But the country holds not only the comforts of life, but many things that would be known as luxuries were it not for the ease with which they can be obtained. Very many of the readers of this journal are country dwellers. It is well to be reminded that they who have not your opportunities often wonder why, in so many instances, these are not improved.

## SPECIALITIES RECEIVED.

TOWNSEND'S SARSAPARILLA.

THE above is a time-honoured preparation and scarcely needs any remarks from us, to recommend it to the notice of our readers. It is a mild digestible tonic in weak conditions of the stomach and other organs, and may be taken freely without fear of overdosing. As a bitter, it holds its own with others, such as gentian, calumba root, chiretta, or even quassia; hence it is a wonderful stimulator of appetite. As a safe alterative this preparation is neteworthy.

FAMOUS WOMEN OF LOWLY ORIGIN.—Sarah Bernhardt was a dressmakers's apprentice. Adelaide Neilson began life as a child's nurse. Miss Braddon, the novelist, was a utility actress in the provinces. Charlotte Cushman was the daughter of poor people. Mrs. Langtry is the daughter of a country parson of small means, but the old story of a face being a fortune proved true in her case.

"A SIMPLE FACT ABOUT" KEATING'S COUGH LOZENGES. Ask throughout the world, in any country that can be named, you will find them largely sold. There is absolutely no remedy that is so speedy in giving relief, so certain to cure, and yet the most delicate can take them. One Lozenge gives ease. Sold in 134d. tins.—[ADVT.]



# THE COOK AND HOUSEKEEPER.

## RECIPES FOR THE TABLE.

**APPLE PIE.**—Apples, moist sugar, the grated rind of one lemon, suet paste made with six ounces of flour, six ounces of beef suet, a pinch of salt, one teaspoonful of sugar, and water. Pare, quarter, and core the apples, and put them on to stew with a very little water. When they are about half cooked, put them into a deep pie-dish, having previously added moist sugar to taste, and the grated rind of the lemon. Have ready the paste rolled out thin; lay a border round the edge of the pie-dish, put on the cover in the usual way, and bake in a moderate oven for about three-quarters of an hour. It is a good plan, especially where the family is large, always to half cook the fruit before putting it in the tart. By this means it will be so reduced that you will be able to get into the pie-dish nearly twice as much fruit as you would were the fruit uncooked. By this means, also, you will prevent the crust being kept too long in the oven.

**SEMOLINA PUDDING.**—One pint and a half of milk, sugar to taste, three tablespoonfuls of the best Italian semolina, a few drops of any flavouring, two or three eggs. Boil the milk with the sugar, then add the semolina, and stir over the fire till it becomes tolerably thick. Pour into a basin, and when cool mix in the eggs, well-beaten, and the flavouring. Put the whole into a buttered pudding-dish, and bake for about an hour in a moderate oven.

**CURRENT PUDDING.**—One pound of red currants (or any other fresh fruit), sugar, some slices of plain bread. Stew the currants with sugar. Cut the bread into slices about half an inch thick, and shape a layer into the bottom of a pudding-dish, over this place a layer of the boiling fruit, then a layer of bread, and so on till the dish is full. Place the pudding in the oven for a few minutes. When cold, turn it on to a dish, and serve with cream, or cold custard sauce.

**LEMON SHERBERT.**—The juice of five lemons, one pint of sugar, one quart of water, one tablespoonful of gelatine. Soak the gelatine in a little of the water. Boil one cupful of the water and dissolve the gelatine in it. Mix together the sugar, water, gelatine, and lemon juice. Turn into the can and freeze. This is light and creamy. Or to one pint and a half of sugar add three pints of water, the juice of ten lemons. Boil the sugar and water together twenty-five minutes. Add the lemon juice, strain and freeze. This makes a smooth, rich sherbert.

**PINEAPPLE SHERBERT.**—A pint and a half can of pineapple, or, if fresh fruit is used, one large pineapple, a small pint of sugar, a pint of water, one tablespoonful of gelatine. Soak the gelatine one or two hours in cold water to cover. Cut the hearts and eyes from the fruit, chop it fine, and add to the sugar and the juice from the can. Have half the water hot, and dissolve the gelatine in it. Stir this and the cold water into the pineapple. Freeze.

**RASPBERRY SHERBERT.**—One pint and a half of raspberry juice, one pint of sugar, one pint and a half of water, the juice of two lemons. Boil the water and sugar together for twenty minutes. Add the lemon and raspberry juice. Strain and freeze.

**VICTORIA SANDWICHES.**—The weight of two eggs in flour, castor sugar, and butter, half an ounce of baking powder, two eggs, any kind of jam or marmalade. Beat the butter to a cream, stir in the flour by degrees, then add the sugar, baking powder, and eggs, well whisked. Beat all together lightly for some minutes; pour the batter into a buttered tin, and bake for twenty minutes in a moderate oven. Allow it to cool a little, then cut the cake through the centre, spread it with preserve, press the two sides slightly together, and cut into long sandwiches, which arrange in cross bars on a glass dish, and serve.

**SPINACH.**—Pick the spinach carefully from the stalks, taking care that there are no weeds amongst it; then wash it thoroughly in several waters to free it from every particle of grit. Take it out of the last water without draining it, and put it into a saucepan with a small spoonful of salt; keep shaking it, and pressing it down with a wooden spoon for about a quarter of an hour, or longer, until tender. Then drain off all the moisture, chop quickly, and serve immediately, with fried sippets of toast round the dish. If preferred, the spinach, after being drained, can be put into a stewpan with a little butter, milk, or cream, or as much rich gravy as will moisten it well; stew, and stir over the fire until dry, then press quickly into little shapes or a mould, turn out on a dish, and serve with, or without, eggs and toast.

**TO BOIL BRUSSELS SPROUTS.**—To every two quarts of water allow one tablespoonful of salt, a little carbonate of soda (about a saltspoonful), butter, pepper. Cut off all decayed leaves from the sprouts, wash them thoroughly, allow them to lie in salt and water for an hour, then throw them into a saucepan of boiling water, containing the soda and salt, and let them boil quickly, uncovered, for fifteen or twenty minutes, till they are tender. Drain them in a colander, put them back into the saucepan with a little butter, pepper, and salt, shake them gently over the fire for a minute or two, then serve in a very hot dish.

**RHUBARB PUDDING.**—Suet-crust, rhubarb, peel of half a lemon, grated, a little sugar. Roll out the paste to about a quarter of an inch thick, line with it a well-buttered brio, reserving some paste for the lid, wash, peel, and cut into small pieces enough rhubarb to fill the basin, add the grated peel, and a very little sugar, place the lid of paste on the top, press the edges of the crust (previously wetted) firmly together, tie in a floured cloth, and boil for two hours, or longer, according to the size of the pudding.

**BAKED RHUBARB AND CUSTARD PUDDING.**—One pint of stewed rhubarb, one pint of milk, two eggs, three-quarters of a pint of bread-crumbs, two ounces of sugar, a little grated nutmeg. Put the stewed rhubarb and the bread-crumbs in a basin and mix well together. Beat the eggs, stir in the milk and sugar, and add this cold custard to the rhubarb and bread-crumbs, mixing all well together. Butter a pie-dish, put in the mixture, smooth the top, and bake in a moderate oven till slightly browned, then take out the dish, grate a little nutmeg over the pudding, and put again in the oven till quite set. This is an excellent pudding for children, and any stewed fruit may be prepared in the same way.

## HINTS FOR THE HOUSEHOLD.

### FOR THE WASHING DAY.

**FLANNELS** should be washed in water only slightly hot—rather more than tepid. Hot water shrinks them. In the water mix a little melted soap and a teaspoonful of ammonia (this whitens flannels that have become yellow, and disposes of any disagreeable odour which may adhere to materials worn next the skin). Only one article should be put into the tub at a time, as flannels, when left to soak, become hard and thick. They should be rubbed as little as possible, as this, too, helps to thicken and shrink them. Rinse in tepid water (not cold), squeeze them tightly, or put them through a wringing machine, which is better. They should be shaken well before being hung out, and should be frequently pulled into shape while drying. When flannels have to be dried in the house, let the drying be done as quickly as possible before a bright fire, as slow drying shrinks them.

Blankets should be washed in water containing a little white soap, a tablespoonful of borax, and one of spirits of hartshorn. Give them three washes if they are much soiled. Put them through a wringing machine, shake well to raise the pile, and dry quickly.

Stockings, socks, &c., should be folded neatly and clapped between the hands before they are hung out.

After being washed, white clothes should be allowed to lie in cold water for a few minutes before they are put into the boiler; this frees them from all soiled water, which would otherwise get boiled into them. They should never be put into boiling, but always into cold water, and should be allowed to come slowly to the boil. When they have boiled ten minutes take them out. One or two tablespoonfuls of pulverised borax, put into the water, will help to whiten them, and will not injure the finest linen. When taken out of the boiler, clothes should be rinsed first in hot, then in cold water; this extracts all the soap. Finally rinse them one by one in water with a little blue in it. Wring well, and dry speedily. Sprinkle a little water over those that require it, and fold neatly, ready for mangling or ironing.

Coloured articles, print dresses, &c., should be washed in hard water, and rinsed in salt and water, to prevent the colours running.

### TRY.

Using old matting under carpet.

For grease spots, equal parts of ether and chloroform.

Sprinkling the inside of damp gloves with violet powder.

Darning gloves in buttonhole stitch, repeated till the hole is filled up.

A teaspoonful of ammonia to one teacupful of water, for cleaning jewellery.

A strip of wood back of the door where the knob hits the paper in opening.

Powdered pipe-clay, mixed with water, to remove oil stains from wall paper.

**SCARLET-LOOKING LIQUID FOR CLEANING AND RESTORING HUNTING COATS.**—Solution of ammonia (strong), three ounces, curd soap, in shreds, two ounces, methylated spirit, four ounces, water to one pint. Dissolve sufficient carmine in the ammonia to give desired the shade. Or—Aniline scarlet, q.s.; methylated spirit six ounces, washing soda two ounces, water to one pint. Dissolve the aniline in the spirit, and add to the solution of soda in water, or have a stock solution of the dye, which add to the other ingredients until the desired colour be obtained.

**A SKIN TONIC.**—Two ounces of eau de Cologne, one ounce tincture of camphor, half an ounce of tincture benzoin. A few drops of this are to be added to the water when washing the face.

**WINE STAINS ON LINEN.**—Port wine stains can be removed by at once pouring on them a little sherry, and salt applied immediately is good for stains from all kinds of wine. The stain should be held in milk as it boils on the fire, and should be subsequently washed out in water. All but very obstinate stains yield to boiling milk, especially if applied before they become dry, and consequently set. Claret stains can often be removed by dipping them, while still damp, in boiling water, or by pouring boiling water over them several times, and rubbing with a clean brush. Ink stains should be washed in butter-milk; or if they have had time to dry, salts of lemon should be applied. Fill a basin with boiling water, lay the stained article over it, wet the part affected, and rub the salt thoroughly in until the spot disappears. Be careful to wash well out afterwards. Chloride of lime bleaching liquid will remove all stains from table linen and calico. If used with great care, and not too often, it will do no harm, and be found very useful. It is prepared as follows:—Pour boiling water on chloride of lime in proportion of one gallon to a quarter of a pound; bottle it, cork it tightly, and in using the liquid be careful not to stir it.

**A HOUSEHOLD WORD.**—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youth (1) Colour, gloss, and beauty.—Advt.

TO TOBACCONISTS (commencing).—Illustr. Guide, 220 pages, "First Free," How to Commence, £20 to £100, Tobacco, Cigarettes, Cigar, 186, Euston Rd., London. Manager, H.V. Myers, Est. 1866. Smoke "Pick-Me-Up Cigarettes."—Advt.



# THE MOTHER'S PAGE.

## VENTILATION OF CHILDREN'S BED-ROOMS.

TOO much care cannot be expended in getting perfect ventilation for children's bedrooms. Such perfect renovation and restoration of the tired and wasted parts goes on during sleep that it is a pity to hamper this beneficent influence by stinting the amount of fresh air. When the ventilation is perfect, the child awakens chirping and bright, and is full of activity and life, for the reason that during the night all the waste products of the system, the result of the previous day's activity, have been eliminated from the system. If, on the other hand, the access of fresh air has been imperfect, the child arises peevish and unrefreshed, and a continuous recurrence of this will soon result in manifestations of ill health.

\* \* \* \*

## THE BABY'S NAME.

THE name that I stitched in the cambric,  
And bound in each dainty seam,  
The long white robe for the christening,  
As pure as an angel's dream.

And the nightdress, drawn with ribbon  
And fuffe of narrow lace,  
And the skirt for the first wee wearing,  
All finished and laid in place.

With the thoughts of the nearing shadows,  
Were a name and a wish so sweet;  
The hope for the dreamed-of christening  
Of a rare pearl Marguerite.

In my drawer lie the folded dresses,  
And the christening robe unworn,  
And the sacques and the soft white blanket,  
With never a seallow torn.

With perfume of rose and of orris,  
I treasure this sacred store;  
For the first little skirt and nightdress  
Were all that my darling wore.

To my lips never rose that sweet title,  
So near to my heart ere she came,  
But perhaps the dear Christ or my mother  
Has given my baby her name.

\* \* \* \*

## CHILDREN AND THEIR MANAGEMENT.

INFANCY is the first part of life. Fred Hoffmann says that the human species are infants until they begin to talk, and children to the age of puberty. Anatomy discovers to us, that during infancy there is much imperfection on the human frame; e.g. its parts are disproportioned, and its organs incapable of those functions which in future life they are designed to perform. The head is larger in proportion to the bulk of the body than that of an adult. The liver and pancreas are much larger in proportion than in advanced life; their secretions are more in quantity also. The bile is very inert; the heart is stronger and larger than in future life; the quantity of blood sent through the heart of an infant, in a given time, is also more in proportion than in adults. Though these circumstances have their important usefulness, yet the imperfection attending them subjects this age to many injuries and dangers from which a perfect state is exempted. Dr. Percival observes in his *Essays Med. and Eccl.* that of all the children who are born alive, two-thirds do not live to be two years old.

Infants have a larger proportion of brain than adults, hence are most subject to nervous disorders; and hence the diagnostics of diseases are in many respects obscure or uncertain, as particularly those taken from the pulse, which,

from the irritability of the tender bodies of infants, is suddenly affected by a variety of accidents too numerous and seemingly too trivial to gain our attention. However, no very great embarrassment arises to the practitioner from hence; for the disorders in this state are generally acute, less complicated than those in adults, and are more easily discovered than is generally apprehended.

A series of papers in the "FAMILY DOCTOR" upon the management of children cannot fail to be appreciated by parents, since young mothers very frequently display a most lamentable ignorance of even the simplest rules of health. When an infant exhibiting full signs of life is separated from the mother and placed in a flannel receiver it must not be covered up too closely. This caution is not superfluous, for infants have actually been smothered in this way. The infant should be carefully washed with a soft sponge, and carefully dried with a soft towel. Once well dried, the parts likely to chafe should be freely dusted with finely-powdered wheat-starch violet powder or rice powder, very slightly, if at all, scented. The portion of the naval cord remaining attached to the child is now to be wrapped in soft linen, which is kept in place by a binder of fine flannel five inches wide, and long enough to pass twice around the body of the child, so as to give support without pressure. The naval string generally dries off in less than a week, but, occasionally, it adheres much longer; still, it must not be interfered with. So long as it remains, that part of the body on which it lies should be anointed daily with cold cream and spermaceti ointment or oil, to prevent sores or irritation. In addition to the daily bath, or baths, an infant should be sponged with warm water, then dried with a soft, warm napkin. This kind of care, and this only, will prevent excoriation. If, however, this should happen, the parts must be well dusted over with zinc powder or powdered Fuller's earth tied loosely in a piece of doubled muslin. The clothing of a baby is so much regulated by custom and other considerations that it is unnecessary to mention it here further than to impress the rule that it should be perfectly loose and easy, and fastened entirely by tying or sewing. A cap should never be placed on a child's head, which is naturally hot enough to do without artificial covering. When an infant has been dressed it should be laid to rest in its cradle; or some other place prepared for it, perhaps beside its mother, but, at all events, where it will be sufficiently warm. When a child lies quietly, sleeps soundly and uninterrupted, and is tolerably active when awake, then it may be satisfactorily concluded that it is in good health. We have said that the clothing of a child should be warm. We are now in mid-winter, and whatever may be chosen as the fashion for the baby's clothes, due regard to the season must be had during the inclement months of the year, since we should bear in mind that the deaths of infants at this time are twice as many as during the summer. "Plenty of milk, plenty of sleep, and plenty of flannel," was a maxim of the late John Hunter's. The effects of cold on infant life are fully exemplified in Russia, where the mortality among children is greater than the whole adult population, and greater still in the northern than in the middle and southern portions of the same Empire. When the infant wakes from its first sleep, or at all events in the course of four or five hours after its birth, it should be put to the breast. Even should there not be a sufficient secretion of milk to satisfy the child, it is as well both for it and the mother that it should be thus early induced to take sustenance from its parent. If, as may occur, the milk flow is delayed, it will be necessary to give the baby the artificial support of cow's milk, unskimmed, but diluted with nearly half water, and very slightly sweetened. This may be given either

from a common nursing bottle or by means of a spoon, but the former is preferable. But the true standard of infantile health is barely attainable without the elaborated nutriment—Nature's perfect type of food—furnished by the mother's bosom, and nothing more than which will ever be necessary, unless in the exceptional cases of disease or other abnormality on the part of mother or infant; and in these no system of artificial feeding, however well selected, can be regarded otherwise than as a grave deviation from the wise order of Nature, any departure from which, for the first few months of life, will almost certainly be attended with jeopardy.

The majority of mothers are able, and ought, as a sacred duty, to nurse their own infants. Few mothers, however, seem sufficiently impressed with the influence of their own condition upon the character and quantity of the milk supplied to infants. Milk is not a fluid that remains for ever the same, notwithstanding the material out of which it is made. It resembles the blood itself in the fact that it is nutritive or otherwise according to the supplies provided for its manufacture.

Dr. Day, in his late work on children, speaks forcibly of the necessity for mothers to remember their duties towards their offspring. "Late hours lead to fatigue, to excitement, and to stimulating and improper diet, which are sure means of causing them to have unhealthy offspring," and he might have extended this remark to nursing mothers in its bearing upon their milk.

As the habit seems so prevalent of taking stimulants—as beer, porter, or wine—to "give milk," it may not be out of place to quote the following from an excellent article written on this subject:—

"Alcohol, beer, porter, and wine are largely used, under the belief that the lactal secretion is increased by their influence; but increase in quantity does not mean improvement in the nutritive properties of that secretion upon which the child depends."

"There can be no greater mistake than to imagine because a woman is nursing she ought therefore to live freely, and that porter or fermented liquor should enter into her diet. And I may lay down as a general principle that the mother who requires porter or beer to stimulate her for her duties had better dispense with the office. . . . The milk is rendered irritating to the child; it is no longer the bland nutritious food it should be, and the weak, delicate stomach of the nursing suffers from the introduction of a foreign substance."

The author tells us that the true way of encouraging the flow of milk is not by spurring it on by false stimulation, but by supplying those materials from which it is formed. Milk, the ideal food, should be used freely in a nursing woman's diet; gruels, chocolate, eggs, and vegetables of all kinds may be allowed, but vinegar, tomatoes, and acid fruits are best avoided, unless experience has proved them harmless. Frequently, if there be exhaustion attending nursing, an egg beaten up with sherry in a glass of milk will help to tide over the day if taken at lunch time. But, after all, a healthy appetite, brought about by exercise in the open air, followed by a hearty meal of bread, butter, and milk, is the true secret of health in both mother and child.

It may be necessary to give to the new-born child a laxative should the early milk of its mother not have (as it should) the proper effect, and for this purpose a teaspoonful of sweet-oil or castor-oil and glycerine, half a teaspoonful of each, is a useful remedy; or a little brown sugar in peppermint water may be substituted.

All mothers should suckle their children. If, perchance, this cannot be accomplished, the family physician is the proper person to decide the matter, and to declare what other means should be adopted.

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and restore a healthy state of the constitution during the period of teething. Manufactured only at Walsworth, Surrey. Sold everywhere, please observe the *EE* in Steedman.—Adv't.

FOR BOTH SEXES. Personal visit not necessary. CORSETS and BELTS made to fit any figure. For health and neatness. Satisfaction guaranteed. Instructions for self-measurement gratis to any address.—FORD AND PARR, 141, Stockwell-road London, S. W., Practical Corset-makers, Estab. 1861.—Adv't.

PEPPERS QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]



## A GOOD COMPLEXION.

HOW IT CAN BE OBTAINED.

SOMETHING may still properly be said regarding the complexion, since that is a matter of so much concern to all who desire to "look well" in the sight of their friends. It is almost as necessary in this connection to dissipate errors as to inculcate truths, since so many of the former have been repeated till they are without question accepted as sober fact. Let it be understood, once and for all, that perfect health is the best and only true cosmetic. The proper amount of food to meet the requirements of the system should always be taken; there is no beauty or attraction in that state of wan ghastliness which comes from insufficient nutrition. The use of the pores is to keep the system pure and healthy; they should be aided rather than retarded in their work. But what chance do they have, for instance, to keep the surface of the face at its best, when their delicate mouths are buried under a glutinous coat of oil, glycerine, or other tenacious base, upon which a mass of "powder" has been deposited? There is no need for an answer.

Perspiration is the most natural and effective method of freeing the pores of the hardened secretions which so often form "blackheads" and in other ways mar the complexion. No further proof of this position is needed than observation of the skin-colour of these who from the nature of their employment or natural bodily habit sweat freely. Artificial perspiration, in cases where its necessity is apparent, may best be secured by the Turkish bath, if that is available. If a substitute must be had, a formula which recently appeared gives good promise. To begin with, the face should be washed with water as warm as can be comfortably borne, and given gentle friction with a rubber glove or a good firm bath towel, but only while the skin is wet. While rubbing, keep a pot of pure olive oil handy, and smear a little on the face during the operation. Dry the skin carefully, but add neither powder nor lotion, then get into a hot bath, and with a flesh-brush and a little soap, make the whole body in a warm heat, and add hot water to keep up full heat during the process. Dry quickly, wrap in a woollen night-gown, and at once get into bed, and cover with several blankets. Drink also about half a pint, or even more, of quite warm lemonade, made from freshly-cut lemons. This will create a nice gentle perspiration, and after a few nights this will increase, and the pores will free themselves in a natural manner. In the morning, before washing, apply a little lemon juice where the pores are affected, and rub gently with a towel, as the lemon cuts the perspiration, and being very sharp, helps to dissolve acrid secretions. Once the pores are free, it is easy to keep them so.

We might go on for a half-dozen pages with matters of interest to the lady readers regarding the complexion, but for the present the space is limited, and we must drop an interesting and important topic. We have written thus far principally from the physical and sanitary point of view. In connection with them, and equally important, if in any manner the spiritual can be measured in comparison with the physical, there is a higher realm of beauty, a sweeter, diviner attractiveness than any mere beauty or grace of person. This realm is one which should receive at least as much attention as the other.

Born in the heart of every true woman there is the inherent desire to be kindly regarded by those with whom she is brought in contact—to be beautiful and pleasing in their eyes. Mere physical perfection alone cannot win the deepest appreciation or the sincerest regard, however delightful and perfect may be the face or form. These qualities must be supplemented by those graces of soul which abide, shining brighter and purer, as the earthly casket in which they are enshrined withers and loses its attractiveness. The woman who would be admired, envied, and beloved, must, therefore, while attending to the one, not neglect the other. If

for the occasion we may parody the writers of an age gone past, we should present the following formula: "To make a perfect woman, take a faultless female form, into which pour equal quantities of sweetness of mind, purity of thought, gentleness of speech, courtesy of manner, kindness of heart, sincerity of purpose, sympathy for the afflicted and encouragement for the desponding. These qualities are to be well mingled, so that they may permeate every act. Such an one will receive the admiration of all with whom she comes in contact, the esteem and honour of every acquaintance, and the love of those who walk by her side along life's way."

To such, the relations of daughter, sister, wife, and mother bring something more than formal ties of consanguinity; the influence which they carry into the society in which they move is a blessed, sacred thing. Such a woman, be her sphere broad or narrow, is a pearl above price. With her, the head is clear, the hands are busy, the feet are active, and the face is radiant with that true beauty which time cannot mar and no evil influence can destroy.

## AN EFFECTIVE REMEDY.

CHEMISTRY as a deterrent of crime is yet undeveloped, but there is a certain young man who has made some remarkable advances in that direction.

Although he has spent much of his life in hotels and boarding houses, he lost his patience the other day when he discovered that his toilet accessories were subject to a strange and inexplicable disappearance.

He complained to the landlady, but for all that the mysterious disappearances continued. Bottle after bottle of cologne suffered from most mysterious leakage, and, to add to his other woes, his whisky just as strangely disappeared. He suffered as long as human endurance suffers before rising to the sticking point, and then he laid a trap for the offender.

At dinner that evening the dessert was about to be brought when a series of piercing shrieks came from the direction of his bedroom. The boarders rushed upstairs. On the upper landing there sat what was recognised as the wreck of the household's chambermaid. Her face was black as the skin of a Zanzibari negro, and her hair, a carrot red in its natural state, was streaked and spotted from the nape of her neck to her forehead. She was sick—sicker than was ever transatlantic traveller in a hurricane. Between her gasps she raved and shrieked like a maniac, while the young man laughed heartlessly at her plight.

"I am poisoned," shrieked the chambermaid, and, pointing to the young man, she yelled with venomous hate, "that man has killed me!"

The situation began to get so strained that the landlady drew the young man aside for an explanation. The boarders, anxious to have the mystery explained, followed.

"What have you done to my maid?" the landlady asked.

And then it all came out.

"You remember that I spoke of mysterious thefts in my rooms?" said the culprit. "Well, they did not stop when I complained, so I took my own precautions that they would not continue."

"From the condition of your maid I infer that she has again been helping herself to my cologne and whisky. This circumstantial evidence signifies that she first took a large drink of the whisky, and then proceeded to bathe in the cologne. To the fact that there is a quantity of tartar emetic in the whisky is due her appearance of nausea, and a reasonable explanation for the peculiar colour of her complexion is the combination of nitrate of silver with the cologne."

"Your chambermaid will be unable to appear in public for a few days, but I hardly think that she will disturb my property again."

All the other boarders agreed with him. Although the maid did not die the young man had to move, but he considers that the success of his experiment amply repays him for his annoyance.

## TEMPERANCE COLUMN.

### ALCOHOL IN THE SYSTEM.

STRONG DRINK PRODUCTIVE OF INTELLECTUAL WEAKNESS.

THE accustoming one's self to the use of alcohol causes, sooner or later, a feeling of need for it; alcoholism is not, therefore, an inborn instinctive need, but an acquired one. Experience teaches that the longer this vice exists in a nation the greater the vice becomes. Persons who misuse alcoholic drinks, especially whisky, often become sick and die sooner than the moderate drinkers and the non-drinkers. When alcohol is taken habitually, and when misused, it injures the whole constitution; all tissues and organs, and especially the blood, suffer sooner or later a pathological change, with which susceptibility to disease is increased. Alcohol intoxication not only calls out diseases and disturbances that the non-drinker does not have, but it gives rise to a greater morbidity. It is an old experience that in epidemics of cholera, dysentery, and small-pox drinkers are attacked in larger numbers and with greater intensity than non-drinkers. The bad constitution of the blood, the weakness of the changed heart muscles, the sunken energy of the nervous functions and the frequent accompanying disease of the brain give a bad course to every disease and a high mortality.

The close relation of alcoholism to insanity is shown by the statement of a specialist (Krafft-Ebing) that all forms of insanity, from melancholia to imbecility, are found in alcoholism. It is artificial; it begins with a slight maniacal excitation; thoughts flow lucidly, the quiet become loquacious, the modest bold; there is need of muscular action; the emotions are manifest in laughing, singing, and dancing. Now the æsthetic ideas and moral impulses are lost control of; the weak side of the individual is manifested, his secrets revealed; he is dogmatic, cruel, cynical, dangerous; he insists that he is not drunk, just as the insane insists on his sanity. Then his mind becomes weak, his consciousness dim, illusions arise; he stammers, staggers, and like a paralytic his movements are uncertain.

The principal character of these mental disturbances consists in a moral and intellectual weakness; ideas become lax as to honour and decorum. There is a disregard of the duties of family and citizenship. Irritability is a concomitant; the slightest thing causes suspicion, and anger which is uncontrollable. There is a weakness of will to carry out good resolutions, and a consciousness of this leads some to request to be placed in an asylum, for they are morally certain in advance that they can not resist temptation. Thus one has been known to have his daughter carry his wages home, as he could not pass a public house on the way without going in if he had any money with him. Now it is a weakness of memory, a difficulty in the chain of thought and a weak perception until imbecility is reached.

There may be disturbances in brain circulation, causing restless sleep, anxious dreams, confusion, dizziness, headache. Such circulatory disturbances in the sense organs can give rise to hallucinations. There is a trembling in hands, face, lips, and tongue. In short, there is a gradual mental and bodily degeneration.

In the past wine was used almost wholly by the well-to-do classes, and beer was of such a nature that harm was out of the question. Excessive use of alcohol first began with the art of distillation, and with the obtaining of strong concentrated whisky from corn, potatoes, and the like. With the universalising of the use of whisky, a series of phenomena have appeared which are designated by the word "alcoholism."

The climate is an important factor. Drunkenness is more frequent in cold than in warm countries, and is more brutal and injurious in its effects as we go north. Yet this is not always true, for within the last ten years



alcoholism has greatly decreased in Sweden, and increased in southern France and northern Italy. In tropical regions it is at present spreading fast, and with great injury.

## HOW TO GET WELL.

**LADIES AND GENTLEMEN:** I purpose to give you a talk this morning on an interesting subject I know from the fact that I have been asked so many times, "Doctor, how long will it take me to get well?" I know you have all left your homes and their pleasant relationships, and in addition many of you have left families that need your parental care, and others left business, which no doubt in many cases needs special attention, and all for the sake of getting well.

And with this in view we can better appreciate the earnestness and anxiety with which most of you ask the question. Let us notice some of the avenues and relationships by which the change is wrought. In the first place, most of you have been sick a long time, in which the system generally has been running down; you have been losing vitality from month to month, and year to year. You have noticed that you are less able to put forth energies in the direction that would be most pleasing to you. You have been running down so gradually, you certainly could not expect any sudden changes and short cuts to a position and condition wonderfully above your present condition. In other words, you are looking for no miracle to be performed that would place you in possession of the much coveted health.

Secondly, there is no power outside the body by which this change may be wrought. Sanitariums cannot do it, physicians cannot do it; medicines as often make the conditions worse; neither are there any occult forces that seem to work for the good of suffering humanity in any way that will prove a short-cut process. If there had been any short-cut processes bringing the desired end, they who have sought for the last few thousand years would not have sought in vain. Consequently, whether pleasant or not, whether profitable or not, we are confined to the conclusion that the great opportunities for the recovery of the chronic individual lie in the natural power within the individual to recuperate—that ever-pervading, ruling force which caused the individual to develop from childhood to manhood, from the emptiness and giddiness of youth to the mature, manly characteristics that make up the *Salisbury*s and the *Gladstone*s of our times. That force still pervades the diseased body, in which it is a tenant for life, and is ever on the alert, and takes all possible natural means to promote the welfare of the individual. All that physicians and sanitariums can do is to remove the hindering causes and supply means by which Nature can do her work.

You have no doubt noticed some individuals who have come here apparently very sick, and a few weeks have sufficed to remove all the hindering causes, give Nature sovereign control of the situation, and the individual sprang up into new life. You have noticed others who have had to remain with us several months, and the process of recovery seems to have been slow and tedious. The difference in the curative processes in the various individuals lies not so much in the fact that we do not help the one class as much as we do the other, or make as practicable an application of methods, as it does in the fact that we have not as good material to work upon in some cases as in others. Many come here whose sands of life have well nigh run out. Then such a process of recuperation is necessarily a slow process.

If, then, in the process of getting well we are circumscribed and dependent upon the beneficial influence of Nature to work the great change in our delicately-organised bodies, would it not be well for us to study Nature and the natural processes, and early understand the fact that our supremacy over disease depends entirely upon our implicit reliance upon the natural forces and a strict obedience to their laws? This beautiful earth, with its whole-

some relations to man, has not reached its present condition in any short period of time, but the forces of Nature have been continually evolving the beauty which we have had the privilege of feasting our eyes upon to-day. It has come about because Dame Nature has been on her knees for the last six thousand years scrubbing the rich soil from the mountain sides into the plains, and in its fertility arranging her toilet with a nicety springing from infinite wisdom and infinite patience. When she wishes to decorate with a flower or a button-hole bouquet, although so small an item in her toilet, she takes plenty of time to plant the seed and nourish it, always doing her work in curves, never making cross lines or taking cross-cuts. In the process of time, she unfolds it from the tiny green bud to the full flower, mingling in the process all the various tints from the deep green of spring to the golden tints of autumn. But in her infinite painstaking she has developed more than the beautiful flowers to feast the eyes upon, for she has filled it with the aroma, the spices of life; she has made it a tender, living thing, which in its sphere, as small as it is, is the fullness of herself, and the impress of her Creator.

What Nature has done for the flower she has done for all vegetation; what she has done for all vegetation, she has done for the throbbing, sensitive, moving, dual-natured man, as weak as he is, as sick as he is, as discouraged as he is, and a thousand times more has she done, for she has lavished upon the human organism, all the blessings in the universe, and in its development has utilised the highest creative intelligences for the space of twenty years or more to each individual. She has dedicated all of the resources of the vegetable and mineral kingdoms for its comfort, and when developed into the image of its Maker, it can rightly be said to be the masterpiece of creation.

And such an organisation has Dame Nature started out years ago to build for you, carrying through the vicissitudes of life your individual interests and my individual interests. Such a human body has the Creator placed at our disposal, and surely he will call for a reckoning at our hands.

Many of us have entered this domain and ruthlessly marred and defaced this wonderful structure, until Nature pleads earnestly for a reconstruction; and this is the work under consideration. This is the process through which you all are passing, and when you can realise the magnitude of the work, you will with patience appropriate the necessary time and expense to accomplish such a wonderful work.

Supposing these diseased bodies were like some old cathedral that had taken twenty or more years of consummate skill to build, and supposing it had been wrecked and cracked by earthquakes or some other means until it became weakened and unsafe, and the great rents in the wall through which the sun and rain came in made the inmates *ill at ease*, or, in other words, *diseased*, what would you consider the rational method of reconstruction? You can in such a structure appreciate the methods of reconstruction and approximately estimate the length of time it would take to rebuild a portion of the structure. Or, would you try to take some short cut, plastering up the outside of the crevices, possibly papering, whitewashing, any way to make it look complete, and call it an appropriate amount of upbuilding? You can all see that this would not be the proper way to fix it, although the shortest way, and while the building might have just as good an appearance as it had before it was wrecked, would it be as good a building? Would it be as serviceable? Would it be as safe? I know you would all on serious reflection say, no. No matter if it did take years to reconstruct it, you would go into the rents with the pickaxe and the shovel, and commence building up at the foundation, building up stone by stone the necessary solid masonry that would make it a complete building.

And so with these diseased body of ours. While it was possible for us to put on appearances and cover up some of the physical defects, cover up some of the symptoms, which sometimes might be done by the use of medicines, you know this would not be a permanent work;

you would prefer to step into Nature's treadmill, and by the natural powers reconstruct the diseased portions of the system, making them in keeping with the nature of the building, and comfortable to the high aim for which the body was constructed. To be sure, it is a slow process, but often we are compelled to say, the slower the process the surer, the better the reconstruction, the more serviceable, and consequently the most happiness accruing from such a process. Is not this the way you would all like to have your diseased bodies built over? If so you will patiently await the fruition of your labours, toils, and pains in the process.

Then do not get in too big a hurry to get well, for Nature does her work timely and orderly. I well remember the pithy words from the pen of J. G. Holland in his "Letters to the Young," whose restless spirit continually longs for the maturer years, as you will remember all children do, viz: "Soon ripe, soon rotten," which is replete with significant meaning to those who in their ambitions wish to take any short cut in the natural process.

Is it not true that if you were each emancipated from your pains, trials, and diseases, and immediately made well, you would not long retain the precious privilege of such freedom from disease? Indeed, not a month, or not many days, for it would take great knowledge and harmony with the laws, which we do not possess, to maintain ourselves if we were placed in a state of perfect health. Is it not then plain to you that the process of getting well is not only a process of reconstruction to the body, but an educatory process, by which people are by Nature fitted and educated to care for the body she has reconstructed? Consequently every ache and every pain is but the language of Nature saying, *Do not go that way; please stop this practice; please give me rest in this particular; take better care in that particular.* Then shall we not conclude that Nature's method of reconstructing the body and rejuvenating life is the best method, if it does take time? And from a physical standpoint shall we not with patience run the race set before us, receiving the price of higher life and better knowledge until we reach the highest rewards and consummation of our hopes in good health?

## IS ICE-CREAM A FORM OF MILK?

THIS is not a conundrum, but it was a question that was virtually asked and answered the other day in a Scotch Court of Appeal. Dominick Planta was recently convicted on a charge of having carried on the trade of purveyor of milk without being duly registered. As a matter of fact, his business is that of a manufacturer of ice-cream. It was proved in evidence, in the lower court, that ice-cream is composed of milk, mixed with flour and other ingredients, and that, although the boiling of the milk destroys infection, the frozen mixture carries it. The accused, who uses in his business thirty-two gallons of milk every week, was accordingly convicted by the Sheriff. But Dominick is a man of spirit. He appealed from the decision of the lower court, and he has gained his case. It was heard before the Lord Justice-Clerk, the eminent judge, whose remarkable charge in the recent trial of Mr. Monson excited so much interest throughout the country; and his decision in the present instance will not unlikely be viewed with different feelings by different eyes.

The Lord Justice-Clerk, after hearing counsel, began by saying that he did not doubt that what the authorities desired to do might be of the utmost importance, and he quite allowed that there might be very good scientific grounds for the measures they had taken. He admitted further that it might be extremely desirable that ice-cream dealers should be brought under the operation of a law which required registration. But, in the present case, what he had to determine was as to the interpretation of the law as it at present exists. The question here was whether regulations for the registration of cowkeepers, dairymen, and pur-



voyors of milk could be applied to persons who manufactured and sold an article in which milk was contained either in a liquid or in a solidified form. That would be, his lordship thought, a most extraordinary stretching of plain, common words, and he could not believe that the Legislature could have intended anything of the kind. He could not hold that a man who sold ice-cream was a purveyor of milk in the sense which the statute required; and the appeal was accordingly sustained. Lord Kingburgh's interpretation of the law may be perfectly right; but, if so, and if it is beyond doubt that ice-cream may carry infection, then the sooner the law is amended the better. — *Sanitary Record.*

## BLAUD'S PILLS, AND OTHER WAYS OF ADMINISTERING IRON.

WHAT are Bland's pills? Well, they are supposed to represent a convenient and easy method of administering perfectly pure carbonate of iron in a nascent or freshly-born state. We say *supposed* advisedly, for this end is defeated in the ordinary Bland's pill; in point of fact the ferrous carbonate no longer exists—it is oxidised into another compound. Dr. Bland, of Paris, the inventor, knew the value of pure carbonate of iron. He had marked its results in the pale-faced girl, he saw how it restored the bloom to the cheek, fire to the eyes, redness to the lips, and vivacity to the spirits. But this physician would be much surprised were we to show him the worthless preparations sold under his name at the present time. The pharmacists never rose to the occasion—no method was forthcoming to keep the remedy in a pure state. It remained for an English firm of manufacturing chemists to produce and perfect such a form. In the Bipalatinoid of Carbonate of Iron we have a reliable, palatable, and portable means of administration. But is this a Bland's pill? Perhaps we had better not call it such for fear of confounding it with the many worthless preparations upon the market. You may have taken hundreds of Bland's pills without the slightest effect, but that is no reason why two Bipalatinoids of Carbonate of Iron three times a day will not bring the colour to your face, at the same time giving strength to the nerves, and tone to the system. We may say, on the contrary, most emphatically, they will do so, as thousands of physicians throughout the land can testify.

## RECENT PATENTS.

This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.

1407. A preparation for medical use. JOSEPH HARTLEY RHODES, 10, Bowling Green-street, Leicester. Jan. 23rd, 1894.

1419. An improved inhaler. VIBERT COLLINSON, 1, St. Ann's-square, Manchester. Jan. 23rd, 1894.

1671. Improvements in, or relating to, plasters and medicated dressings. THOMAS HOWARD LLOYD, 323, High Holborn, London. Jan. 25th, 1894.

1683. A massage apparatus. ARVID SCHUBERT, 4, South-street, Finsbury, London. Jan. 25th, 1894.

### SPECIFICATIONS PUBLISHED.

2233. WILLIS. Supporting the ankles.

"HAS Dr. Bitterpill had a great practice here?" "Well, I should say so; the cemetery has had to be enlarged twice inside of a year."

## OUR OPEN COLUMN.

### CORRESPONDENTS' OPINIONS.

#### FRIENDLY CHASTISEMENT.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—In reply to "R. H. Owen" I think he would be quite right in complying with his friend's request. If the wrongdoer is persuaded that nothing less than "forty stripes save one" will suffice, then by all means administer them. But to be strictly Scriptural, the stripes should be given with a whip of three cords or lashes, thus completing the task at thirteen blows. Be it remembered they must be received on the bare back. It seems to me, however, that to be so convinced of wrong he must have suffered much already for his wrong doing, and, therefore, the will may be accepted for the deed, that is, if R. H. Owen is the one wronged, he may accept the wrongdoer's willingness to be punished as sufficient.—Yours, &c.,  
Caine, Wilts. E. R. YARLING.

#### A CORSET LEAGUE WANTED.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Having read with much interest the letters appearing in your columns, (i.e., "Tight-lacing," and in particular those referring to male corset wearing, I venture to ask leave for space to make the following suggestion.—It seems that many of your male readers are corset wearers, and also that they advocate the more general use of stays among their sex; with this movement I am entirely in sympathy, and beg to propose that there be formed in London a society to be called, "The Corset League," to be composed of those only who wear stays, either males or females, that the said members should pledge themselves to do all their power to promote stay-wearing, that a monthly meeting be held to report progress, and for the reading of papers relative in any way to the objects of the society, &c., &c., and that a good firm of corset makers be appointed as stay-makers to the league (this last would enable members to get good stays made at reduced rates); quarterly competitions could be held for best essays on tight-lacing, &c., and a paper could be started for free distribution to promote the society's growth. In my opinion, to increase male stay-wearing it is necessary to influence the mothers, as if they brought up their boys to wear corsets, and look upon them as a natural part of their dress, I think quite 75 per cent. would continue their use in after life. A nominal subscription would, of course, be necessary, say 5s. per annum, as the expenses would be low, for honorary officials would no doubt be forthcoming. Trusting you will find space for the insertion of this.—I am, yours faithfully,  
London, Feb. 6th.

A CORSET ADVOCATE.

#### EARRINGS.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I, in common with many of your readers, am highly interested in the letters you publish from time to time on this subject, and permit me to say that many of them are unmitigated rubbish. I allude to those that speak of men who lace tightly and wear earrings. I fear their moral stamina would not bear close investigation. At the same time, I am all the more desirous to see the other sex availing themselves of slender sweetness of figure due to judicious corsetting, and above all wearing those ornaments which should be their monopoly—earrings. Now, I have always encouraged this, and am proud to say that at least eight ladies constantly wear these ornaments owing to my persuasion. It is a question of fashion, and fashions in one or the other sex comes from a desire to please the other sex. If young men really wished young women to have their ears pierced and to wear ear ornaments, and made their wishes known, very soon one would see the number of ladies so doing increased. There is something poetically suggestive in the fact that the graceful girl has submitted to have the pretty lobe of the shell-like ear pierced in order that she may deck herself and appear more attractive to the other sex; and, to my mind and that of many others, no woman seems thoroughly dressed without a jewel in the ear. I also know that many women who have not had their ears pierced would do so, but for two reasons:—First, the fear of ridicule. Second, the fear of pain. Now as to the first I can only say that this custom of wearing rings in the ears is one of the oldest in the world, and is always a sign of a certain civilization. In all the ancient pictures of the Holy Family, the Virgin is always represented as wearing large earrings, and as this custom was universal among the Jews the fact is almost certain that she would do so. Nothing is said against the custom in Holy Writ. As regards No. 2 reason, I can only say that the pain is of the slightest; in fact, so

slight that I can hardly find a simile a slight prick of a pin in much more acute. A woman with healthy flesh could have her ears perforated and be able to wear earrings, or eardrops, in ten days. A word of warning to those, and I trust they may be many, that will follow my advice, do not allow the operator to pierce the lobes too near the edge. This gives a repulsive appearance when a heavy drop is worn, as it seems as if there were no strength to support the weight. No, have the perforation high up and as nearly central as may be, and any weight of earring can then be worn without distortion. What can be more charming than a clear-complexioned young girl with a well set-up figure, and in the centre of the finely-formed ear-lobe a pearl or a diamond, calling further attention to her charms—I remain, yours truly,

7th Feb. 1894.

PEARL-THE-HAR.

#### EXPOSURE AT THE GRAVESIDE.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—After reading your admirable article upon exposure at the graveside, I beg leave most respectfully to urge the reading of the whole of the Service in the Church or Chapel, except the words of Committal and the Grace.—I am, yours obediently,  
Westow Vicarage, York. F. LAWRENCE, Hon. Sec  
Feb. 3rd, 1894. Burial Reform Association

## Notes & Queries

This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.

All letters should have the words **NO ES AND**  
**QUERIES** on the envelope.

### QUESTIONS.

Can any reader inform me where a pamphlet entitled "Juvenile Discipline" (correspondence in Times) is obtainable? It was not published by Hatchard!—"A. M., 19, Brewer-street, Piccadilly, W. Will any reader give "Phocion" the address of a firm that makes corsets for men, and the usual price to give for same?

### ANSWERS.

GOING ON CIRCUIT.—A circuit is a division of the Kingdom comprising several counties. Two or more Commissioners called Judges of Assize (Lat. *assides*) to sit together, and the Old French *assise* an assembly of judges) are assigned to each of these circuits, twice or three times a year, by special commissioners from the Crown Office. The judges themselves meet to make arrangements as to who shall go upon this errand and upon what day. A Winter Circuit is a special commission issued after Michaelmas term chiefly for the more speedy trial of persons charged with offences too grave for dealing with at Quarter Sessions. There are nine circuits:—Home, Midland, Northern, N. Eastern, Western, Oxford, S. Eastern, North and South Wales; these again form fifty-nine minor circuits.

## ANSWERS TO CORRESPONDENTS.

Correspondents will in every case be answered as early as space and time will permit.

It is particularly requested that all communications may be distinctly written and concisely expressed, and marked "ADVICE GRATIS" over the address on the envelope.

All communications should be addressed to the EDITOR of the FAMILY DOCTOR, 18, Catherine-street Strand, London, W.C.

JUST PUBLISHED, IN POST REVENUE.

THE PHYSICIAN. A Family Medical Guide. Containing upwards of 250 Recipes for the prevention, treatment and cure of nearly all the ills incidental to the human frame, with advice to the healthy, rules for the sick, tables on digestion, &c. Also a Treatise on Consumption. By Eminent Physicians. Carefully copied from the prescription book of a London Chemist. Thirty years' experience. Offices—13, Catherine Street, Strand, London, W.C.

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**Absolutely the Best of all Foods for Invalids.**

Prescribed by the most Eminent Physicians. Especially valuable in cases of Exhaustion, Extreme Prostration and all Forms of Weakness. On account of its Easy Digestibility particularly recommended for Dyspepsia (Indigestion) and Gout. Suitable also for the robust and children, and can be adapted for a variety of Dietetic purposes.

An Admirable Diet in Cases of Influenza. One Pound Contains More Nutrient than Four Pounds of Meat. As a Brain Food, Better even than Fish. Sold Tins 1s., 2s., 4s., & 6s each, by Chemists & Grocers, or will be forwarded carriage paid by the makers W. & D. HARVEST, Dowgate Dock, London.

See The British Medical Journal of 29th April, 1893, and The Lancet, 8th April, 1893, wherein this Food is highly commended.

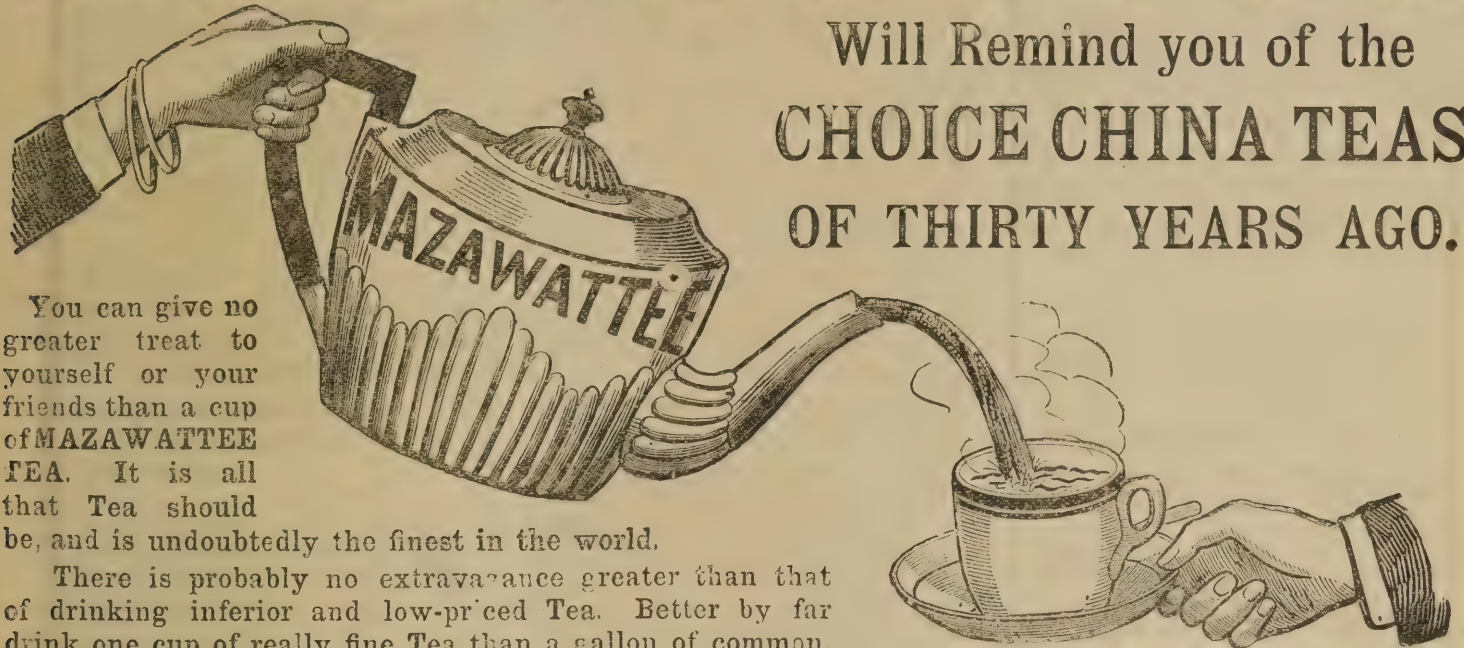
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## ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

## THE CURE OF CONSUMPTION.

[130TH THOUSAND.]

The treatment promulgated by Dr. Alabone has been put to a critical test in Miss Sharnan's Orphan Homes, and is reported upon as follows:

"DR. ALABONE, of Highbury, has for more than twelve years most successfully treated patients in my Orphan Homes, and many children who were pronounced to be in advanced Consumption by doctors attending the Homes, and some who have been patients at the Ventnor and Brompton Hospitals" (for Consumption) "have been cured by Dr. Alabone's treatment, and are now in good health and doing useful work."

Medical men and others whose opinions are of the greatest weight cordially give an opinion entirely in favour of this treatment.

Full particulars of the treatment and the details of a great number of cases pronounced curable which have been cured, will be found in "THE CURE OF CONSUMPTION, BRONCHITIS, and ASTHMA" (price 2s. 6d. post free of author), by EDWIN W. ALABONE M.D., Phil., U.S.A., F.R.M.S., late M.B.C.S., Eng., &c. Lynton House, Highbury Quadrant, Highbury, London, N. Besides which there is also a mass of information of vital importance to those suffering from chest disease.

## EASTON'S SYRUP.

WHENEVER this Syrup is prescribed the best and purest Preparation should be taken. Made by J. SELLERS, Manufacturing Chemist, 57, Farringdon Road, London, E.C., who will forward either sized Bottle free by post for three extra stamps. Or any Chemist will procure it.  
8-1d in 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 6d.  
16-oz. bottles, 4s. 6d.

## The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:-

King's College Hospital.	Nazareth House, Ham-
University College Hos-	mersmith.
pital.	British Home for Incur-
London Temperance Hos-	ables, Clapham-rise.
pital.	Ophthalmic Hospital, King
West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
for Diseases of the Chest	Courts.
Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
Evelina Hospital for Sick	St. Thomas's Hospital.
Children.	City Orthopædic Hospital

BETSY.—We are afraid we cannot prescribe very satisfactorily for this state of affairs without knowing more about the actual condition. What did she wear elastic stockings for? You do not say that she has any varicose veins, or swelling of feet and legs. The condition may be one of paralysis, in which case she ought to have galvanism applied. We should advise her to go to some hospital or good doctor, and have this properly done. The taking of medicine internally is of very little use, unless some local measures be resorted to.

JAMES MESCULL.—The cure of this habit is a matter purely under your own control. No medicine can cure a habit. Try the following: Bromide of potassium one drachm, liquid extract of salix niger one drachm, chloroform water to six ounces. One-sixth part three times a day.

P. A. W.—We cannot possibly go into the detailed discussion of this question in these columns. Suffice it to say that many people are married for many years without issue for no ascertainable cause, when suddenly conception takes place, also inexplicably. Your own trouble is due probably to piles. You must avoid all beer, wine, and spirits, keep the bowels freely open by means of a teaspoonful of Eno's fruit salts taken every morning. Still continue to use the tepid water douches.

J. W. B.—Take a teaspoonful of compound liquorice powder every night at bedtime; bathe twice a day with cold water containing a little vinegar, and every night apply an ointment containing a drachm of hazelnut mixed (by a chemist) with an ounce of boracic ointment.

G. W. W.—You were very foolish to poultice the swelling in the first place. This has been the cause of the whole deformity. There is nothing for it now but to make an incision into the mass, turn out the contents, and then allow it to heal. Unless this is done you will never get rid of it. You ought also to take a tonic of Scott's emulsion of cod oil with the hypophosphites.

PLINY THE YOUNGER.—From the description given, the patient appears to be suffering from "erythema nodosum," a condition indicative of debility and impoverished blood. We should advise her to take twelve grains of subnitrate of bismuth with half a drachm of mucilage, and half an ounce of gentian infusion after breakfast or supper, and a pill containing four grains of reduced iron every day with dinner. See that the bowels are kept in good order, and let the diet be moderate in quantity, but very nourishing. A glass of charet daily will be of service.

## FAILING EYESIGHT.

Thirty years' practical experience has proved Mr. Bluett's system of sight testing by examination of each eye separately to be the only perfect method of accurately determining the lenses required to restore the vision, and make reading or working a pleasure.

Consultations Free. Spectacles at Store prices.

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Specialist in Spectacles, and author of "Defective Vision, its Cause and Cure."

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(FOUR DOORS FROM OXFORD STREET.)

## Rowland's Macassar Oil

Best preserver, and beautifier of the hair, prevents it falling off, and is the finest brilliancy: it is most beautifully perfumed, and is a perfect luxury for the toilet table of everyone; also in golden colour for fair hair; sold everywhere; bottles 3s. 6d., 7s., 10s. 6d. equal to four small. Ask for Rowland's Macassar Oil, of 21, Hatten Garden, London, and avoid cheap rascid imitations, which decay and ruin the hair.

"The FAMILY DOCTOR combines an unusual variety of Hints on General Medical Subjects."—*Liv'dy.*



# KOPS Non-Alcoholic KOPS KOPS ALE KOPS KOPS AND KOPS KOPS STOUT KOPS

Guaranteed Bittered from Hops ONLY.

— BRIGHT. —  
PURE. SPARKLING.

EVERYBODY SHOULD TRY IT.

Sales in London alone during last 9  
Months exceed 9,000,000 Bottles.

Write for Prices of Imperial Pints and Half-Pints  
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Carriage Paid to all parts of the United Kingdom.

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THE LANCET.—"Kops Ale is a carefully-brewed product, and affords an excellent and satisfying drink in hot weather, and while it contains all the tonic and refreshing qualities of beer, it can never be accused of stealing a march on the intellect."

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Innumerable Testimonials  
may be seen at the Brewery.

WHOLESALE OF DULY APPOINTED AGENTS,  
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KOPS BREWERY, FULHAM.

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Having a system of our own, we  
Guarantee to Make a Perfect-  
fitting Boot, no matter how  
Difficult the Feet are to Fit.

Models taken in Plaster.

Private Rooms for  
Measuring.

Special Study  
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Deformed and  
Children's Feet.

By Our System Corns & Bunions are Unknown.

Send for Descriptive Circular. Ladies and Gentlemen  
Waited upon by Appointment.

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51, NEW OXFORD STREET.

MANCHESTER.—We very much fear we cannot tell  
you what this dull heavy pain is due to without  
examination. For the night trouble, if you will  
just get up and pass water that will put an end to  
your restlessness. Keep the bowels freely open by  
means of Eno's fruit salts.

## EYESIGHT PRESERVED.

MR. ATCHISON, Oculist Optician,  
should be consulted in all cases of Defective Vision  
47, FLEET STREET, LONDON, E.C.

CHAFED SKIN, PILES, SCALDS, CHILBLAINS  
CHAPPED HANDS, NEURALGIC and  
RHEUMATIC PAINS, SORE EYES, EAR-ACHE  
CUTS, BRUISES, INSECT BITES or  
STINGS, THROAT COLDS, and SKIN AFFECTIONS  
QUICKLY RELIEVED BY USE OF

CALVERT'S CARBOLIC OINTMENT

LARGE POTS, 13d. EACH,

Sold at all Chemists and Stores, or post free for value in  
Stamps from makers—

F. C. CALVERT & CO., MANCHESTER

Awarded 50 Gold and Silver Medals and Diplomas.

F. JOHNS.—Your are suffering more from your liver  
than anything else, and should take a great deal  
more active outdoor exercise than you are accus-  
tomed to. You should avoid all pastry, sweets,  
&c., and eat only plain, roast, or boiled meat, with  
not too much potatoes or bread. Take the follow-  
ing pill every other night: Blue pill one grain,  
powdered rhubarb one grain, sulphate of quinine  
one grain, to make one pill, and take a little Eno's  
fruit salts the next morning. You do not require  
the powders you have been taking, as their action  
is not at all radical. Take the following medicine:  
Acid tartrate of potash two drachms, infusion of  
chiretta to six ounces. One-sixth part three times  
a day between meals. You are perfectly all right  
as regards the other matter, and need have no com-  
punctions.

M. M.—Something can be done, but not by virtue of  
medicine. You will require local treatment, and  
this particular treatment can only be carried out  
in London.

LIZZIE.—We are afraid that this is a concomitant of  
increasing years. If anything were to be done now  
it would have to be of an operative nature, such as  
cauterising the interior of the nose with a galvanic-  
cautery. You may sniff up salt and water into the  
nostril if you like, this may be partially beneficial,  
but you must not expect a complete recovery of  
taste and smell.

ANXIETY.—We are unable to say definitely whether  
this complaint is specific or not, but you had better  
try the following medicine: Liquor hydrargyri  
perchloride two drachms, iodide of potassium one  
drachm, carbonate of ammonia half a drachm,  
decoction of bark to six ounces. One-sixth part  
three times a day. Avoid all beer, wines, and  
spirits.

HOPEFUL.—You had better follow the advice we have  
given to "Henry Lawson." Take a tea-spoonful of  
Parrish's Food three times a day immediately after  
meals.

W. JAMES.—You must take plenty of outdoor exercise.  
Take up some hobby, such as walking, cricket, or  
cycling. Bathe the parts with cold water every  
day, and take the following medicine: Tincture of  
perchloride of iron fifteen minims, sulphate of  
magnesia thirty grains, solution of strychnia (B.P.)  
three minims, water to half an ounce. To be taken  
with an equal part of water after each meal.

BALD ONE.—Your way of life is probably at fault,  
with regard to cold baths, out-door exercise, and  
proper diet. The continual flushing of the bowels  
is very frequently more harmful than otherwise.  
But where purgatives fail, enemata, especially  
large ones, are often useful. You had better look  
to the points we have mentioned, and take the  
following medicine: Nitrate of potash one scruple,  
sulphate of soda half a drachm, infusion of gentian  
to six ounces. One-sixth part three times a day.

A.—You should eat only plain food, and you would  
soon get well. No, you are not suffering from con-  
sumption of the bowels. You must alter your  
food, and find out what agrees best with you. With  
the scanty information you have vouchsafed, we  
are unable to tell you more than this.

## TO HOMŒOPATHS

93, LEADENHALL STREET,  
LONDON, E.C.

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Respectfully invite all, especially those  
versed in the system, to avail them-  
selves of a copy of their "CONCISE  
GUIDE," an estimable little Treatise,  
giving the Leading Indications and  
Homœopathic Treatment of Common  
Complaints.

It is admitted to be the most useful  
and comprehensible little work extant,  
and can be procured gratis, free by post,  
on application to above address.

South View, Meon Rd., Acton,  
April 12th, 1892.

Gentlemen,

Will you kindly forward me  
your "Concise Guide," which I  
trust will be as superior in its  
value as your Medicines are in  
their quality,

Yours truly,

CHAS. HARRISON.

GENUINE TESTIMONIALS from all parts of  
the UNITED KINGDOM.

COLLINS.—Many thanks for the information.

FOR BREAKFAST, LUNCHEON, DINNER.

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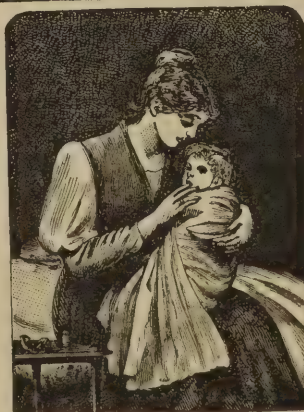
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## GENERAL DEPRESSION.



"Those of our readers who are afflicted with liver troubles and suffer from their irritating and depressing effect on the temperament should try

### ENO'S 'FRUIT SALT'

It is especially commendable for this purpose, but it will also be found useful for other ordinary ailments, particularly when they

result from over-eating or undue excitement."  
—*Science Siftings.*

## ENO'S "FRUIT SALT"

Assists the functions of the LIVER, BOWELS, SKIN, and KIDNEYS by Natural Means; thus the Blood is freed from POISONOUS or other HURTFUL MATTERS. It is impossible to overstate its great value. THERE IS NO DOUBT that, where it has been taken in the earliest stages of a disease, it has, in innumerable instances, PREVENTED a SEVERE illness. Without such a simple precaution, the JEOPARDY of LIFE is IMMENSELY INCREASED.

### Headache and Disordered Stomach.

"After suffering two and a half years from severe headache and disordered stomach, and after trying almost everything without any benefit, I was recommended to try ENO'S 'FRUIT SALT,' and before I had finished one bottle I found it doing me a great deal of good, and am restored to my usual health. And others I know that have tried it have not enjoyed such good health for years.—Yours most truly, ROBERT HUMPHREYS, Post Office, Barrasford."

ONLY TRUTH CAN GIVE TRUE REPUTATION. ONLY REALITY CAN BE OF REAL PROFIT.

THE SECRET OF SUCCESS.—Sterling Honesty of Purpose. Without it Life is a Sham.

CAUTION.—Examine each bottle, and see the capsule is marked ENO'S "FRUIT SALT," without it you have been imposed on by a worthless imitation. Sold by all chemists. Prepared only at—

Eno's "Fruit Salt" Works, London, S.E.,  
By J. C. ENO'S PATENT.

**NIL DESPERANDUM.**—Once a fortnight is not too frequent. If you find you suffer more frequently than this, you had better tie a cotton reel in contact with the back by means of some tape round the waist. The pressure of this will prevent your lying on your back, which is the chief cause of your trouble. For the rest, you should keep the bowels freely open by means of Dunn's fruit salts, take cold baths every morning, and plenty of active outdoor exercise during the day. Take a teaspoonful of Parrish's food three times a day immediately after meals.

**J. C. (Ardwick).**—We are inclined to think that this is more stomach than lungs. You should not smoke at all, if you bring up this black phlegm continually. Keep the bowels freely open by means of Dunn's fruit salts, a teaspoonful or so every morning, get plenty of active outdoor exercise, and eat only light digestible food. Take the following medicine between meals: Sulphate of magnesia two drachms, carbonate of magnesia two drachms, spirit of chloroform one drachm, peppermint water to six ounces. One-sixth part twice a day between meals.

**FANNY.**—You must not use your eyes to read or work at night, and avoid any stimulants, either beer or whisky. If there is any defect of sight, you should go to an oculist and have them examined. The reason of this burning may be that you are in need of spectacles, properly suited ones.

**GRATEFUL.**—Internal drugging is of very little use in these cases. The condition should be locally treated. You may by passing a No. 10 English gum catheter on yourself twice a week, night and morning, and see if this will relieve you. At the same time keep the bowels freely open. If this does not relieve you, send a stamped addressed envelope, and we will recommend someone. You ought not to marry yet.

**HENRY LAWSON.**—Take a cold bath every morning, and get plenty of active outdoor exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of Eno's aperient fruit salts. Your diet should be very light and nutritious consisting of plain roast and boiled meat, with a variation of fish boiled, or chicken, and plenty of green vegetables. The local trouble of which you complain will have to be treated locally. The taking of medicines internally will not affect that in any way. The most satisfactory treatment if by electrolysis. You may try to get it done in your vicinity, but we fear it is not well enough known for that.

**ANDREW CHALK.**—As you have seen the surgeon, and received his advice, the best thing you can do is to follow it.

**L.**—You had better persevere with the medicine, as we think the dose is quite large enough. Also continue to control yourself with regard to the other matter, and you will find that by not thinking about it you will be cured of it. Thinking about the attack has a tendency to bring it on, therefore you must conquer the inclination.

**H. W. T.**—We must have some details about this long-standing disease. How long ago was it? Through what stages has it passed, and what external evidences are there of it now? What are your habits and occupation?

**LOBENGULA.**—You had better read the advice we have given to "Henry Lawson," and if you wish the name of a specialist send a stamped addressed envelope.

**N. W. T.**—There is only one way of permanently removing hair, and that is by electrolysis. No depilatory will permanently remove it. Electrolysis is expensive but efficacious. You will make the hairs grow thicker by cutting them or applying anything to remove them.

**J. HOUNSLOW.**—You appear to be suffering from indigestion. We should advise you, therefore, to take the precautions already recommended to so many of our correspondents—viz., to eat your food slowly, drinking only after meals, to avoid sugar, pastry, and beer, and to take the following medicine before each meal: Dilute hydrochloric acid ten drops, sulphate of magnesia thirty grains, tincture of gentian half a drachm, water to half an ounce. Take as much outdoor exercise as possible, without tiring yourself, and let us know the result in a few weeks' time.

**A POOR CURRIER.**—We can only account for your troubles on the supposition that you have rheumatism in the joints affected. There are certain diseases of the nervous system which might account for the pains, but you describe no other symptoms which would lead us to suppose that you are suffering in that way. Rub the affected joints with new whisky, and take the following medicine three times daily: Bicarbonate of potash twenty grains, sulphate of magnesia half a drachm, nitrate of potash eight grains, infusion of bushu half an ounce. Turn teetotaler, and give up smoking.

"To breathe 'Sanitas' is to breathe Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

Prevents and Cures

Bronchitis, Influenza, Diphtheria,

AND ALL

Lung and Throat Affections.

DIRECTION

INHALE and FUMIGATE with "SANITAS OIL."

PAMPHLETS FREE ON APPLICATION.

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"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.

Fumigators, 3s. 6d. each.

"Sanitas" Eucalyptus Disinfectors, 1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

**ZULU.**—We cannot understand how it is you have received no reply if you have already written before. 1. The only way of removing hair permanently is by electrolysis; this does not injure the skin. 2. Once a fortnight is quite often enough; if they occur more frequently there must be some reason for it, such as sleeping on the back, constipation, &c. 3. You cannot prevent this except by discontinuing riding exercise. This exercise would be sufficient also to account for the nocturnal irritation.

**BACCHUS.**—If there is only wax in your ear, you had better go to a good doctor, and let him syringe it out. You cannot undertake this yourself, because it requires some delicacy of manipulation though a very simple operation in itself. If, on investigation, it turns out not to be wax, then you had better see some aurist.

**ROSE.**—You should endeavour to get at least an hour's walking in the open air every day, and should be very careful to have your meals regularly, which meals should be free from fat in the shape of anything fried or rich. Plain roast and boiled are the best for you. Keep the bowels freely open by means of the following pill: Aloin one grain, extract of belladonna half a grain, extract of nux vomica half a grain, to make one pill. Take one twice a week at bedtime, also the following medicine: Acid tartrate of potash two drachms, chloroform water to six ounces. One-sixth part three times a day.

**THE NOSE.**—You had better see some medical man about this if you have already tried the salt-water douche. There must be some reason for your trouble, which we are unable to prescribe for without making a personal examination to discover the cause. We should advise you to see one of the surgeons at a London Hospital.

**CORAZON H. J.**—We agree with you that medicines are more or less of little service in the troubles of which you complain. The other means to which we referred in our previous reply involve local electrolytic treatment, which will cause diminution of the hyperæsthesia, and the reflex results. That can only, however, be carried out by a specialist, and would necessitate a visit to London. If you wish to do this, you had better send us an addressed envelope, and we will give you the name of a physician to whom you may apply with confidence. Meanwhile, you had better go on with the treatment suggested in the former answer to you.

**LIVERPOOL.**—The condition involves a constitutional tendency, as well as some exciting causes in the shape of unsuitable food, and possibly unsatisfactory local conditions and habits, such as rubbing, scratching, &c. Take care that these are prevented. Keep the head cool by cutting the hair closely, and letting the patient wear a clean linen cap every day; bathe off the crusts three times a week, and use as a constant application equal parts of carbolic, boracic, and zinc ointments. Give also a daily dose of fifteen grains of carbonate of magnesia in milk, and let us hear in a month what progress the patient has made. Avoid carefully all so-called "cures." They will only disappoint you.

FOR INFANTS AND INVALIDS.

# Swinborne's Isinglass

Is the Best.

A little should be taken in Tea, Milk, or Broth, or as a Lemon Jelly.  
IT IS MOST NUTRITIOUS.

"The Family Doctor conveys to its readers much Useful Information."—*The Graphic.*



# WHEATLEY'S HOP BITTERS

(OR HOP ALE).

**FERMENTED NON-INTOXICATING  
BEVERAGE.**

THE REPUTATION WHICH THIS  
ARTICLE HAS ATTAINED HAS  
BROUGHT FORTH A HOST OF IMITA-  
TIONS. CONSUMERS ARE THERE-  
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**BOTTLES BEAR WHEATLEY'S  
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AS INFERIOR AND LOWER-PRICED  
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**GOOD ON DRAUGHT.**

TO BE HAD OF WINE MERCHANTS  
BOTTLEERS, & GROCERS EVERYWHERE  
OR FROM

**WHEATLEY & BATES  
(LIMITED),  
SHEFFIELD.**

**A LONG SUFFERER.**—In addition to these pills  
we should advise you to take the following medi-  
cine during the daytime: Iodide of potassium  
forty grains, carbonate of ammonia half a drachm,  
decoction of bark to six ounces. One-sixth part  
twice a day. Live as well as you can hygienically,  
but avoid all beer, wines, and spirits. Write again  
in a fortnight.

## The Rugged Child

is largely an  
"outdoor"  
product.  
Fresh air  
and exer-  
cise produce  
sound appe-  
tite and  
sound sleep.  
Sickly chil-  
dren obtain  
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## Scott's Emulsion

of cod-liver oil with Hy-  
pophosphites, a fat-food  
rapid of assimilation and  
almost as palatable as  
milk.

Prepared by Scott & Bowne, Ltd., London.  
Sold by all Chemists and Vendors of Medicine  
at 2/6 and 4/6.

**META.**—Restriction of your diet to lean meat, green  
vegetable, fresh fish, poultry, and stale bread, with  
very little tea, and no beer or other stimulants. A  
dose of Epsom salts (one teaspoonful in hot water)  
each morning before rising, and the use of a well-  
fitting abdominal belt, made by a good instrument  
maker (Messrs. Coxeter & Son of 4, 6, Grafton-street,  
Gower-street, London, would be the best people to  
apply to).

**HOPEFUL.**—We would advise you to consult the  
physician to the skin department of one of the  
great London hospitals. The description you give  
is too vague to enable us to form a diagnosis, and as  
time must be a matter of consideration under the  
circumstances, we should suggest your adopting  
our advice at once.

**BLUE-BELL.**—It is quite impossible without examin-  
ing the parts, to say what may be the cause of your  
sterility. You had better see the physician to the  
women's department of one of the large hospitals.  
Eat your food slowly, avoiding sweets and pre-  
served meats, or fish; take plenty of vegetables with  
stale bread, and drink only tea, cocoa, a moderate  
quantity of beer.

**BILL.**—We think under the circumstances, that both  
the doctors are somewhat at fault. In the stage of  
the disease from which you are obviously suffering,  
a stereotyped treatment is sometimes quite a  
mistake, and we should advise you, in order to have  
the best means adopted, and to settle the matter  
finally, to consult a sound London specialist, who  
would investigate the matters thoroughly and put  
you on the right track. Should you wish us to  
recommend you to one, you had better forward a  
stamped addressed envelope, reminding us of this  
reply.

**G. W. R.**—1. It is much easier to lighten the hair than  
to darken it. You can obtain different degrees of  
darkness by using solution of nitrate of silver of  
different strengths and times of application. But  
this must be very carefully done, or you will  
blacken the scalp as well. You had better go to a  
chemist and get his advice as to how to do it. 2.  
No.

**HAIR.**—This is called *alopecia areata*, and is due to  
your not being in very good health. You had  
better get the chemist to make you up some nutmeg  
ointment, and apply this diligently every day.  
Keep yourself in as good health as possible, getting  
plenty of good food, fresh air, paying due attention  
to the state of the bowels, and taking a teaspoonful  
of Fellows' syrup of hypophosphites three times a  
day, immediately after meals. This condition will  
probably continue for some months, or may be, a  
year, and then the hair will suddenly begin to grow  
again.

**SEDDENTARY MAN.**—No; you might have some  
outdoor exercise in the evening, or early morning.  
Otherwise, you will suffer from constipation, in-  
digestion, nervousness, and other attendant evils.

**TRUST.**—You must live very quietly, free from all  
excitement. Keep the bowels freely open, take  
gentle exercise in the open-air, avoid all beer,  
wines, and spirits, and let your meals be quite  
simple. Take bromide of potassium fifteen grains,  
three times a day, dissolved in water.

**F. HASTING.**—We think that the bad habits in which  
you have so long indulged, have done you an  
infinity of harm, but there is no reason why, if you  
give them up altogether, you should not acquire, at  
any rate, a part of the health and strength that but  
for them would have been yours. For the present  
keep on with the cold bathing, and take a teaspoon-  
ful of Fellows' syrup of the hypophosphites three  
times a day in a wineglassful of water. Take plenty  
of open air exercise, and make up your mind to go  
in for some hobby, such as cycling or cricket, during  
the ensuing season.

**A CONSTANT READER.**—What did you expect from  
the dandelion and chamomile pills? Indiscriminate  
drugging is not of the slightest service in such, or, in  
fact, in any illness. Eat your food slowly; keep  
your bowels free; avoid sweets; wash your face in  
hot water with good soap; take ten drops of dilute  
hydrochloric acid in a small wineglassful of water  
before each meal.

**CHARLOTTE.**—It is impossible to say what this is  
without examination. Of course, you might see a  
doctor about this, who can examine it properly.

**TROUBLE.**—This will, of course, have to be tapped.  
As for the other matter, the hydrocele has nothing  
to do with it, but taking medicine will not do any  
good. The matter will have to be treated locally.  
You had better send a stamped addressed envelope,  
and we will give you the name of a doctor who can  
treat both properly.

**GLASSHOUSE.**—No mode of living, or exercise, or  
course of medicine will be of the slightest service  
in these cases. The local weakness must be locally  
treated, and by someone who is accustomed to this  
particular kind of work. If you can arrange to  
come to London for a fortnight or so, send a  
stamped addressed envelope, and we will tell you  
where to go.

**MIDLANDER.**—Palpitation always produces this feel-  
ing in the throat. The question was a mere con-  
firmation of the excited heart-beat. It is impossible  
for us to tell you whether there is anything the  
matter with the heart or not without examination.  
The chances are the latter, though you were a little  
bit hysterical also. We should think you were  
anæmic and debilitated.

## DR. JACOB TOWNSEND'S SARSAPARILLA "THE BLOOD PURIFIER."



A course of this valuable and  
Safe Preparation is highly bene-  
ficial to the BLOOD, which it  
ENRICHES and PURIFIES, re-  
moving BLOTCHES, PIMPLES,  
SORES, and all ERUPTIONS.  
Makes the SKIN CLEAR and  
HEALTHY. Expels all impure  
matter from the System, creates  
appetite, and imparts a tone of  
VITALITY to the whole body.  
Children like it. Very agreeable

flavour. Recommended by the Faculty in the  
treatment of BLOOD and SKIN DISEASES. Free  
from mercury, sulphur, arsenic and other injurious  
ingredients. Established over 50 years.

Mr. Hugh Kelly, Registered Chemist, Kingston Apothe-  
caries' Hall, Gloucester Street, Glasgow, writes:—  
"I have been selling a good many of your famed Old  
Dr. Jacob Townsend's Sarsaparilla. People say that it  
is purer and more effectual than any other."

Only Genuine in Blue and Red Wrappers with Doctor's  
Head. Prices, 2s. 6d., 4s. 6d., 7s. 6d., 11s. Also Dr. J.  
Townsend's Pills, specially prepared for Bilious, Liver, and  
Stomach Disorders. A mild Aperient, in boxes 1s. 1d.,  
2s. 9d., 4s. 6d. Of all Chemists; or sent Carriage Free  
from the Depot, DEAN, TEEL and Co., 39, Theobald's  
Road, Holborn, London (late 131, Fleet Street).

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W.X.Y.Z.—The course of your nervousness is the horrible habit which has been your bane for so many years. You must make up your mind to give that up at once and finally, or you will presently find your nervous system collapses. By all means take up the cycling again to the extent named, but avoid anything like excess. Your diet appears to be satisfactory, and we would suggest your taking a scruple of bromide of potassium in half an ounce of camphor water night and morning. Keep the bowels free, and endeavour to fix your attention on some hobby which will take you altogether away from the consideration of sexual matters.

"HOPEFUL" (Wigan, Lancashire).—You appear to be suffering from chronic indigestion, with dropsy dependent on liver disturbance. We should advise you to take one of the following pills three times a day to eat your food slowly and to become a teetotaler: Blue pill one grain, powdered digitalis leaves one grain, powder of squills one grain, extract of henbane one and a half grain. Write again in a month, reminding us of the conditions.

WEEKLY READER.—1. Let your wife take the following pill with dinner every day for a month: Blue pill one grain, compound rhubarb pill one grain, extract of cascara two grains. 2. It would be best to syringe the boy's ears regularly twice a week with a warm solution of lead lotion, ten drops to half a pint of warm water.

COLLIE.—Of course it is impossible. The common cause is simple catarrh of the mucous membrane. Try Karswood's creosote as recommended to "Catarrh" in these columns, and let us know the result in a fortnight.

CRYSTAL PALACE.—We do not think either rheumatism or neuralgia responsible for the pains, therefore, the medicine is practically useless and should not be taken any longer. The ovaries, or uterus, or both parts are probably involved in some inflammatory condition, and it would be advisable at the patient's age that she should be examined by a gynaecologist, with a view to determining the exact seat and cause of the pain. Meanwhile, measures should be taken to relieve the constipation, and a teaspoonful or more of the compound liquorice powder taken each night will probably accomplish this.

G.V.L.A.—We are sorry to say that no medicine taken internally will do you any good at all. The trouble is not one of the constitution or general health, but purely in one part, and that a very small part of the body. Therefore, the remedy will have to be applied to that particular part, and this cannot be done by taking medicine, so, if you wish to carry out your promise, you will have to come to London as soon as possible, and we will tell you what doctor to see, if you will send a stamped addressed envelope.

ANXIOUS.—1. That depends upon the length of existence and extent of the disease. 2. You had better wash out the nostrils three or four times a day with the following lotion: Borax, chloride of sodium, and bicarbonate of soda of each seven grains, carbolic acid one grain, water four ounces. Use the whole of this quantity three or four times a day. Take also the syrup of iodide of iron, a teaspoonful three times a day. The children had better take half a teaspoonful. If you like you can add as much water to the lotion to increase its quantity. The chemist will make up any quantity for you.

W.—We should advise you to take him to some good specialist on lunacy, and follow his advice as to whether it would be better to send him away or not. It is evidently a case to be treated in that way. He will probably get worse and worse, and degenerate into imbecility or idiocy. The nervousness of which you yourself complain, may be in connection with the heart. Try the following medicine: Bromide of potassium one drachm, tincture of belladonna half a drachm, syrup of oranges one drachm, chloroform water to six ounces. One-sixth part three times a day.

WORRIED.—You must avoid all beer, wines, and spirits, and take the following medicine: Liquor hydragryri perchloridi three drachms, iodide of potassium half a drachm, aromatic spirit of ammonia one drachm, decoction of bark to six ounces. Write again in three weeks enclosing our reply.

J.G.—1. We do not agree with your late doctor that the accordion sounds are due to heart trouble. That may be present, but it is not the cause of the sounds. We advise you to take the following mixture two or three times a day: Carbonate of ammonia three grains, spirits of ether ten drops, spirits of chloroform five drops, peppermint water to half an ounce. This may be taken a little more frequently should the breathing become very troublesome. Keep your bowels free; eat your food slowly, and be careful that the quantity is limited. 2. We have not the book at hand for reference, but to be on the safe side we should advise a "teaspoon."

CATARRH.—Most of your trouble (nasopharyngeal catarrh) is due to the irritation of smoking. Give it up, and try the frequent inhalation of Karswood's creosote (Hughes, Victoria-street, Manchester)

DEJECTED ONE.—Why don't you give us a chance to treat you? It is impossible to do so without knowing your sex, age, occupation, habits, general history, &c. If you send us these, and all other details, which may seem to you to bear upon the case, we shall be happy to prescribe for you.

PENITENT.—We quite see your difficulty, and would advise you, therefore, to wait until the clouds lift a little.

POOR NELLIE.—The individual you consulted is not a qualified doctor, and invariably sells these instruments at the price you mention for any and every ailment connected with these parts. If you take our advice, you will leave them alone, as they will only set up some dangerous inflammatory irritation, which will be real disease, instead of anything fanciful. We will give you the name of a good West-end physician of mature age and world-wide reputation if you do not know whom to go to.

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# Alarming State of Our Navy.

## Great Scarcity of Men.

### A Question for the People.

In considering the causes which have contributed to bring about the existing undesirable condition of naval affairs, the fact must not be overlooked that numbers of otherwise strong, capable men, who present themselves as Candidates for the Service, are rejected by the medical examiners on account of the decayed and defective state of their teeth.

The authorities are right in exacting a proper standard of bodily condition from all who would enter the honoured ranks of Britain's Brave Defenders. And there is no class, high or low, from which recruits are not daily drawn—and will yet have to be drawn in increasing numbers.

This, therefore, becomes a question for the People quite as much as for the Powers that be.

Now, decay of the teeth occurs mainly for two reasons: one arising from an unhealthy action of the stomach and liver, and the other from failure to keep the teeth and gums in a sanitary condition by a genuinely Scientific Dentrifice.

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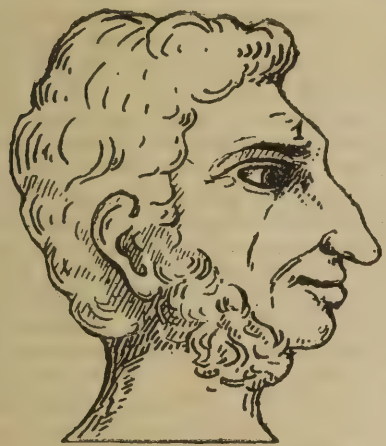
In the second case, the use of Beecham's Tooth Paste will prevent and arrest decay of the teeth in a positively effective manner, insuring their natural pearly effect, preserve the enamel, act as a tonic to the mouth and gums, and impart a peculiarly agreeable fragrance to the breath.



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**CONTENTS.**

PAGE	PAGE
Physiological Revela- tions (Illustrated) .. 401	The Tinge of the Cheek .. 405
Editorials .. 402	Hints for Housewives .. 406
Physiological Revela- tions .. 403	Recipes for the Table .. 406
Care with Bathing .. 403	The Mother's Page .. 407
Towels and Disen- sures .. 403	Blood Poisoning .. 407
Mental Overstrain & its Treatment .. 404	Digestion & Indiges- tion .. 408
Condensed Milk .. 404	How Ought we to Sleep .. 408
A Skull .. 404	The Hygienic Value of Water .. 408
We Are Brothers .. 404	Overeating .. 410
Specialities Received .. 404	Recent Patents .. 410
How Animals Practice Medicine .. 405	Our Open Column .. 410
Nasal Respiration .. 405	Notes and Queries .. 410
Care of the Hair .. 405	Answers to Corre- spondents .. 410
The Importance of Proper Food .. 405	&c., &c., &c.

**EDITORIALS.**

**THE FAMILY DOCTOR** has made such rapid strides into Popular Favour during the Past Year that we have decided to

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**STRIKING TESTIMONY.**—January 26th, 1894. "I have recommended Glickon's Salve for forty years, and still have pleasure in so doing." J. Wilson, Missionary, 2, Western Road, Southall, London. "I never knew Glickon's Salve to fail." Rev. Danzy Sheen, Higher Ardwick, Manchester. "They call Glickon's Salve 'Magic Salve,' out here in Melbourne." Mrs. Gifford, Melbourne, Australia. It is "the" remedy for Bad Breasts, Bad Legs, Blood-poison, Scrofula, Lumbago, Bruises, Festered Wounds, Sore Throat, Sore Eyes, Sore Toes, Cuts, Blisters, Corns, Bad Sores, and Inflammation of every description. 74d. and 1s. 14d. per stick, through any chemist, or direct post free, with full directions, from W. LOCKING & SON, LEEDS. Advt.

**LIFE.**—Life is like a medicine chest; there is plenty of medicine, but few know what to ask for, or how to take what they get. Hence, the greater part swallow the wrong dose and die of the remedy.

**DEATH.**—It is claimed that one death in every twenty is due directly or indirectly to kidney disorder.

**INSOMNIA PARTIES THE LATEST.**—An American society young woman has devised a novel entertainment, which is shortly to be made public. It is to be a reception for people who cannot sleep at night. Among her friends are a great many delightful people who are troubled with insomnia, and who confess that they spend many frightful, wakeful hours walking the floor, looking out of the window, rocking in easy chairs, trying to read or write, and in other useless and tiresome occupations. When her plans are fully matured this original young woman intends, on at least two nights in every week, to be at home to those distressed female friends from midnight until morning. The guests are requested to appear in any unique, respectable bedroom gown, bath robes not excluded; the lights are to be dim, soothing music and stupid conversation will be the only diversions permitted, hot chocolate and light wafers will be served, couches and easy chairs will be provided in abundance, and the insomnia victims are earnestly desired to fall asleep as soon as possible. It is whispered that prizes will be offered for the first snore, but this detail is not authentically announced. The reception is to be a fact, however, and an eager expectancy as to invitations is in the air.

**THE LIGHT FROM A WINDOW.**—That light which passes directly from the window to the eye is no benefit, except as it enables one to see the outside view. Nearly all the light serves a far more useful purpose. It enters the window and sets in operation on a smaller scale the same phenomena that are taking place in the street. It is handed back and forth between walls, carpets, furniture, and occupants. The light that these various surfaces reflect gives impressions of form and colour by which we appreciate objects. By means of it we see our friends' faces, enjoy the pictures, read the book. It should be noted that light and colour are entirely subjective. They are effects produced in the brain by different kinds of light undulations. We perceive the colour of the upholstery and carpet because these have the faculty of sorting out undulations of special wave lengths and reflecting them. We perceive the outline of chair or of face partly by change of colour, but chiefly by light and shade, the difference in intensity of the undulations coming from them, and from objects behind them. To make the objects in the room distinct the light entering the windows must be conserved as much as possible. This will best be accomplished by banishing all dark materials. Heavy hangings absorb light as well as dirt. Oak or enamelled furniture reflects the light that black walnut or rosewood absorbs, and a light-coloured wall will do almost as much as a sunny disposition to fill a room with sunshine and good cheer.

**POISONING FROM CHARCOAL.**—A new form of lead paralysis has appeared in Paris among the hands of a chemical charcoal factory. The charcoal was rendered more combustible by being treated by nitrate, and thus better fitted for lighting fires. Nitrate of soda, or potash, ought to be used for this purpose, but the factory proprietor found it more advantageous to use nitrate of lead, which increased the weight of the product. Naturally, the workmen soon exhibited symptoms of lead poisoning. It is proposed to pass a law forbidding the dangerous process under penalty of a heavy fine and imprisonment.

**PEPPER'S QUININE AND IRON TONIC.**—When prostrated, unfit for work, unduly depressed, fatigued, or below par, Pepper's Tonic is the remedy. Shilling Bottles everywhere.—[ADVT.]

**PEOPLE** are losing their teeth from a new cause nowadays. It is a complaint which seems to have become common only within the last fifteen years or so. "Recession of the gums" it is called. Tartar is deposited at an abnormal rate, and this carbonate of lime secreted from the saliva pushes the gums back from the teeth. After awhile, if nothing is done to prevent it, the trouble gets as far as the sockets, which become inflamed. Finally the teeth fall out.

**PREPARING FOOD FOR THE SICK.**—There is really no good reason why any woman should be unable to prepare delicate and nourishing dishes adapted to the requirements of the sick. Physicians often depend largely, sometimes almost wholly, upon a nourishing diet to help tide the sufferer over the period of acute disease, and the season of prostration which sometimes follows. In many low grade forms of disease there is more indication for suitable nourishment than for medication; but, too often, when some simple nourishment is ordered, the reply is, "I should be only too glad to prepare anything you think necessary, but really I have had no experience in caring for the sick, and do not know what to cook, nor how to cook it."

**NEW TREATMENT FOR WOUNDS.**—Dr. Eichler, in the *Aerzt Prakt.*, advocates Peru balsam as a dressing which causes lacerated wounds to heal quickly, its points of adaptation being that it adheres well and covers the entire surface of the wounds; it has a drying effect, but stimulates granulations, and, following application, a scab is formed under which healing goes on. Dr. Eichler states that its use is especially indicated in the treatment of wounds having a tendency to marked suppuration or partial gangrene, and in injuries of the hands and fingers the result are excellent. In practice, after coaptation of the margins of the wound, the Peru balsam is poured over the entire surface, which is then covered with thin layers of gauze moistened with balsam and an ordinary dressing; the latter may be left in place for several days, though it is an advantage to remove the outer dressing daily and moisten the gauze with the balsam without removing it from the wound.

**MARRIAGE AN AID TO LONGEVITY.**—Charles Darwin, in the course of a long life devoted to science, has pretty thoroughly established the reputation of never making a statement without having first verified it by the most careful investigation, and Mr. Darwin, has co-operated with Dr. Stark, a famous Scotch scientist, in urging matrimony as one of the most important aids to longevity. He says that from an enormous body of statistics gathered in 1853 it was shown that the unmarried men throughout France between the ages of twenty and eighty, died in much larger proportion than the married. For example, of 1000 unmarried men between twenty and thirty years of age 113 died annually, while of 1000 married men between ages just mentioned, but 65 died. In 1863 and '64 similar statistics were gathered in Scotland, when it was found that in every 1000 unmarried men between the ages of twenty and thirty, 1497 annually died, while of the married only 724 died. Dr. Stark contended that bachelorhood is more destructive to life than the most unwholesome trade or a residence in an unwholesome house or district where there has never been the most distant attempt at sanitary improvement. He also found in France as well as in Scotland that widows and widowers suffer in comparison with the married a heavy rate of mortality.

**ENOUGH.**

Teacher (sternly)—Willie Waffles, you were late this morning.

Willie Waffles (blushing)—Yes'm. I had to get up in the night and go for the doctor.

Teacher—Well, Willie, I will excuse you this time, but I hope this will never happen again.

Willie—That's what my father said.

**MRS. S. A. ALLEN'S WORLD'S HAIR RESTORER**  
 Restores the Colour. Renews the Growth.  
 Arrests the Fall. Cleanses the Scalp.  
 —ADVT.



[SPECIAL ARTICLE.]

## PHYSIOLOGICAL REVELATIONS.

## THE NOSE.

## THE BASE OF THE NOSE AND MORALITY.

IT is at the upper part of the nose, where it touches the forehead, that, as we have already said, the effects of our moral and spiritual being are engraved. Here are found inscribed:—Justice, will, self-control, moral force. Here are measured the impulse which impels to unknown and higher spheres, the inspiration which brightens our life—the free judgment which rules the working of our mind. This illustration refers to the ungual phalanx of the thumb. It is short, narrow, and weak, it is the sign of an undecided will, of a want of firmness and energy; the principles are at fault, uncertainty and instability. Keep the individual in a state of perpetual fluctuation; the person who is incapable of perseverance keeps himself going by other people's ideas. Shortness and narrowness of this phalanx involve the same consequences; to a nose that is narrow and short at its base generally corresponds a first phalanx which is short and feeble.

If, on the contrary, the root of the nose forms a large tubular shape, having between the eyebrows the disposition of a trapeze, whose base is above, it is the sign of a will and individuality powerful and energetic, great confidence in self, and great desire for perfection; it is the will which creates and excites: what one calls vulgarly "the man of head." This characteristic corresponds to a long and strong first phalanx.

But, just as excess in length and development of the ungual phalanx of the thumb conduces to a spirit of domination and insupportable tyranny, so also the root of the nose, if over-developed and presenting an inflated and haughty look, is the mark of blind and domineering conceit, which tries to absorb everything surrounding it.

When the filling out of the line which passes from the forehead to the nose is exaggerated and reminds one of the head of a deer, stag, or goat, which corresponds to the thumb enlarged at the end and terminating in the shape of a ball, it means: A tendency to fight, predisposition to crime, cynicism, and immodesty. If narrowness of the part accompanies this feature, it is like the silhouette of a sheep—that is to say, simple and stupid imitation accompanied with a narrow head. When this part is level with the forehead, it is the spirit of brilliant superiority, wise and judicial, the sentiment of justice, and the quietude of power.

If the root of the nose, instead of being in relief, is effaced and concave, it is a sign of good nature, without power of resistance. This disposition, when it is pronounced, corresponds to an ungual phalanx thrown very much back. This curving of the organ signifies in the two cases—excessive dissipation, an unequal and fantastic character, sudden alternations of hope and discouragement.

This part may be clear or creased with wrinkles. If it is quite plain, without folds of skin, it is a sign of placidity, of coldness, and

sometimes also of want of imagination and ideas. When it is creased and crossed with wrinkles which interlace irregularly, it means confused ideas, a blundering capricious nature. Cut with vertical lines, it signifies thoughts of a judicious and abstruse character.

## CARE WITH BATHING.

AS bathing is very generally resorted to, not so much as a matter of hygiene as for the pleasure or luxury of the bath, it is well enough at this season, perhaps, to point out that while bathing is very pleasant, and, when used with discretion, is highly commendable, it is not unattended with danger; and that the indiscriminate indulgence in the cold bath at any and all times is attended with a certain risk to health, if not, indeed to life.

There are general rules that should govern in the indulgence in the bath, whether used as a luxury or for health; certain precautions which should be observed. The ordinary cold bath cannot be taken with impunity, even during summer, and some persons, children especially, are apt, for the pleasurable sensation of "cooling," to overdo it—bathe too often and remain in the bath too long.

We would caution mothers to forbid young children bathing several times a day, and at any and all times, as they are apt to do in the summer; and especially delicate children, or those predisposed to heart trouble or to frequent headache.

By a cold bath is understood one where the water is 60 deg. or below, a cool bath is 60 deg. to 75 deg., a tepid bath has a temperature of 75 deg. to 85 deg., and a warm bath should be about 92 deg. to 98 deg. A hot bath is 98 deg. and above.

Upon first entering a cold bath there is a shock and a catching of the breath, or gasping and inability to speak, attended with a feeling of chilliness, and the skin takes on that peculiar condition known as "goose flesh," owing to the contraction of the muscular fibres of the skin. Or, if the water is very cold or the body very warm, it may produce cramps of the voluntary muscles, which are very painful. This is a source of great danger to those who bathe in streams or ponds, for the cramps, for the time being, deprive the bather, however good a swimmer he may be, of the power to use his limbs, and many persons are drowned in this way. If the water be very cold or the bather remain too long in it, the features become pinched and the lips blue, owing to the arrest of capillary circulation, and unless reaction be at once established, which is usually the case with healthy, vigorous persons, there is danger of fatal results. On the first appearance of these symptoms in a delicate person, he should leave the bath immediately, and rub briskly with a coarse towel until reaction is established. This condition of depression will then be followed by a glow of the surface, and a feeling of freshness and strength. One may become accustomed, after several trials, to the cold bath, and be able to remain longer in the water than at first. The duration of the cold bath necessarily varies with the physique, habits, age, state of health, &c., of the bather. Speaking in general terms, when the body is under the water there is less chilliness than when exposed to the air, when evaporation from the surface carries off the body heat very rapidly.

When the cold bath is suited to the person, if not too long continued, it is tonic and bracing, improves the appetite, and renders one less liable to "catch cold." But if reaction be not prompt and complete, the effect is injurious; and this reaction is less apt to take place if the bather be fatigued, or exhausted from over-exertion or illness; also in the case of young children or old persons. One should never enter a cold bath suddenly, if the body be in a state of perspiration, and has begun to cool; in case of passive perspiration it is not

"A GREAT COMFORT."—Yes, it is often misery for a person to cough and cough until it distress both himself and friends almost beyond endurance, but KEATING'S COUGH LOZENGES would stop all that: they are simply unrivalled; one alone affords relief. Sold everywhere in tins, 15ad. each.—[ADVT.]

attended with danger. "The Roman youths plunged into the Tiber when in a glow from exercise; but Alexander nearly lost his life from a plunge into the Cyranus, when exhausted by a long march."

If the bather shivers and has uncomfortable feelings in the head, the bath should not be continued a moment longer.

But a temperate or cool bath may be taken by most persons with impunity, provided it be not abused; that is, a bath in which the difference in the temperature of the body and that of the water is not so great as to produce violent shock, and the consequences pointed out.

The best time to bathe is in the morning, when the body is still warm from the bed. The bath should not be too long continued, and the bather should desist upon or before the appearance of the symptoms enumerated, or a shivering of the extremities—"washer-woman's fingers." The surface should be thoroughly dried by friction with a coarse towel. The bather will then perhaps have an appetite for a good breakfast.

The cool and not the cold bath is the proper one for infants and aged persons, or those in whom, from heart disease, the cold bath is contra-indicated, where a tonic effect is desired. Newly born infants should never be put into cold or even cool water; the bath should be 98 deg. F. and after being cleansed they should be quickly dried and dressed.

Rock salt added to the morning bath for children adds to its tonic effect, and is very invigorating. Few persons know or realise that an air-bath alone is very beneficial to children—and even for feeble adults. The air should be taken in a moderately warm room, in which there is no draught, and may be accompanied by friction, or by dumb-bell exercise.

Children might with benefit be encouraged to take their cool bath on rising; and during very hot weather, a very short bath before retiring "to cool" may be permitted, provided reaction be thoroughly established before going to sleep; but mothers should prohibit the too frequent indulgence in the bath by their little ones, especially as they are very apt to want to bathe immediately after dinner, during the heat of the day, and on a full stomach. A very cold bath, especially a shower bath at that time, may produce lasting evil results, or even death from sudden arrest of heart action.

It is only in the hope of preventing the abuse of this great blessing that the above is written.

## TOWELS AND DISEASE.

FOR all that has been said about over-pressure in schools, it has been thought by many that the present system of elementary education was more likely to receive a check from its liability to produce ringworm on the outside of the children's heads than from any harm the teaching does to the parts within. Be that as it may, there is no doubt that the liability of schools to be intruded upon by infectious diseases is one of the great difficulties in the way of national education. Ringworm we all know about; the recent spread of diphtheria is looked on by many, who have given anxious thought to the matter, as having more to do with compulsory education than with any other single cause; and now we find Mr. Hutchison insisting, at the last meeting of the Ophthalmological Society, that school ophthalmia has broken bounds, and spread from the pauper schools to those of a higher grade. Outside and beyond the probability that deficient air and food and exercise, are predisposing causes, the great lesson taught by recent outbreaks of this disease is that it is definitely contagious, and we can have but little doubt that community of towels is at the bottom of its occurrence in many instances. Considering the great laxity which ordinary children regard *menum* and *tuum* in the lavatory, we would strongly urge parents to make their children clean before they start in the morning, and definitely forbid them to wash at school.—*British Medical Journal*.

A HOUSEHOLD WORD.—Mrs. S. A. Allen's World's Hair Restorer, which never fails to restore grey hair to its youth (Colour, gloss, and beauty.—ADVT.)



## MENTAL OVERSTRAIN AND ITS TREATMENT.

MAN, said the ancient oracle of patient endurance, is born to trouble, and men in every age before and after him have doubtless in varied phrase asserted the same eternal truth. We need feel no surprise therefore that the pessimist in our own day has many followers, nor should we be too ready to reject as false his unpleasing revelations. These are often well founded on facts of daily observation and are wholesome inasmuch as their purpose and effect are curative. To the same class of writing belongs a paper published lately by Professor Glynn, of Liverpool, on excessive mental work and some of its consequences. The development, characters, frailties, and treatment of the nervous constitution are here discussed at some length and in a spirit which, if it cannot be described as encouraging, is, at all events, instructive. It is noticeable that our present system of school education, though judiciously criticised, is not regarded as being in a marked degree accountable for nervous overstrain in childhood. The tendency to this effect is considered to be in a great measure counteracted by the attention which is now given to physical training and by the mental elasticity natural to youth. The writer is disposed to view more seriously the consequences entailed by close and anxious application to duty in the case of teachers and older students. Passing to a wider field, he considers in like manner the effects of overpressure as felt by the adult population generally. It is in towns more particularly, as he observes, that the injurious influence due to this cause is most active; this, of course, is accounted for chiefly by a greater tension in the struggle for existence, associated with a desire, too easily gratified, for exciting amusement and for stimulants of a more material kind. We have, indeed, proof of a steady and general development of nervous instability, as apparent in published records of nervous disease. Thus in 1845 the ratio of lunacy to the population of England was as one in 800 and in 1890 one in 341. In Ireland between 1851 and 1891 it rose from one in 657 to one in 222. American tables tell the same tale. Suicide, another true index of nervous instability, has also shown during the same period a marked increase in frequency, especially in America and on the Continent. General paralysis of the insane has become a comparatively common disorder. It is necessary, doubtless, before accepting these data as reliable, to make a considerable allowance for a yearly improvement in accuracy of registration, so that we are by no means without justification in believing that the mental and moral stamina of our species, notwithstanding a temporary depression, will still assert themselves. We prefer to adopt this view. At the same time we would borrow from Professor Glynn's paper a hint that method and moderation in our conduct of life are essential if we would achieve the ultimate victory. Work—even hard work and brain work—is healthy if it is rightly gone about, if it be done willingly, if it is loved for its own sake and not alone from regard for the "goddess of getting on," and if it is done with due regard for physical well-being and relieved by the timely duties of rest and of moderate and natural, but not sensational, recreation.—*Lancet*.

DEATH came to a door and knocked. Seeing it was Death, they barred the door. But Death broke down the bars, and entered, taking away whom he would. Death came to another door and knocked. Seeing it was Death, they opened wide the door, and welcomed him. At this Death turned his back and went, saying, "Who desires me, I desire not."

THE BUGLE SOUNDS THE CALL TO ARMS, and is always cheerfully responded to by the British soldier on active service; never once has he failed his country in the hour of need. It should therefore be a great honour to be called the soldier's friend, a title which has been well earned by Holloway's Pills and Ointment. In barracks, camp, or whilst on many a weary march in a hostile country these medicines have been the stay and comfort of thousands of "Our Lads in Red." In cases of dysentery, diarrhoea, fever, and ague they have performed wonderful cures, and never in any disease, when a fair trial has been given, have they failed to afford relief.—*Advt.*

## CONDENSED MILK.

IN many places, the milk supply is of very doubtful quality. Often it will be found advisable to try condensed milk. Great improvements have been made in methods of condensing. Good condensed milk should, when poured from a spoon, be glossy, the more glossy the better. It should be ropy or stringy like very heavy syrup.

The colour should be that of cream, but the colour varies according to the season of the year in which the milk is condensed, the same as milk not condensed varies in colour. Milk is more yellow in summer, when cows are on pasture, than in winter, when they are fed on dry hay.

Thickness varies with age. Thickening by age is natural to condensed milk; rapid thickening only proves that the milk is preserved in the best manner, and retains in the highest degree the characteristics of milk in its natural state. The thickest condensed milk, if in sound condition, is the most valuable. There is a degree of thickness, however, that is inconvenient. If condensed milk is so thick that it will not run out when the open can is inverted, it is troublesome to dissolve. If it is not actually hard, very little stirring in the can will render it sufficiently liquid for convenient use.

Condensed milk, if properly done, does not destroy cream globules, but leaves the constituents of milk unaltered and natural. One method, therefore, of determining the relative quality of different samples of condensed milk is to ascertain the amount of butter that can be made from each.

## A SKULL.

IT is evening; a student stands  
Idle and listless, a skull in his hands.

Not heeding he the reflections of light,  
As the sun sank slowly away from his sight.

Nor heard he the splash of the near-by stream,  
Nor aught disturbed his quiet dream.

Suddenly, a thought flashed to his brain,  
That immediately cut his reflections in twain.

What is this thing I hold in my hand,  
That points out to me its relation to man?

As quickly the thought came back to his mind,  
And answered the question, 'tis but the remains  
of its kind.

But who knows its history; from whence did it come,  
Where has been its pilgrimage, what has it done?

In its long journey through this world of ours,  
Has it rested on thorns or harvested flowers?

Perhaps 'twas a father, whose love we are told  
To those whom he cherishes is better than gold.

Perhaps 'twas a son, whose erring way  
Had caused him to stumble and led him astray.

Perhaps a poor wanderer, without friends,  
Without home,  
Plodding wearily onward, sick and alone.

Whoever he was, wherever he came,  
Our sense of respect is always the same.

For it speaks of a triumph in fast fleeting breath,  
Though clad in its armour, the white robes of death.

It speaks of a love to his Maker, who gave  
His life in atonement poor sinners to save.

ONE box of Clarke's B41 pills is warranted to cure all discharges from the Urinary Organs, in either sex (acquired or constitutional); Gravel, and Pains in the Back. Guaranteed free from Mercury. Sold in Boxes 4s. 6d. each, by all Chemists and Patent Medicine Vendors throughout the World; or sent to any address for sixty stamps by the Makers, THE LINCOLN AND MIDLAND COUNTIES' DRUG COMPANY, Lincoln. (ADVT.)

For one of God's creatures he certainly was;  
Returned to his ashes, he certainly is.

For 'tis but a moment, a draught of the breath  
From the morning of health to the stillness of death.

So lay it down carefully, handle with care,  
For of these same ashes we certainly are.

—J. R. B.

## WE ARE BROTHERS.

WE are brothers, but every morning my brother or my sister performs for me the most menial offices. We are brothers, but I must have my morning cigar, my sugar, my mirror, or what not—objects whose manufacture has often cost my brothers and sisters their health, yet I do not for that reason forbear to use these things; on the contrary, I even demand them. We are brothers, and yet I support myself by working in some bank, commercial house, or shop, and am always trying to raise the price of the necessities of life for my brothers and sisters. We are brothers: I receive a salary for judging, convicting, and punishing the thief or the prostitute, whose existence is the natural outcome of my own system of life, and I fully realise that I should neither condemn nor punish. We are all brothers; yet I make my living by collecting taxes from the poor, that the rich may live in luxury and idleness. We are brothers; and yet I received a salary for preaching a pseudo-Christian doctrine, in which I do not myself believe, thus hindering men from discovering the true one. I receive a salary as priest or bishop for deceiving people in a matter which is of vital importance to them. We are brothers; but I make my brother pay for all my services, whether I write books for him, educate him, or prescribe for him as a physician. We are all brothers; but I receive a salary for fitting myself to be a murderer, for learning the art of war, or for manufacturing arms and ammunition and building fortresses. The whole existence of our upper classes is utterly contradictory, and the more sensitive a man's nature, the more painful is the incongruity.—*Count Leo Tolstoy*.

## SPECIALITIES RECEIVED.

### DR. DUNBAR'S ALKARAM.

THIS is a preparation containing camphor and other stimulating aromatic substances, enclosed in a glass-stoppered bottle, which may be conveniently held in the hand, and used for inhalation purposes in cases of coryza, influenza, and other conditions where the respiratory mucous membrane is affected. When its use is indicated it is a much more rapid method of application than that of pouring substances into boiling water and inhaling them. It has, we have no doubt, aborted many a severe cold.

### HARVEST'S LENTIL FOOD.

IN many countries lentils constitute a most important part of the dietary of the inhabitants, for they contain, in addition to starch, a large proportion of albumen as well as fat. The difficulty in this country has always been to obtain lentils in such a state of preservation as to induce people to substitute them for the more commonly used cereals. By the use of Harvest's Lentil Food these difficulties are overcome, and a pleasant and nutritious change provided.

FIFTY GUINEAS A BOX, or to be exact, "A GUINEA A PILL," is the value put upon the Famous American-Indian Sugar-Coated Pills by a grateful patron who has used them for thirty-five years. A boon to hundreds of thousands during the last fifty years. For Indigestion, Costiveness, Liver Complaint, Biliousness, Flatulency, Dropsy, Worms, Piles, Jaundice, Headache, Ric, Toothache, and all disorders arising from Impure Blood. Purely vegetable, perfectly harmless, adapted to both sexes, and all constitutions. 1s. 1½d., 2s. 9d., and 4s. 6d. per box, through any chemist, or direct post free, with full directions, from W. LECHE & SON, LEEDS.—*Advt.*



## HOW ANIMALS PRACTICE MEDICINE.

**A**NIMALS get rid of their parasites by using dust, mud, clay, &c. Those suffering from fever restrict their diet, keep quiet, seek dark and airy places, drink water, and sometimes plunge into it. When a dog has lost its appetite, its cat species of grass known as dog's grass, which acts as an emetic and purgative. Cats also eat grass. Sheep and cows, when ill, seek out certain herbs. An animal suffering from certain chronic rheumatism always keeps, as far as possible, in the sun.

The warrior ants have regularly organised ambulances. Latrielle cut the antennae of the ant, and other ants came and covered the wounded part with a transparent fluid secreted from their mouth. If a chimpanzee be wounded it stops the bleeding by placing its hand on the wound, or dressing it with leaves and grass. When an animal has a wounded leg or arm hanging on, it completes the amputation by means of its teeth.

A dog, on being stung in the muzzle by a viper, was observed to plunge its head repeatedly for several days into running water. This animal eventually recovered. A sporting dog was run over by a carriage. During three weeks in winter it remained lying in a brook, where its food was taken to it. The animal recovered. A terrier hurts its right eye. It remained under a counter, avoiding light and heat, although it habitually kept close to the fire. It adopted a general treatment, rest, and abstinence from food. The local treatment consisted in licking the upper surface of the paw, which it applied to the wounded eye, again licking the paw when it became dry.

Animals suffering from traumatic fever treat themselves by the continued application of cold, which M. Delaunay considers to be more certain than any of the other methods. In view of these interesting facts, we are, he thinks, forced to admit that hygiene and therapeutics as practised by animals may, in the interest of psychology, be studied with advantage.

## NASAL RESPIRATION.

**DR. J. HOBART EGBERT** says:—Let us glance for a moment at the effects produced by the impairment or abolition of the nasal respiratory function. In the first, place, the air when not warmed by coursing through the nose, but allowed to pass directly into the trachea through the mouth, is ordinarily of a much lower temperature than the tissues. These cold draughts of air are decidedly irritating to the lining membrane of the lower respiratory tract, and hence induce congestion, irritation, and inflammation of this structure and adjacent tissues. Again, inspired air is naturally too dry for proper aeration of the blood, and when allowed to enter the air cells of the lungs in this condition it absorbs moisture from these parts and renders them abnormally dry. As a consequence of this abnormal dryness, the mucous membrane is incapacitated for permitting the proper interchange of oxygen and carbonic dioxide, and faulty oxygen absorption and diminished discharge of effete material result. Moreover, this dry air, in absorbing moisture from the trachea and bronchi, induces irritation in these parts, while particles of dust and other foreign material which should have been arrested in the nose are additional sources of irritation to the lower respiratory passages when nasal respiration is impaired or abolished. In view of these facts, is it at all strange that mouth-breathing should in time occasion nasopharyngeal catarrh, pharyngitis, laryngitis,

bronchitis, and prepare the system for its invasion by even more serious affections?

The ears also suffer greatly when nasal respiration is suspended or impaired, since it is only through the proper exercise of this function that normal aeration of the cavity of the tympanum through the eustachian tube can be effected. Preservation of the physiological functions of the nose is the surest preventive of deafness. The nose itself suffers from the suspension of its normal function, and nasal catarrh with all conditions possible to nasal irritation not only occur, but baffle all methods for their relief until the respiratory function is re-established. Frontal headaches, mental dullness, and cranial distress are common among mouth-breathers.

But not only do local affections result from the inhibition or abolition of nasal respiration, but the general ill-health may occur from faulty oxygenation of the blood and a lowering of vital processes throughout the entire economy. Is it not obvious that the local congestion and irritation which follow the continued inhalation of cold, dry air—coupled with the subsequent impairment of general nutrition—favour the invasion of the tissues by the germs of consumption?

## CARE OF THE HAIR.

**T**HE hair should be washed only when absolutely necessary for purposes of cleanliness, and should not be wet when dressing it for the day. The frequent use of water removes the natural oil from the hair, rendering it harsh and increasing the tendency to split. The ends of the hair should be clipped every four or five weeks, thus keeping it free from split ends. If the hair is uneven, cut to an even length, and continue the clipping. But beyond this, the secret is the free use of the hairbrush. As often as one finds time, the hair should be well brushed, until the scalp glows; and while brushing, at least once a day, give as many as one hundred and fifty strokes of the brush. This requires but a few minutes, if given rapidly, and is not too many for a head of soft, shining tresses.

When it becomes necessary to wash the hair, take the yolk of an egg, slightly beaten, and rub well into the roots; when nearly dry, rinse the head in tepid water, into which is poured a few drops of ammonia. Then, by the fire, rub the hair with towels until perfectly dry, brush, and part the hair with the finger. The egg renders the hair fine and silken, and the ammonia promotes its growth. Or, instead of the egg, use sage tea. Put two or three spoonfuls of sage into a cup and pour boiling water over it. When it is cold, rub the scalp with it and rinse as above. The hairbrushes should be of the best kind, with good bristles, which penetrate the scalp. Do not use wire brushes; they break the hair and injure the roots. Plenty of exercise in the open air and sunshine strengthens the hair and makes it grow. This proves that Nature's remedies are always the best.

## THE IMPORTANCE OF PROPER FOOD.

**D**OES not the character of our diet impress itself upon the sights we see, the sounds we hear, and the thoughts we think? Does it not give tone and colour to our reflections, preceptions, and sensibilities? And are not individuals a reflection of the food they feed on and the homes they live in? Organic forms are largely the expression of their surroundings, and men and women are moulded, in a great measure, by their environments. The home is the primary school in which originate most of the virtues and vices of mankind, and the homes where the surround-

ings are always cheerful and pleasant, and the food always healthful and well prepared, furnished but a small percentage of outcasts and criminals.

Bishop Foster struck the keynote to this matter when he said, "To care for men's souls most effectively we must care for their bodies also." But can we care for men's bodies, in any sense of the word, unless we care first for the food that gets into them and builds them? Can men and women with appetites depraved and stomachs deranged by improper food lead clean, pure lives? Or can they, while living day after day on salt-rising bread, leathery pancakes, grease-soaked meats, watery vegetables, and a long list of similar articles, attain the stature of a perfect manhood or womanhood?

Most of the dishes comprising the daily fare of a large proportion of all classes of people are so inharmoniously compounded, or so improperly cooked—frequently both—that they are indigestible, innutritious, and unsatisfying, and it ought not to be a matter of surprise that so many people resort to stimulants for temporary relief from the discomforts and ailments engendered by their diet.

The whole territory of the whole drink question lies contiguous to that of the food question. It overlaps it in many places. A large number of drunkards who go staggering along our streets have the appetite for intoxicating drinks aggravated—if not implanted—by the food they are obliged to eat. And as similar results follow similar causes in various directions, the pernicious effects of improper diet may be traced through all the avenues of vice and crime. Much of the wrongdoing of the world is due to badly-prepared food, and a dyspeptic stomach is responsible for many of the misdeeds that are attributed to a carnal heart. The reformation most needed in the world to-day is the reformation of the home. Are mothers who permit their daughters to grow up in ignorance of housekeeping and home making, doing their duty to their daughters, to society, and to posterity?

## THE TINGE OF THE CHEEK.

**W**HAT a contrast between the happy, laughing, rosy-cheeked girl, and the listless pale-faced, unenergetic anæmic one. One brings with her presence the gentle breezes of the south, the other the chilling blasts of the north. And when we consider to what this bloodlessness, or anæmia, is due; when we realise that it is merely a deficiency of iron in the blood, we are naturally led to inquire why it exists at all. Yes, ladies, I know you will turn away at the mention of iron, and exclaim, "Oh! I've taken Bland's pills and iron mixtures for years, and received no benefit." Just so, and medical men for a long time were in precisely the same predicament. They had no means of administering the most valuable salt of all, the carbonate of iron in a pure state. When impure it often does more harm than good. Recently in the *Medical Annual*, a book well known to physicians, the medical world was startled by some remarkable experiments upon the blood. It was shown that patients suffering from extreme anæmia were restored to the full bloom of health, to the full vivacity of spirits in three weeks. How was it done? What was the remedy? Simply our old friend, carbonate of iron, but in a new and original guise. Two Bi-palatinoids of Carbonate of Iron were given three times daily after meals. Here the salt is formed fresh in the stomach. These experiments have since been confirmed by many prominent physicians throughout the land. There is hope for the pale-faced, there is strength to the weak, and a cure for the nervous in the "Bi-palatinoid," for it gives the blood its life-bearing principle. Do not be deterred by the name—you will find it more easily swallowed than the name is pronounced.

The wealth of a man is the number of things which he loves and blesses. Which he is loved and blessed by.—*Carlyle*.

LACE CURTAINS.—A handsome Picture Book sent post free.—H. GORRINGE & CO., B2 Department, Nottingham.—Advt

"THERE ARE MANY ECHOES IN THE WORLD, BUT FEW VOICES." There are many kinds of Tea sold in this country, but few of the "Choiceest and Best." HORNIMAN'S PURE TEA stands in the front rank, and for 60 years has been celebrated for its excellence, high quality, and absolute purity. The "Best is Cheapest."—ADVT.

TOWLE'S PENNYROYAL AND STEEL PILLS FOR FEMALES quickly correct all irregularities, remove all obstructions, and relieve the distressing symptoms so prevalent with the sex. Boxes, 1s. 1/6 and 2s. 9d. (the latter contain three times the quantity) of all Chemists. Sent anywhere on receipt of 13 or 34 stamps by the Maker, E. T. TOWLE, Chemist, Nottingham. Beware of imitations, injurious and worthless.—(ADVT.)



# THE COOK AND HOUSEKEEPER.

## HINTS FOR HOUSEWIVES.

### MARKING AND CARING FOR THE HOUSEHOLD GOODS.

By MRS. MARGARET FAIRWEATHER.

**A**FTER the household linen has been secured and properly made up, it should always be marked. While the owner herself may be able instantly to identify each and every individual piece, in case it remains in her care and under her inspection, there may arise many circumstances, independent of actual theft, which would make it desirable to convince others of the identity, or enable them to establish it unaided.

While it may in some cases be necessary to mark linen by stamping or writing with an indelible ink, this is only to be tolerated for the most ordinary articles, under circumstances forbidding the employment of more approved methods. An embroidered letter or letters is the proper way of marking, and the current fashion, which is a very sensible one, gives neat and plain, though artistic, lettering, in place of the highly ornamental, involved, and illegible letters and monograms which were recently so much in fashion. Then, that fashion which combines fitness, will be the most enduring, or it might perhaps be said will always be appropriate, whether it holds the first place in temporary popularity or not.

For an ordinary set of plain handkerchiefs, for instance, what could be a more appropriate marking than a single plain initial, neatly wrought in a corner? Any child capable of using a needle at all could be taught to fill such a form, after a more experienced hand had drafted the outline, and to do the work perfectly, being taught that perfection in plain work of that kind meant advancement to more elaborate patterns as soon as adequate skill was shown. Plain, everyday sheets and pillow slips would receive like or even simpler treatment; the napkins in ordinary use should have a slightly ornate lettering; while the richest of table-cloths and the "guest-chamber linen" should have the most elaborate treatment, preserving always such a degree of fitness for the designs and figures to which the marking is to be complimentary as will make it blend in pleasing harmony rather than extract by startling effect.

According to authoritative statements, the French, or raised satin stitch, is now considered the right thing in marking linen. In most cases pure white is to be used, though in towel-ling a tinge of red may be employed, and where coloured articles are to be marked such shades are allowable as will blend harmoniously with the main colours. The tendency now is to quite large letters; but this is doubtless a temporary fashion, and the thoughtful housekeeper can well be a little conservative in this direction, with a view to what will be in vogue before her linen is worn out.

The initials for such marking may be either regularly stamped upon the fabric, or they can be transferred from the design by means of carbon paper. For the latter purpose the paper known as "semi-carbon" is the best, being coated upon only one side, and that side is, in using, to be laid next the goods to be marked. Place the design over all, with the face toward the operator, and with a blunt point, such as a stylus or a hard pencil, go carefully over the outlines, taking care not to allow any of the papers to move during the process. This operation is very simple, and may be successfully carried through by any person with ordinary care. The outlines thus secured are to be run with embroidery cotton, and the space between them is padded with a long and short running stitch, or any other favourite stitch which may be preferred. Finally all is finished by working

the padded spaces in close satin stitch, either straight across or diagonally. French embroidery cotton of the proper texture is employed, and an ordinary sewing needle, or one of the smaller size known to the trade as "betweens."

Regarding the proper place to put the mark on different articles, it is universally understood that a handkerchief is to be marked only in one corner, and that, when ironed, the distinctive corner is to be the one exposed. Tablecloths are to be marked at the middle of the end; if with small letters, they are placed near the hem; if larger, at a corresponding distance from the edge. In any case there should be not less than the height of the letters between their lower edge and the hem of the cloth. Napkins are marked diagonally across the corner; towels at the middle of one end, just above the hem; sheets on the middle fold, two inches from the top hem; long pillowcases at the end, an inch or two from the hem, and square cases at the middle of the top.

Having secured and marked the linen, the next thing is to give it such care as will secure the best results in its service. Prevention is always better and cheaper than cure, and it is easier and wiser to take care of linen than to be under the necessity of repairing or replacing. Red cloths and napkins soon lose the brightness of their colour unless carefully handled. In washing, they should be soaked for half an hour in cold water, then passed quickly through suds only warm, not hot, rinsed in salt water, and at once hung to dry.

One great danger to linen goods is allowing them to freeze while damp, as when they are dried out-of-doors during winter. Cracking is almost sure to result, as the flax fibre held in its icy casing is rendered brittle, and breaks when bent. While the outside air and light are desirable for securing whiteness and purity of colour, the articles should be dried indoors when there is possibility of freezing.

Now that fringed napery is somewhat fashionable, it may not be amiss to give a suggestion regarding the care of the fringe, which is to many housewives a vexing problem. Given a little care in the preliminary handling, all that is necessary to lay the fringe straight, smooth and neat, is a small brush. With this the threads may be coaxed into their proper places very rapidly and certainly, while there will be but trifling wear involved by the operation.

The matter of repairing is so broad an one that it can never be taught by precept alone. Unless the person upon whom the task devolves has a natural tact for keeping things in order, and a love for the work as well as for the neatness which it brings, page upon page of exhortation will be all in vain. In the first place, prevention, here as elsewhere, is the part of wisdom. Where there is any reason to suppose that a given article may be getting thin in texture, it should be carefully scrutinised whenever laundered, and if any spots show signs of giving way they should be reinforced by neat and careful darning. It is remarkable how much this may be practiced, by carefully selecting embroidery cottons or floss to match the material of the linen, and using a deft hand with the needle. Sometimes it is necessary to stitch a bit of foreign fabric on the back side of the article to be repaired, to serve as a base for the mending operations; or to hold the parts in place, a piece of stiff paper may be basted on the back side, over which the work of rebuilding the fabric with proper material, carrying the anchoring stitches an inch or more into the firm cloth, may be performed. When the hole is mended the paper is removed, and if care has been exercised it will require close scrutiny to detect the spot.

Sheets which have worn thin in the centre may, if taken in time, be cut through the middle, lengthwise, and the outer edges being brought together to form a new centre, much additional wear will be secured. Table linen which has become too much worn for further

satisfactory service will generally be found to have considerable sections of firm fabric, which should not be wasted. This will very likely furnish still soft and pleasant towels, and even when quite thoroughly worn will provide exceptionally pleasing dish towels and cloths for similar use.

The old maxim is still true, that "where there is a will there is a way," and for the housewife who desires to practice true economy, and to make every investment yield the best possible return, there is some use to which every article about her home may be put, till it has reached the lowest stage to which it is adapted. It does not matter that "things are cheap," and that a new article may be bought for a comparatively small sum. If by the use of a little time, for which there is no other or more important demand, the small expenditure may be saved altogether, or materially lessened, then so much has been put in the purse, to give service in a time of need that is to come—if not to ourselves, then most certainly to some whom we can aid, and upon whom we can confer a bit of blessing and a ray of sunlight.

## RECIPES FOR THE TABLE.

**POUND CAKE** (measured in cup and always reliable).—Two cups butter, three cups of sugar, three cups of flour, eight eggs, rind and juice of one lemon.

**COCOANUT CAKE**.—One cup of butter, two cups of sugar, whites of six eggs, half a teaspoonful of soda, one teaspoonful of cream of tartar, three cups of flour, one cup of milk, one small cocoanut, rind of a lemon.

**SPONGE CAKE**.—One pound of eggs, one pound of sugar, half a pound of flour, rind and juice of one large lemon. Beat thoroughly the yolks and the sugar, then add the whites of eggs, and beat for fifteen minutes—no less; then the lemon and the flour. Bake very carefully.

**SILVER CHOCOLATE CAKE**.—Half a cup of butter, one and a half cups of sugar, whites of four eggs, three-fourths of a cup of milk, two and a half cups of flour, one teaspoonful of soda, two of cream of tartar. Bake in three layers. Filling: One-fourth of a cake of chocolate mixed with the whites of two eggs well beaten; confectioner's sugar sufficient to stiffen it.

**STALE BREAD**.—Crusts or scraps of stale bread may be made into puddings, or dried and powdered for crumbs. Keep the bits (until required for use) in a clean pan or tin box kept for the purpose.

**MEAT SCRAPS**.—These (if there are sufficient) can be pounded in a mortar and potted, or may be made into a potato pie, &c. If not enough to re-cook, they can be put into the stock-pot.

**COMPOSITION CAKE** (an old-fashioned receipt).—Three-fourths of a pound of butter, and one and one-fourth of a pound of flour, four eggs, one pint of sweet milk, a level teaspoonful of saleratus, two pounds of raisins, half a pound of citron, three tablespoonfuls of cinnamon, one large tablespoonful of cloves, one of mace mixed in a wineglassful of wine or brandy, one nutmeg.

**COOKING BY STEAM**.—Cooking dishes are now made in which, in the boiling process, the meat does not come in contact with the water or steam. The edible is contained in a jacket, which in turn is immersed in the outside kettle containing the boiling water. It is claimed that by this the nutritious qualities of meat are preserved nothing passing off in vapour. There is moisture enough in the meat to prevent it burning, and all the flavour is retained, while, again, the fibre retains a tenderness not found in any other method.

**MRS. WINSLOW'S PENNYROYAL PILLS**, Peoples Remedies Co., Sole Proprietors. Testimonials from all parts of the World. Invaluable to Ladies. Remove all Obstructions to Health. Boxes, 1s. 1d., 2s. 6d., and 4s. 6d. Of Chemists and Medicine Vendors, or per post (in plain wrapper), for Stamps, from the Manageress, The Arch Laboratory, Putney Bridge, Fulham, S.W. Wholesale: Barclay, Sanger, Lynch, & Co. (Advt.)

TO TOBACCONISTS (commencing).—Illustr. Guide, 259 pages, "Post Free." How to Commence. £20 to £1000. Tobaccoist's Outfitting Co., 184, Finsbury Rd., London. Manager, Mr. Myers. Est. 1866. Smoke "Pick-A-Up Cigarettes."—Advt.

FOR BOTH SEXES.—Personal visit not necessary. CORSETS and BELT made to fit any figure. For health and neatness, satisfaction guaranteed. Instructions for self-measurement gratis to any address. FORD AND PARR, 141, Stockwell-road, London, S.W., Practical Corset-makers. Estab. 1851.—Advt.



# THE MOTHER'S PAGE.

## THE BACHELOR GIRL.

ABOUT thirty years ago or more, when a young girl in a family had reached the ripe and mature age of twenty-five or thirty, and lived until that time unmarried, a flat in society went forth that after that period she deserved the cognomen of the "old maid," and in those days the title was accepted without reservation, and the term "laid on the shelf" was many times unhappily used. This old-fashioned girl being simply and purely educated, while the pursuits of the age were narrow where the advancements of women were concerned, a responsibility in life was needed after the first blush of youth had vanished. It was then that this ripe and full-grown woman became a person of importance in a family. From year to year the boys and girls left the parental roof for a nest all their own. While this clever helper remained to be solace and comfort of the household and fill the position of the useful member; she acted her part well, with a dignity and cheer that was unrivalled. Far and near she was termed the angel of mercy. The saint who was proof against all difficulties. The harbinger of peace that straightened out all the stony paths and brought clear sunshine amid the troubled waters in life to those who were sick, timid, and sorrowful. For did not her dear hand cook all the tid-bits for the weak and tired invalid so invitingly, and when a marriage was on the tapis it was she who with skilful fingers plied the needle so tastefully and steadily, and dressed when the time came the victim for the marriage feast.

## A QUESTIONABLE PRACTICE

THE policy of exposing children to cold with the view of hardening them is a questionable and somewhat dangerous one, but it is certainly a great mistake to let them go to bed with cold feet or sleep with insufficient clothing. When there is a tendency to chronic trouble with cold feet, both children and adults may better wear long, loose woollen stockings at night than to let those members go as usual unclad between cold sheets. For some children that by restlessness become frequently uncovered, there is safety in a long flannel nightgown. Their propensity to get up and run about on cold floors and oilcloths in bare feet is another reason why knitted socks should constitute a part of their night clothing.

## THE SLEEP OF CHILDREN.

INFANTS, and children of all ages, require more sleep than grown people, because their impressible nervous systems could not bear, during their waking hours, the prolonged strain to which they would be subjected. But they require more sleep mainly because, while sleeping, all the vital powers are concentrated on building them up, instead of being diverted to muscular movements, and other influences which would interfere with this concentration.

If children are wakeful and restless, it is an indication that something is wrong, and that something will generally be found to be improper or excessive feeding, clothing too tight or too warm, or confined and impure air.

When a child is restless and sleepless these are the things to be looked after first; and stupifying drugs, such as paregoric, soothing syrups, &c., should never be resorted to, except by the advice of a physician. These child-slaughtering preparations are to be found in almost every household; and mothers too often, not only give themselves, but even leave them in the hands of an ignorant and irresponsible nurse, who is but too ready to dose the helpless little one in order to secure her own repose.

If mothers knew the dangers of opiates to their children, surely they would not give them on every trivial occasion, because:

The brains of children are very susceptible to

such impressions, and are naturally prone to inflammation and congestion.

Opium in all its forms greatly increases the tendency to these grave disorders, which cause the death of the majority of children.

The smallest dose will sometimes cause fatal depression; and the frequent use of such drugs will result in a state of chronic engorgement of the blood-vessels of the brain, which, from the slightest cause, will give rise to convulsions, dropsy of the brain, or some other no less fatal disease.

The brain is the fountain and mainspring of life, and if it is disordered the whole vital machinery is deranged and out of gear; and, therefore, it is just as impossible for the human machine to perform its functions as it is for a watch to run when the mainspring is out of order.

Opiates derange the stomach, which is regulated by the brain and nerves, and thus the healthful supplies, absolutely necessary for the growth and health of the child, are cut off.

Through the same influences the action of the heart is interfered with; and thus are all healthful supplies of blood to the system interrupted.

The breathing becomes slow and laborious, and the blood is not purified in the lungs.

As a consequence of all this, the poor child wastes in flesh, pales in colour, becomes bloated and dropsical, shrinks to skin and bones, and sinks to the tomb—the victim of ignorant drugging, to be placed beside the countless short graves of the cemetery. And then, the mother often attributes her misfortune to a "mysterious dispensation of Providence," to cold, or to anything besides the true cause—death from over-drugging with narcotics.

## BOYS FROM TWELVE TO TWENTY.

Boys from twelve to twenty are the most important factors of society, and should receive the best thought and care of home, state, and church, whereas they do not receive even an average amount. Infant years, on the other hand, have been greatly overestimated in regard to their influence upon the mental and moral life of man. Under the age of ten, the child, physically, mentally and morally, is in the germ. During the first twelve months of life the babe is coming into consciousness of its own life, learning how to recognise its mother; how to use its eyes for seeing, ears for hearing, hands for feeling, voice for laughing and speaking, feet for walking. In a like manner the first twelve years of childhood are used in coming into a knowledge of the great world about him. They are years in which he learns to use words, books, and tools; learns to distinguish form, size, number and colour of objects; learns his way about the village, town, and neighbouring city; learns, in short, his relation to the surrounding world. They are years of awakening, constant surprises. He has no taste or ability for mature or continued thought. During these early years you can no more establish the mental, moral, or religious life of the child than you determine what shall be the first ten words the babe shall speak, or on what day or hour it shall take its first step.

## CHILDREN'S EATING.

SOME parents compel their children to eat against their will, as when they come to the breakfast-table without an appetite, or have lost it in prospect of a visit or a ride, or for the sake of "eating their plates clean" in discouragement of wasteful habits. Unless we are thirsty we cannot drink the purest spring water without aversion, and as for eating when there is no appetite it is revolting, as any one may prove to himself by attempting to take a second meal in twenty minutes after having eaten a regular dinner. The appetite, the

hunger, is excited by the presence of gastric juice about the stomach; but if there is no gastric juice there can be no hunger, no appetite, and to compel a child to swallow food when it is distasteful is an absurdity and a cruelty.

## CHILDREN NEED COMPANIONS.

ANY observing parent will testify that, on more than one occasion, his child has come to him with a new interest in a thought or theme, inspired by the words or example of a young companion, to the surprise of the parent—who had before sought in vain to excite an interest in that very direction. All that the parent had said on the subject had been of no value, in comparison with that which had been said or done by the child's companion, as another self.

Again, there are few parents who have not found to their regret that their child has received lessons and impulses directly opposed to all the parental counsel and purposes through a brief and comparatively unnoticed companionship that ought to have been guarded against. And these are but illustrations of the instructive and swaying power of child companionship. Such a power as this ought not to be ignored or slighted by any parent who would do most and best for his child's wise training.

## DON'TS FOR THE CHILDREN.

DON'T encourage in a small child that for which you will punish him when older.

DON'T trample mercilessly under foot the wishes of a child, but respect them as far as possible.

DON'T punish children in anger, but let them know that you dislike the task, but perform it for their good.

DON'T talk of a child's peculiarities before it; never let it hear its beauty or ugliness spoken of. The greatest charm of childhood is its forgetfulness of itself.

DON'T feel it beneath your dignity to give a child the reason for a refusal, if practicable so to do; if it is not, your former conduct should have inspired such confidence toward you that he will cheerfully submit though he does not understand your motive.

## BLOOD POISONING.

A MEDICAL paper commits itself to the statement that many lives are lost each year in consequence of the lack of exercise of a little common-sense respecting simple cuts or wounds of the hands or other parts. Several cases have recently been recorded of inequities relating to persons who have died from blood poisoning arising from small cuts on the hands. The history in all of these cases varies but little, and is practically the same. A man, for example, while working at his trade, or even while carrying out the simple detail of cutting a piece of bread, receives a small cut on the hand. The injury is so trivial that anything is considered good enough with which to stop the bleeding, and, this end having been attained, no more is thought of it. The small wound is left to take care of itself, and is exposed to all sorts of filthiness and sources of infection. By good luck nothing may happen, but the public would do well to bear in mind that from the most trivial injury to the skin acute septicæmia may supervene, and may rapidly be followed by a fatal termination. By thorough attention to cleanliness the untoward consequences of a wound liable to become infected can be effectually prevented; on the other hand, when the septicæmic attack has declared itself, as a rule, little can be done by the surgeon to stem the virulence which it develops. It should, therefore, be borne in mind that so long as wounds, however small, remained unhealed, the risk of contracting blood poisoning will always be present.

PEPPER'S QUININE AND IRON TONIC increases Pulse, Strengthens the Muscles, develops Bodily Vigour, arouses the Vital Forces and Digestive Functions. Shilling Bottles everywhere.—[ADVT.]

STEEDMAN'S Soothing Powders for Children cutting their teeth have now been in use over fifty years. They relieve feverish heat, prevent fits, convulsions, etc., and preserve a healthy state of the constitution during the period of teething. Manufactured only at Wallworth, Surrey. Sold everywhere, please observe the **EE** in Steedman.—Advt.



## DIGESTION & INDIGESTION.

[From Dr. Clark Newton's "Doctor's Corner," price 6d., Walter Scott, Paternoster Square].

(Continued from page 388).

THE gastric juice is a fluid possessing surprising properties. It exerts its solvent power, however, chiefly upon nitrogenous foods, such as flesh meat, fish, and eggs, though it can successfully operate upon many other intractable substances. In the dog it is able to dissolve a dinner of bones, and make an impression upon ivory or a gold coin. The quantity secreted is variable, and relative to the amount and nature of the food required. The latest observers estimate its flow to reach the enormous weight of thirty pounds in twenty-four hours—a quantity equal to one-fourth the weight of the whole body. The great weight of the fluid is, of course, made up of water: and it is evident that a small brook of water must be constantly flowing in a circle between the blood-vessels and the organs of digestion, otherwise we should be compelled to drink water in wholesale quantities. Curiously, the quantity of gastric fluid usually secreted is in proportion to the amount of food required, and is not always adjusted to the weight of food taken into the stomach; therefore, all excess of food must either be rejected by the mouth, or passing downwards into the bowel give rise to diarrhoea or other intestinal disturbance. The gastric juice is a pale yellow fluid, containing only two or three per cent. of solid constituents, one half of which consists of pepsine. The quantity of pepsine existing in the gastric juice appears small, but it possesses very active properties. With the assistance of an acid such as that found naturally in the stomach, this gastric ferment is able to convert all fibrinous or albuminous materials into a soluble form, called *albuminose*. This substance must not be mistaken for ordinary albumen, such as found in the egg; it differs from the latter in not coagulating by heat, nor by acids, and it is capable of entering the system by dialysis—that is, by transudation or passing through the pores of an animal membrane; therefore it can be absorbed through the walls of the digestive tract. So great are the digestive powers of pepsine, that a grain or two of the inner coat of the stomach will, if dissolved in water, be enough to coagulate a gallon of milk. The power of rennet used in cheesemaking, being an extract from the stomach of the calf, is well known. Pepsine is largely used in medicine as a digestive agent, and is manufactured by scraping the mucous membrane off the stomach of some animal. The most powerful is from the pig, and it is said these animals are made hungry and excited by the smell and sight of food before being killed, so that the greatest quantity of gastric juice may be found poured out into their stomachs.

An instructive experiment illustrating gastric digestion may be performed in the following manner:—Add a small teaspoonful of hydrochloric acid to a gill of water contained in a glass or jar: then drop into the same some small pieces of finely chopped hard-boiled egg and a few particles of minced lean meat, and, lastly, a teaspoonful of pepsine powder. On placing the jar in a place where the temperature is about or not exceeding 105 degrees, the food in the course of two or three hours will be found digested or reduced to a milky fluid. Pepsine is rather expensive, and is usually sold mixed with starch in proportions varying from ten to eighty per cent. of the latter; it will therefore be needful to be careful to obtain a good sample for the experiment. The artificial process may, indeed, be employed for the purpose of testing the strength or digestive power of any specimen of pepsine intended to be used as a medicine. The experiment is instructive for the following reasons. The digestion of the egg and meat will only be rapid and perfect if the following conditions necessary for natural digestion are fairly well imitated:—(1). Both pepsine and acid must be present. (2). The mixture must be kept at a heat not less than that of the stomach—namely 100 deg.

(3). The jar should be gently agitated occasionally, in imitation of the muscular movements of the stomach. (4). The removal of such parts of the food as have already been digested, so as to enable the digestive solution to be better able to act upon what is still undigested. (5). The food must be more or less finely divided in place of mastication. (6). If some strong alcohol be added to a portion of the solution, digestion will be found to cease.

As the gastric juice possesses such powerfully solvent properties, one wonders that the stomach is not itself digested; for if an animal dies whilst digesting a meal—that is, when the gastric fluid is present in the stomach, the walls of that organ frequently undergo more or less complete digestion; indeed, they may be perforated to the extent of allowing the gastric fluid to escape and exercise its influence on the surrounding structures. If a rabbit be killed at the period of digestion, and its body be kept in a warm place, it is quite possible in twenty-four hours to find the gastric fluid to have eaten its way through the abdominal walls. However powerful to digest the dead, this fluid seems unable to act upon the living stomach. Several reasons have been advanced to explain the exemption of the living stomach from self-digestion, such as, that being a living structure, it was protected by the "vital principle." The fact that worms, larvae of insects, frogs, and leeches, swallowed by accident have grown and fattened in the human stomach gave credence to this idea. Then it has been suggested that the stomach is protected by its own mucous, and that its inner membrane is renewed as quickly as it is digested. Dr. Pavy thinks that, as the blood circulating in the walls of the stomach is alkaline, it neutralises the acidity of the gastric juice immediately it begins to attack any living structure, and without the gastric fluid is acid in reaction it has no digestive power. The subject is both practical and curious, and many useful hints are obtainable by its study.

It has been stated that so soon as the food in the stomach has been converted into a gruel-like fluid called chyme, it is passed through the pylorus into the small intestine. The mass is then slowly passed along this tortuous tube, measuring about twenty-five feet, the first part of which (the *duodenum*) is about one foot in length, and in it the chyme becomes mixed with at least two other important digestive secretions—namely, the bile and the pancreatic fluid.

The bile is elaborated in the liver, and is conveyed to the small intestines by means of a duct. Bile has a great many more offices than that of a promoter of "bilious attacks," and so far as digestion is concerned it is said (1) to aid in reducing fat to an emulsion; (2) to act antiseptically on the food in the intestines—that is, to prevent its too quick fermentation or decomposition; (3) being a natural purgative, it keeps the internal lining membrane of the bowels moist, and stimulates the passing downwards of their contents; (4) it exerts some influence upon the digestion of saccharine and starchy articles of food.

The pancreatic fluid flows from the pancreas, or sweetbread, an organ said to be less subject to disease than any other in the body. Its fluid resembles saliva in its power to convert starch into sugar, and it has also something to do with the digestion of fat. Whilst the stomach can readily dissolve nitrogenous matters (meat) it is unable to exert any influence on fat, starch, or sugar; but the digestion of these articles of diet is provided for when they meet the bile and pancreatic fluid in the small intestine. Moreover, when the chyme just passed from the stomach comes into contact with these two fluids, it is divided into two parts—one a thin, milk-like fluid named *chyle*, the other a thicker mass of indigestible material, or effete matter, which is passed downwards for rejection by the bowels. The chyle is taken up by a legion of minute vessels, having their mouths in the walls of the intestines, and called *lacteals*, from the milk-like fluid they absorb. The nutritive fluid so absorbed is ultimately all discharged into a tube twenty inches long, called the thoracic duct. This duct is about the thickness of a goose-quill, and ascends along the back close to

the spine, and discharges its contents into a vein situated beneath the left collar-bone.

## HOW OUGHT WE TO SLEEP?

THIS question, says M. Pietra Santa, in the *Journal d'Hygiene*, is most originally solved by Dr. Remondino, a member of the Council of Hygiene in California, who tell us the Chinese know the best way we ought to sleep.

Let us briefly look at the reasons Dr. Remondino gives for this assertion. It is from a purely sanitary point of view that the highly-educated citizens of our towns are informed that they know less of the laws imposed upon us by healthy, natural sleep than the poorest and least enlightened Chinamen.

The Chinese enjoy better health than the more civilised races of Old Europe and the New World.

Can anything be imagined more uncomfortable and less hygienic than the pillow and the bolster in use with us, be they made of feathers, down, horsehair, or moss?

The perspiration from the head and from the upper part of the body is concentrated on these during the entire night, and even admitted they get aired in the daytime, it is not sufficient for thorough purification; and in how many houses is such airing totally ignored? And for how many years are the same pillows and the same bolsters in constant use, and nothing changed but the pillow-case and sheet? To the eye all is clean, and in many cases very pretty and ornamental on the surface. What does it matter the fusty, nasty smell from what lies beneath this surface?

In the United States, as in numbers of other countries, we have beds of all kinds and descriptions. There is the ordinary double bed, intended for two sleepers in it—an arrangement which is now considered so detrimental to health from a hygienic point. There is the bed measuring twelve feet across still to be found in hotels in certain districts in the neighbourhood of the Mississippi, intended for the reception of travellers, strangers to each other and often regardless of sex. Can anyone admit that these are healthy, moral conditions of the sleeping question?

The Chinese, more practical, and more advanced than we are in this matter, may, with impunity, be an example to us.

Their bed is nothing but a hollow or grooved block of wood, taken from an old tree, and lacquered or varnished according to the taste or means of their possessors. This is light, aired, and easy to clean. The head of the sleeper is on a raised part, corresponding to our pillow, it is called "pai-jim-how"; it differs in size according to the figure of each individual. This raised part is stuffed with a small linen cushion, which by the poor is re-covered during the night with a thick layer of a special paper, which is very often renewed, and without which no journey would ever be undertaken.

This way of arranging the bed is equally in use amongst other neighbouring Chinese countries. The Japanese have a pillow almost identical with the "pai-jim-how," under which is a small drawer in which they place their things for the toilet. The semi-barbarous tribes of Central Asia have similar customs, but the pillow, which is unknown to them, is replaced by a hard board of wood, upon which the head rests; a place is reserved behind this board for the infant, who never sleeps in its mother's bed.

But, whatever fashion is adopted, the pillows ought never to raise the shoulders, the head only should be supported, as it is so admirably done by the Chinese "pai-jim-how." This position prevents insomnia to a great extent, and it likewise accelerates the functions of the digestive organs.

Anyhow, the Chinese live to a greater age than we do, and they seem less predisposed to many of the maladies that attack us every day, and cut us off before the allotted time.

Sleep upon a hard bed, and you will sleep well.—*Sanitary Record*.



## THE HYGIENIC VALUE OF WATER.

THE history of water in the evolution of the earth would fill many volumes. Its production in all forms of combustion, and its consumption and reproduction by all animals, is an interesting field of study. The large proportion of water required in the structure of our bodies, as well as that of plant and animal life, shows at once the importance of the subject when viewed from a vital standpoint. When it is understood that a vigorous condition of the body, and its best work is secured only by cleanliness, the conviction is quickly reached that too much attention cannot be given to this subject, and it may be inferred that man would search diligently for the most effective means to attain so desirable a result. But such has not been the fact. It seems necessary that man should suffer in order to bring him to a consciousness of his needs.

### DISEASE FROM VIOLATION OF LAW.

Man is the microcosm of the universe, and his diseases the result of the transgressions of the laws of his being. The man who lives in opposition to these laws, even through ignorance, as surely commits suicide as he who ends his life with a pistol. The laws of Nature make no excuse for ignorance, and there is no mitigation of the penalty. Nothing will save him from the violation of these laws. As eternal vigilance is the price of liberty, so is unceasing obedience in the price of health. Without this, man's survival is but a dream, but with it all things are possible. The more readily he adapts himself to his environment, the pleasanter become his paths. By unwholesome food, unsanitary surroundings, and neglect of the body, he invites diseases, which shorten life. Furthermore, these diseases produce discouragement, cynicism, ill-temper, despair, and not unfrequently lead to suicide. A man in an unwholesome condition has an unwholesome influence upon those about him. The normal healthy man, on the contrary, is strong, alert, ambitious, happy, and hopeful, and his influence is like that of sunshine, enlivening every one. Thus, we perceive that health has an ethical value that can be appreciated, if not measured.

### WHY AN EARLY BREAKDOWN?

The conditions of man's survival may well occupy the earnest attention of all evolutionists. Why should the mass of mankind be obliged to leave the field of active work before arriving at fifty years of age? When occasionally a man lives a century, it is regarded as exceptional, but may not the exception become the rule? Why put the limit at three score and ten? It may be said that such cases of longevity had favourable surroundings, but can we not secure as good, if not for ourselves, at least for our children.

### FIRST CONDITION OF SURVIVAL.

The first condition of survival is health, which may be defined as the harmonious action of every function of the body. When it is understood that disease and dirt are synonymous terms, the importance of cleanliness is quickly recognised. Two-thirds of man's body is water, we are continually taking into the stomach water in different forms, and a full grown man is supposed to discharge from his lungs and skin, not less than two pounds daily, and in many cases it is often more.

As an aid to health, it is requisite that we should maintain a scrupulous regard for cleanliness in every relation. No other agency will do so much to promote this important condition and enable the body to respond to every reasonable call that can be made upon brain or muscle as the right use of pure water. The first thing a child needs on arriving in the world is a bath. Mr. Dick, when asked what should be done with dirty David Copperfield, meditated profoundly, and said, "Wash him!" Purification of the body is the only way in which we can escape the suffering of sin and disease.

Cleanliness is not only an essential part of health, but of godliness. A filthy man cannot be a good man or make a good citizen; therefore cleanliness of body and environment are not only important physical conditions of survival, but positive ethical duties.

### FUNCTIONS OF THE SKIN.

As the skin is a most important organ of the body, enveloping all others, and constantly in contact with the outside world, its healthy condition and action takes precedence in the care of the body, and this cannot be fully secured without a free use of water. There is a natural limitation to the functions of the kidneys, bowels, and lungs, but there seems to be no limitation to the activity of the skin. By an elimination of his own foulness, man's purification can be attained, and his life prolonged.

The circulation of the blood, and the purification of the body are of first importance among those functions that relate to the survival of man. In the blood is his life as well as his death. The perfect action of every function of the body can be secured only by a perfect circulation of the blood through the organ performing that function. If we desire to promote absorption in a part, we have but to promote the circulation in that part. If the object be to build up tissue in a part, again we have but to promote the circulation there.

### MAN'S TEMPERATURE.

A most important law of Nature is, that the temperature of the blood, 98.4 degrees, remains the same, wherever man is placed, whether in arctic regions or under the equator. The beauty of this law, and its practical application, is everywhere apparent. When man is in a cold atmosphere, the action of the skin is limited, and heat is conserved, but as soon as he enters a warm region the skin relaxes, and active perspiration is induced, by means of which all superabundant heat is thrown off. The same law is true as regard to water, which cannot be heated above 212 degrees, so long as steam is allowed to escape. We cannot boil the water in our blood, but it is possible by a high degree of heat, as in the Turkish bath, to make his perspiration so active as to remove the impurities from the blood, and thus rapidly renovate his whole system. The remarkable ease and comfort with which mankind can endure high temperatures is shown by the large population of warm countries.

### MINERAL WATERS.

Medical men and sanitarians are awakening to the serious and growing evils of the prevailing and utterly reckless use of the so-called "mineral waters," and soda-waters, that have no soda in them. A medical writer has stated that the capital invested in the "mineral water" and carbonated beverage traffic would erect and equip more school houses and churches than now stand on the face of the earth, while the horses employed in preparing and distributing these countless products would form a tandem team long enough to girdle the earth. This estimate does not include the immense consumption of fermented and distilled liquors.

### THE DRINK CRAZE.

With us, drinking is a national craze, and the market is supplied with concoctions and waters of every conceivable variety, good, bad, and indifferent. None are so obnoxious but that eager patrons can be found to praise them for their mysterious power to cure, and many intelligent people cling to the plausible delusion that every natural solution of alkaline, saline, sulphurous, or other nauseous earths and minerals was beneficently designed as a legitimate and "natural" medicine. Thirst is but an expression of a dearth of water in the tissues, and to allay it nothing is so grateful as pure water.

It is to be hoped that the time will soon come when something better than lead pipe will be devised for distributing drinking water. The more pure the water, the more it acts to dissolve the lead. Water remaining in lead pipes over night is exceedingly poisonous, and ought never to be used for cooking or drinking. The more pure our drinking water the greater its

power of absorbing impurities from the system, and thus relieving the body of the elements of disease. Place a dish of pure water in a newly painted room overnight, and in the morning it will be unfit to use, from the absorption of poison.

### PUBLIC WATER SUPPLY.

The character of the public water supply should be the first and chief concern of every intelligent sanitarian, for in it lurks the means of transmission of all the most virulent and fatal of the infectious diseases. Many of the epidemics that have desolated different countries have been caused by the use of impure water. Cholera, typhoid fever, and dysentery, are fostered and disseminated almost exclusively through the medium of bad drinking water. These diseases have also come from the milk supply, though not from the milk itself, but from the use of impure water for cleaning milk vessels, as well as the milkman's use of it to increase his supply. It is scarcely possible to be too careful in the use of pure water for either drinking or cooking purposes, or cleansing of vessels to contain milk. Where impure water abounds, an important safeguard is in boiling the water or milk, by which both are sterilised.

Great scourges, formerly known as dispensations of Divine wrath, are now known to be the results of sanitary pollution. The fact that a large class of diseases which assume an epidemic form, and carry off large numbers of victims, are essentially filth diseases, may well emphasise the subject under discussion to all who have any regard for the welfare of their fellow men. With a proper attention to cleanliness, public as well as personal, we should, I believe, have none of those epidemics. Moses promulgated laws of sanitation regarding cleanliness of person and surroundings, that hardly yet been surpassed, and the results are shown in the longevity of the Hebrews, as well as their freedom from many of the most fatal diseases.

### WATER CARRIES CHOLERA.

The reason why cholera, a water-borne disease, is so continually prevalent in India, is because of the abominable water used. The natives use water that has been contaminated by their own secretion. The effect of this is shown in a marked degree at the time of their religious pilgrimages, when thousands are literally swept out of existence by the use of this impure water. In Calcutta, the English have introduced waterworks and a purer supply of water and cholera has proportionally diminished in this city.

It was the impurities contained in the waters of the river Elbe, that caused the great calamity to the city of Hambourg last year. The expense of that, to the City alone, has been estimated at £25,000,000! The individual expense can never be known.

### SOAP AND WATER.

From youth up to old age, nothing so develops man, physically, mentally, and morally, as an intimate acquaintance with soap and water. The sacred rite of Baptism is symbolic of the Bath, the two words having the same derivation. The baptistry was formerly a building, often of great architectural beauty, separate from the church, and only after many years absorbed into it. Even to-day in some churches, washing of the feet is made a sacred rite, and the use of water for the prevention and cure of disease has the sanction of experience from the remotest ages. The ancients had water gods, water nymphs and water sprites to preside over different bodies of water. There are numerous cases of river-worship in Africa. Among other rivers in India, the Ganges, is considered sacred, and the natives believe that to bathe in its waters, particularly at great stated religious festivals, will wash away the stain of sin. It may be interesting in this connection to give the graphic picture of the Hindoo bathing scene from a recent lecture by Protap Chunder Mozoomdar, himself a Hindoo. He says: "The model Hindoo of the present day lives, as his primitive fathers did, in his dress, his diet, his devotions, his daily pursuits, and his personal habits. The first thing you notice in the character of a high class Hindoo,



is his cleanliness. The Hindoo has his daily baptism. Every day he must take a bath by immersion, and not merely for the sake of bodily comfort, but as an unavoidable religious observance. There are certain recitations which have to be said when the Hindoo puts his foot in the water of the Ganges, when he advances into the water, and also when he dips himself in the stream. At every one of these acts there are certain proper sacred recitations to be said, and when he has bathed he feels that his sins are washed away, that all the pollution of previous day and night, and all the evil deeds done knowingly or unknowingly, are wiped out by the beneficent waters of flowing grace, because the river is nothing more than the embodiment of the nature of God himself. It is quite a scene in Calcutta, and still more in one of the far-away north-western towns, early in the morning before the sun has risen, to watch the long line of men and women going for their ablutions in the river Ganges. One side of the road is reserved for the men and one for the women. They go in a continuous stream from half-past four in the morning until ten o'clock; and they all bathe and are then clad in clean clothes and return home cheerful, healthy, and free, with a sense of personal purity within and without. In a hot climate like that of India, this action is particularly hygienic, but it is not at all as a sanitary matter that they practice it, but as a religious duty."

#### BE CLEAN.

Lord Playfair, in an address before the British Association, of which he was President, said that the whole of Sanitary Science could be compromised in two words, "Be Clean!" Most fortunately this condition is placed within man's reach. The clean man, other things being equal, will be the healthy man and the moral man. To attain this condition he must secure pure air, pure water, cleanliness in and around the house, cleanliness of person, dress and food, cleanliness of life and conversation; in other words, purity of life, and temperance in all things, to the end that his days may be long, and that these days may be productive of good to his fellow men.

#### OVEREATING.

**H**ALF the people we know have violent attacks of indigestion, because they will persist in eating hearty meals when in an exhausted condition. They seem never willing or able to realise that there are times when the system is in no fit state to grapple with a full meal. They come in tired and hungry, almost ravenous, not thinking that maybe a good deal of what they consider hunger is gastric irritation, then sit down to a table covered with the substantial of life, and deliberately go to work to overtax the already overstrained vital powers. No person should ever eat heartily when very tired. The wisest thing to do is to drink a cup of hot water with three teaspoonful of milk in it, sit down for five minutes, and then begin slowly to eat, masticating thoroughly. In a little while the vigour of the stomach will come back, and all will be well. If this course were followed, there would not be one case of dyspepsia where now there are a dozen. It seems to be the most difficult of all things properly to control the appetite. It seems to be the master. It requires will power to get it under control. When once mastered, something important has been accomplished in self discipline.

#### RECENT PATENTS.

*This list is specially compiled for the FAMILY DOCTOR by Messrs. Rayner and Co., Patent Agents, 37, Chancery-lane, W.C., from whom all information concerning Patents may be obtained gratuitously.*

1937. A time-indicator for use upon, or in connection with medicine bottles. JOHN FEAVER, 11, Southampton-buildings, Chancery-lane, London. 29th January, 1894.

2053. Improvements in railway signal and switches. HENRY HARRIS LAKE, 45, Southampton-buildings, Chancery-lane, London. 30th January, 1894.

2235. Preparation of remedial substances. AUGUST ZIMMERMANN, 24, Southampton-buildings, Chancery-lane, London. 1st February, 1894.

#### SPECIFICATIONS PUBLISHED.

23,410. Surgical &c. saw, and forceps. WARMULL, A. & C.A. 1873. 101.

#### OUR OPEN COLUMN.

#### CORRESPONDENTS' OPINIONS.

##### MILITARY TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—I must apologise for the long delay in continuing the translations on this subject. There are further references to this subject further on in the book, which are as follows, as nearly as I can translate them:—"At fifteen or sixteen, a change came over our feelings towards our hitherto hated corsets. About this age we went out into society a great deal during our holidays, and finding the admiration of the ladies a novel and attractive delight, and, further finding that our slender waists came in for a large share of admiration, a rage for tight-lacing set in among us. The ladies at that time followed this fashion, and, as each cadet had some special divinity at whose shrine he worshipped, a rivalry regarding waists arose between many ladies and their attendant cadets. Many of the cadets laced to such an extent that it seriously impeded their studies. They would, with each others assistance, or as was more often the case, by the assistance of certain corset makers, draw themselves in to incredibly small dimensions. The ladies, jealous at this, would playfully insist that the prerogative of slenderness rested with them, and further rivalries would ensue. The cadets would resolutely resist any attempt to outdo them, and in these endeavours their waists were still further reduced. Corsets were not taken off at night, but were still further tightened, and as time went on and the cadets joined the army the habit of lacing became firmly rooted in them." Then follows a number of figures relating to the sizes of waists, which I will leave till another day, should your readers care to hear more on this subject.—Yours truly,

A. WILLIAMS.

##### TIGHT-LACING.

TO THE EDITOR OF THE FAMILY DOCTOR.

SIR,—Some months back you were good enough to insert a letter from me in your valuable paper, asking your correspondent "Moderation" to advise me as to the best way to commence the reduction of my waist, and she very kindly gave me her advice on the subject for which, if you will allow me, I should like to tender my best thanks. I at once, obtained a twenty-two inch corset, and in three week's time was able to clasp it round me with the back lacing set close. I then obtained a somewhat stiffer pair measuring twenty inches, and followed out my instructions carefully. This stage, however, I did not like so well, as I experienced a feeling of numbness about the hips when I had worn my stays laced close for an hour or so. I did not, however, give in, and by the beginning of October found that I could put this corset on with the back laced close. My new stays were a very pretty pair of white satin and measured seventeen inches. I was surprised to find how much more difficult it was to tighten in an inch at lunch time than before, but my figure was vastly improved. Sleeping with my corset tightened to eighteen and a-half inches seemed to have a very good effect, though I must admit that for the first week there was not much sleep about it, as, although the pressure seemed less when lying down, the stiff stays were very irksome. Since then I have got them to meet quite easily, but always have to pull them in a little after putting them on. They have stretched nearly an inch from the strain, so my waist is really seventeen and three quarter inches. I have a new pair just arrived, measuring fifteen inches, and managed to lace in to sixteen and a-quarter inches

yesterday, but felt rather faint after sitting through lunch, so let them out to seventeen. I have got to feel quite proud of my figure, and several of my girl friends are following my example, but I must say that at any rate in my case one cannot lace in from twenty-five to seventeen inches without enduring a great deal of discomfort and at times a good deal of pain. All the same, there is no doubt that the attractions of a small waist are great, and I have great hopes of getting my corsets to meet by the end of next month in time for a dance, to which I am looking forward, and to which I want to go as a wasp. Trusting that you will be able to print this letter.—I remain, yours truly,

Cambridge,

6th February, 1894.

FLORENCE M. PRICE,

#### Notes & Queries

*This column is specially devoted to subscribers who are desirous of obtaining information on any practical subject, whether Domestic, Medical, Sanitary, or otherwise. The Editor suggests that Correspondents should express their wishes in as brief a manner as possible.*

All letters should have the words "NOTES AND QUERIES" on the envelope.

#### QUESTIONS.

Will any reader of the FAMILY DOCTOR, kindly inform me where I can procure Yerba-Mate tea.—"E. J. Y."

NOTICE.—I hold a general shop without a written agreement. The landlord and I verbally agreed that I should pay £21 per annum, quarterly. This I have done for several years. I applied to him to do certain repairs. In reply, he sent me notice to quit in three months; in default of my not complying he would insist on my paying an additional £3 per annum. (1) Cannot I claim six months' notice? (2) Is the landlord justified in adding £1 rent per annum on the grounds above stated?—"Tenant."

#### ANSWERS.

**DRAINS.**—It depends entirely on the covenants of your lease whether you can throw the ultimate burden of the cost of new drains on your landlord. As you have covenanted to repair the existing drains, you will probably find that there are words strong enough to make you liable for renewal of drains, where repair of the old drains is impracticable.

**HOUSE.**—What is the use of asking the value of a leasehold house let at £15 a year? You must say whether the letting is on lease or from year to year; whether repairs are to be done by landlord or tenant, &c. An unexpired term of 41 years, ground-rent £9, let to a yearly tenant, the landlord to pay repairs, insurance, &c., making the average outgoings plus the ground-rent, say £20 a year, and leaving net £5, may be worth about nine or ten years' purchase—£225 to £250. Actuarial values depend on the rate of interest expected, and are delusive. Consult an experienced house-agent conversant with the neighbourhood.

#### ANSWERS TO CORRESPONDENTS.

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See The British Medical Journal of 29th April, 1893, and The Lancet, 8th April, 1893, wherein this Food is highly commended.

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### ADVICE GRATIS.

BY A PHYSICIAN AND SURGEON.

N.B.—Communications requiring answers in this column must be marked outside as directed above or they will not be noticed.

## THE CURE OF CONSUMPTION.

[THIRTH THOUSAND.]

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Any of our Subscribers or Readers who desire to have their answers inserted in the earliest number should enclose with their questions a *Postal Order* for ONE SHILLING or more. SUBSCRIBERS ARE REQUESTED TO CROSS THEIR ORDERS. These letters must be received not later than *Thursday*, otherwise the number of letters we receive renders it quite impossible to pay proper attention to them as the paper goes to press on *Friday*. The answers to these will therefore appear in the issue of *Saturday week* following. The sums we receive in this way will be sent to one of the leading Hospitals or other charitable institutions.

### The "Family Doctor" Hospital Fund

Has already given large amounts to the following Hospital, &c.:

King's College Hospital.	Nazareth House, Ham-
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pital.	British Home for Incura-
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West London Hospital.	William-street, W.C.
City of London Hospital	Poor Box—Five Police
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Hospital for Sick Children	London Hospital.
St. Peter's Hospital.	Charing Cross Hospital.
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**VOLUNTEER.**—You must avoid all beer, wines, and spirits, also much walking or standing about; abstain from all exercise of the parts until you are quite well. Take the following medicine: Oil of sandalwood three drachms, mucilage of gum acacia four drachms, sweet spirit of nitre two drachms, tincture of hyoscyamus two drachms, infusion of buchu to six ounces. One-sixth part three times a day immediately after meals.

T. O. G.—If you find it very cold in the mornings, you had better wear a flannel band or belt round the abdomen and so protect yourself. Take the following pill every night: Blue pill one grain, sulphate of quinine one grain, powdered rhubarb one grain, to make one pill. Also the following medicine: Acid tartarate of potash two drachms, chloroform water to six ounces. One-sixth part three times a day. Do not eat puddings, nor pastry, get as much walking exercise as possible.

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**PALL MALL.**—You do not say whether the massage is done by a male or female operator. If by the former, there can be no possible objection; if by the latter, it would probably be open to many sources of fallacy; though it is, to our knowledge occasionally done. Even when done by a male operator, care must be taken to keep clear of the actual parts.

R. JONES.—We do not quite know the state of affairs in your case, but you can do no harm in buying a properly fitting suspensory bandage which will support the enlarged veins. Keep your bowels acting, and give up intoxicants altogether.

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we drive the  
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## On the Stœchiological CURE OF CONSUMPTION,

Asthma, Bronchitis, and all Lung Complaints, with results  
of the Treatment in more than Fifteen Hundred Cases.

By JOHN FRANCIS CHURCHILL, M.D.

Dr. Churchill's name has become a household word in connection with the treatment of consumption.—"Health."  
ONE SHILLING, POST FREE.

AVID STOTT, 370, Oxford St., London, W.

DYSPEPSIA.—You had better purchase Dr. T. K. Chamber's book on the subject.

ALRO.—The question is whether there is atrophy or not. We should say not. We are unable to answer the question about matrimony. See reply to "Jack-in-the-Box."

M. A. G.—You had better have them operated on before entertaining any idea of matrimony. You would have to rest for a couple of days perhaps. Send a stamped addressed envelope, and we will recommend the doctor.

MAY.—If you have really seen the thread worms, you should get a pint of infusion of quassia, place a handful of ordinary salt in it, and inject a third of this into the bowel three times a day. The bowels should be kept freely open, and you should avoid eating too much vegetable. Eat lean meat and toasted bread or biscuit. The presence of these little worms is quite sufficient to give you the gnawing feeling you refer to. Get plenty of active outdoor exercise and take the following: Liquor potassae one drachm, infusion of chiretta to six ounces. One-sixth part three times a day between meals.

TROUBLED.—The only real cure for such an inveterate habit is the little operation of circumcision. We should advise you to have it done without delay, and if you wish to know to whom to go, you had better send us a stamped addressed envelope for the address of a gentleman making a special study of such matters.

J. C. T.—1. You have given this a sufficiently long trial—as there appear at present, to have been no satisfactory results. 2. You cannot do better than continue the daily use of small doses of Epsom salts. 3. Two glasses of stout a day should not hurt you. 4. Probably not. 5. This treatment can only be applied in London; if you like to send a stamped addressed envelope, we can give you the name of a specialist, and an idea of the fees.

DR. SPERO.—1. We take it that the symptoms enumerated might collectively be termed "bilious catarrh," though we express no opinion as to whether there may not be additional causes (worms, &c.) for certain of the manifestations. 2. It is a common treatment for oozema; we are glad you find it so satisfactory.

H. J. W.—This appears to us to be some follicular ulceration. We do not think you need entertain any notions as to its being cancer. As a matter of fact, these are in the mouth, not in the throat at all. You had better use a gargle of boracic acid three drachms, glycerine half an ounce, water to six ounces. Take a tablespoonful or so and gargle with it, allowing the liquid to be in contact with the parts as long as possible. If you wish to go to someone we can tell you where on receipt of stamped addressed envelope, or you can go to the throat hospital, just as you please.

GLEAMER.—If you are accustomed to smoking, no matter how little, you should discontinue the habit. Take a cold bath every morning and get plenty of active outdoor exercise during the day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts. You must mix with men of your own age and, if possible, better position of life, and join in their amusements and pastime. Take a teaspoonful of Parrish's food three times a day immediately after meals.

## GENERAL DEPRESSION.



"Those of our readers who are afflicted with liver troubles and suffer from their irritating and depressing effect on the temperament should try

### ENO'S 'FRUIT SALT'

It is especially commendable for this purpose, but it will also be found useful for other ordinary ailments, particularly when they

result from over-eating or undue excitement  
—Science Siftings

## ENO'S "FRUIT SALT"

Assists the functions of the LIVER, BOWELS, SKIN, and KIDNEYS by Natural Means; thus the Blood is freed from POISONOUS or other HURTFUL MATTERS. It is impossible to overstate its great value. THERE IS NO DOUBT that, where it has been taken in the earliest stages of a disease, it has, in innumerable instances, PREVENTED a SEVERE illness. Without such a simple precaution, the JEOPARDY OF LIFE is IMMENSELY INCREASED.

### Headache and Disordered Stomach.

"After suffering two and a half years from severe headache and disordered stomach, and after trying almost everything without any benefit, I was recommended to try ENO'S 'FRUIT SALT,' and before I had finished one bottle I found it doing me a great deal of good, and am restored to my usual health. And others I know that have tried it have not enjoyed such good health for years.—Yours most truly, ROBERT HUMPHREYS, Post Office, Barrasford."

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THE SECRET OF SUCCESS.—Sterling Honesty of Purpose. Without it Life is a Sham.

CAUTION.—Examine each bottle, and see the capsule is marked ENO'S "FRUIT SALT," without it you have been imposed on by a worthless imitation. Sold by all chemists. Prepared only at—

Eno's "Fruit Salt" Works, London, S.E.,  
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BETA.—If this is the first intermarriage in the family, and the history on both sides is good, there is no great reason why first cousins should not marry.

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Rubbed on the Gums, prevents all Pain in Cutting the Teeth.

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**BEST MAKE & FINISH**—as block.

Measurement required: Diameter at ABC

Forwarded free on receipt of P.O. for 13/- to

**HOCKIN, WILSON & CO.,**  
13 to 16, New Inn Yard,  
186a, Tottenham Court Rd., London, W.

**NEMO NULLIUS.**—1. A good lotion for your eyes would be one containing twenty-four grains of boric acid with ten grains of tannin in six ounces of distilled water. This may be used frequently during the day. 2. You have myopia, with most probably some astigmatism. The result is that the constant strain on the muscles of accommodation causes the results of which you complain. You will need glasses carefully measured to correct these defects. If you cannot afford to consult an ophthalmic surgeon privately, nor spare the time to attend at one of the eye hospitals, the only course open will be to call upon an optician who is able to make a rough estimation of the amount of distortion, and to provide glasses accordingly.

**RATISBON.**—1. You are melancholic, and inclined to be depressed without reason. You do not say whether you have indulged in youthful follies, nor whether you are still the victim of any bad habits. If so give them up at once; look at things from a more cheerful point of view, and to help you, take the following medicine three or, if necessary, four times a day: Carbonate of ammonia four grains, bromide of potassium twenty grains, spirits of chloroform five minims, tincture of bark half a drachm, water to half an ounce. Write again in three weeks. 2. Apply the following ointment every night: Red oxide of mercury two grains, oxide of zinc twenty grains, Wright's solution of coal tar ten drops, vaseline half an ounce.

**RUSTIC.**—This condition is generally due to lying on the back. If you apply the reel at all, you must be careful to do it properly. Perhaps it is not large enough to suit the purpose; if so, use something that will answer. It is all a question of your own ingenuity. You do not require a tonic, or anything of the kind, and we are quite unable to say whether marriage will cure, as we are ignorant of the cause. You had better take a pill of camphor and henbane every night, one grain of each.

**CHAS. HALE.**—You should continue to use the injections of salt and water three times a day. We are unable to tell you what is the cause of the irritation you refer to, and in any case we could not prescribe anything without knowing the exact local conditions. You should keep yourself under some good doctor, and persevere under treatment. It is of no use going from one doctor to another.

**JACK-IN-THE-BOX.**—The treatment of this condition should be entirely local. You may take tonics if you like, but we are very much afraid you will not derive much benefit from them. If the bowels are not free, keep them open by means of a teaspoonful of compound liquorice powder, taken every night at bedtime, and followed the next morning by a mild dose of aperient fruit salts, Eno's for example. Take plenty of active outdoor exercise and cold baths every morning.

**SEMPER IDEM.**—This fluid is not what you suppose it to be, but simply prostatic fluid, and your feeling of prostration is more or less fanciful. You will get rid of this if you keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a dose of Eno's fruit salts. You must avoid all astringent articles of food, such as cheese, much pastry, puddings, &c. Take the following medicine: Bromide of potassium one drachm, sulphate of magnesium three drachms, carbonate of magnesium two drachms, chloroform water to six ounces. One-sixth part three times a day.

**ANXIOUS ONE.**—You do not state where it comes from, so we must guess. You had better use an injection of ordinary lime water, about a pint at a time, three times a day. Keep the bowels freely open by means of a teaspoonful of compound liquorice powder taken every night at bedtime, and followed the next morning by a mild dose of Eno's fruit salts. Take a teaspoonful of Parrish's food three times a day immediately after meals.

**A CONSTANT READER.**—By the symptoms you have detailed to us, we should not think you are at all consumptive. You had better try the following medicine after meals: Dilute hydrochloric acid one drachm, tincture of nux vomica half a drachm, spirit of chloroform one drachm, infusion of gentian to six ounces. One-sixth part three times a day immediately after meals.

"To breathe 'Sanitas' is to breathe Health."—GORDON STABLES C.M. M.D., R.N.

## "SANITAS OIL"

Prevents and Cures  
Bronchitis, Influenza, Diphtheria,  
AND ALL  
Lung and Throat Affections.

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"Sanitas" Oil, 1s. Bottles; Pocket Inhalers, 1s. each.

Fumigators, 3s. 6d. each.

"Sanitas" Eucalyptus Disinfectors, 1s. each.

"Sanitas" Eucalyptus Oil, 1s. Bottles.

**SUFFERER.**—The questions you have asked are not easily replied to in a paper whose columns are exposed to public criticism. 1. What this pain is, we are unable to state, but we see no reason for supposing that it should be caused by the habit you refer to. 2. It is certainly possible, but the probabilities are all the other way, unless proper precautions be taken. 3. It is possible by taking fifteen grains of bromide of potassium dissolved in water three times a day to mitigate the pangs to which you refer.

**H. ATCH.**—1. The discharge consists of mucous exudation from the surface of that part of the mucous membrane which covers the hemorrhoid. 2. No, we do not advise you to read up the subject, though, of course, the article on hemorrhoids in any of the large text-books will give you any really needful information. 3. No, we do not wish to see it. 4. That depends altogether upon the causes, but in all probability the condition is not serious. 5. Take a teaspoonful of compound liquorice powder every night at bedtime, and inject half a pint of cold tea into the bowels each morning after they have been moved.

**A HOUSEMAID.**—You appear to have developed poorness of blood after the attack of influenza, and that is responsible for the troubles of which you complain. Take the following medicine after each meal: Tincture of perchloride of iron fifteen drops, glycerine half a drachm, sulphate of magnesium half a drachm, sulphate of quinine two grains. Water to half an ounce. Rinse out the mouth after each dose in order to prevent any staining of the teeth. You must try to get an hour's outdoor exercise each day, and write us again in a month to let us know of your progress.

**R. K.**—You appear to have so many things the matter with you, that we are not surprised that you suffer from giddiness, which may be produced by any disturbance of the circulation of blood in the brain. We think you had better go to the hospital again. What with bad eyes, bad heart, bad kidneys, and bad liver, we are embarrassed with the stock of disease you have about you.

**A READER.**—The complaint you suffer from is brought about by a great number of causes. What may be the after-effects depends largely upon the extent of the malady of which you are the victim. You had better send a stamped addressed envelope, and we will recommend a London specialist.

# INVALID BOVRIL

IS SPECIALLY PREPARED FOR USE IN THE SICK ROOM.

It is put up in porcelain jars, and sold by Chemists and Druggists Only; and it differs from ordinary Bovril in being more concentrated and quite devoid of seasoning.

It is the most perfect form of concentrated nourishment at present known, and is enjoyed by Invalids when ordinary food and stimulants are rejected.

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FERMENTED NON-INTOXICATING  
BEVERAGE.

AN IDEAL BEVERAGE FOR FAMILY  
USE. STRONGLY RECOMMENDED BY  
THE HIGHEST MEDICAL AUTHORITY.

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ORDER TRIAL SAMPLE CASE FROM  
YOUR GROCER OR WINE MERCHANT,

BE SURE AND OBTAIN **WHEATLEY'S,**

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**WHEATLEY & BATES**  
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Who will have pleasure in sending Pamphlets  
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SIR.—After TEN YEARS suffering and irritation  
your "VELVETA" has cured my leg. It has been  
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**JARVIS FOVANT.**

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all roughness of the skin. 134d., or by post 15  
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Please mention this paper.

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A pure, fragrant, non-gritty tooth powder, and contains no  
injurious acids or astringents. It whitens the teeth, prevents  
decay, sweetens the breath, and being exquisitely perfumed is a  
perfect toilet luxury for all who value the appearance of  
their teeth. Sold everywhere at 2s. 9d. Ask for Rowland's  
Odonto of 20 Hatton Garden, London, and avoid cheap gritty  
imitations which scratch and ruin the enamel.

**CALVERT'S** **CARBOLIC**  
Tooth Powder

Awarded  
60 PRIZE MEDALS  
and DIPLOMAS.

**NEWTON CRANE,**  
Esq., late U.S. Consul,  
Manchester, says—

"Your Carbolic  
Tooth Powder is the BEST I  
EVER USED. In this opinion  
I am joined by all the members  
of my family."

od., 1s., and 1s. 6d. Tins, at  
any Chemist's. Sample 1s. 6d.,  
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For value in stamps sent to—

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TO THE AFFLICTED.

FOR 2s stamps, a sufficient supply of Lady St. John's Samaritan  
Salve to cure any ordinary cases of Bad Legs, Bad Breasts,  
Tumours, Ulcers, Cancers, &c., however long standing; Erysipelas,  
Buries, Piles, & Skin Diseases.—J. C. EMBY, 324, Wandsworth-road,  
London. Trial Box, 9 stamps. All Chemists.

B. B. B. Hurrying off to work with the stomach  
loaded with imperfectly masticated food is one of  
the very frequent causes of indigestion with  
flatulence. Further, under the circumstances, the  
meals are apt to be "bolted," and the rapidity of the  
process assisted with frequent draughts of water, or  
some other beverage. In order to obtain relief the  
first thing is to remedy the unnatural conditions  
as regards haste, and to eat the food very slowly,  
drinking only when the meal is over. Take also a  
dose of the following medicine, an hour after each  
meal: Subnitrate of bismuth twelve grains, mucilage  
of acacia half a drachm, tincture of nuxvomica  
ten minims, spirits of chloroform five minims, water  
to half an ounce. You must also be careful to see  
that the bowels act regularly every day.

PRIMOSE.—Unless to act as dispenser to a medical  
man, or in some such condition of employment, we  
do not know of any demand for lady chemists. As  
for the examinations of the Pharmaceutical Society,  
we do not think you need consider them at all  
difficult. Any person with an average amount of  
brain, would pass them with the greatest ease.  
You must become an apprentice to a qualified  
chemist for a term of years—we think four—before  
going in for the "minor," but you had better apply  
to the Pharmaceutical Society, Bloomsbury-square,  
for a prospectus, which will give you all the necessary  
information. We should say six months' application  
would enable you to fly through the easy  
examinations in chemistry and botany. We know  
nothing of the life of a lady-chemist.

WHITESK.—1. Scarification with a clean steel  
lancet, followed by the application of a strong solu-  
tion of carbolic acid to the spot on the nose. 2. In  
reply to this rather difficult query we would  
suggest the nightly application of glycerole of zinc  
to the parts most affected. 3. Cod-liver oil with  
hypophosphites (Scott's emulsion) would probably  
be best. Sulphur would be useless all this of  
course supposing the name of the condition given  
in your letter, to be accurate. 4. The food should  
contain as large a proportion of fat as possible,  
together with plenty of green vegetable and fruit.  
There need be no special restriction, except as  
regards spirits.

CLEMENTINE.—You have neither mentioned your  
age, nor given us any information regarding your  
habits, diet, or occupation. However, you will do  
no harm in trying the following medicine, starting  
three days before each period, and continuing for  
three days after the commencement. Fluid extract  
of black willow half a drachm, bromide of potassium  
twenty grains, chlorodyne seven minims, camphor  
water to half an ounce. Three times a day between  
meals.

EUPHONIE.—You had better get some black wash  
from the chemist to use as a lotion to the part, and  
take the following medicine: Iodide of potassium  
half a drachm, liquor hydrargyri perchloride three  
drachms, spirit of chloroform one drachm, decoction  
of cinchona bark to six ounces. One-sixth part  
three times a day. You must avoid all beer, wines,  
and spirits, take plenty of active outdoor exercise,  
and keep the bowels freely open.

E. BRUBBY.—We are inclined to think, all these feel-  
ings will pass off as you grow older and have more  
confidence in yourself. You should take a cold  
bath every morning, and keep the bowels freely  
open by means of a teaspoonful of compound  
liquorice powder taken every night at bedtime,  
and followed the next morning by a mild dose of  
aperient fruit salts. Take a teaspoonful of Parrish's  
food three times a day immediately after meals.

VERA.—If you have anything the matter with your  
throat, it is much better for you to give it a rest for  
a time. To exert the muscles of the throat while  
there is any inflammation there is exceedingly  
unwise and ruinous to the voice. What these two  
lumps are we are unable to conjecture, but if you  
have an elongated uvula and enlarged tonsils, you  
ought not to attempt to sing. The best thing you  
can do is to let someone see what is the matter, and  
prescribe accordingly.

S. S.—You had better take a cold bath every morning,  
and keep the bowels freely open by means of a  
teaspoonful of compound liquorice powder taken  
every night at bedtime, and followed the next  
morning by a mild dose of aperient fruit salts.  
Take plenty of active outdoor exercise, and eat  
plenty of good food. Take a teaspoonful of Parrish's  
food three times a day immediately after meals.

W. DAWSON.—1. Take eight to ten ounces of meat  
daily with a fair proportion of fat, take as much  
stale bread as you can eat, and take other diet in  
the ordinary way. Use a pair of light dumb-bells  
(3lbs.) for five to ten minutes daily, take a morning  
bath, followed by a brisk run down, and take  
walking exercise—always short of fatigue. 2. You  
had better wait until you return to your legitimate  
partner.

FRIENDSHIP.—The cause is probably eustachian  
catarrh, for which you will need to use frequent  
inhalations of steam impregnated with compound  
tincture of benzoin a few drops added to a pint of  
boiling water in a jug, and inhaled through mouth  
or nose three or four times each evening should do  
very well.

A. B.—That would depend altogether upon the  
temperament and temperature of the patient, as  
well as upon the state of exhaustion at the time.  
You had better consult the patient's medical  
adviser if you wish to have definite advice on this  
some what delicate ground.

B. J. ROBINSON.—You are suffering from gastric  
catarrh, there is no evidence of any affection of the  
lungs. If your occupation necessitates your "bolt-  
ing" your food, that would be a sufficient cause for  
the trouble. You must eat your food very slowly,  
drink only after the meal is finished, take a cupful  
of hot water at bedtime and on rising, adding a tea-  
spoonful of Glaxo's suits to that taken in the  
morning. Give up smoking and do not drink any  
stimulant.

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READ WHAT

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"The present writer has himself more than  
once affirmed that were he afflicted with a disease  
for which cod-liver oil was the only remedy, he  
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tender his resignation, as far as this life be  
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"That being so, it is with feelings of considerable  
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which has been occupying the minds of scientists  
for some considerable time past, yclept 'Virol,' a  
positive substitute for cod liver oil, which  
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eggs, the fat of beef and eggs, the marrow of beef  
or essence of bone, the carbo-hydrate, extract of  
malt, and the salts of beef and egg (including the  
lime salts of the shell), in proportions carefully  
adjusted to diet formula laid down by the most  
up-to-date physiologists.

"This being interpreted, means that we have  
here all the essential elements of cod liver oil in a  
palatable preparation, which is highly digestible,  
and which contains nitrogenous elements in their  
most perfect form as at present known.

"Considering that in taste 'Virol' is not only  
inobjectionable, but positively pleasant, its field  
in therapeutics would seem to be illimitable,  
while its price of half-a-crown for a half-pound  
pot places it within the reach of all. The dis-  
covery of a preparation that practically super-  
sedes cod liver oil would ordinarily be of the  
highest value, but when that preparation is  
actually attractive in taste, and perforce will  
henceforth enable everybody to obtain the benefits  
of cod liver oil without being nauseated, its value  
is inestimable."—*The Court Circular*.

'The Lancet,' Analysis and Report on 'VIROL,'

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**OLD SHIRTS** REFITTED, Irish Linen, 2s; or very  
best Irish linen returned free, ready  
to wear, 2s. 6d. Sample Shirt, for Dress or ordinary  
wear, post free, 2s. 9d., 3s. 9d., 4s. 9d., 5s. 9d., or 6s. 9d.  
Twilled Night Shirts from 2s. 11d. **LINEN COLLARS.**  
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Ladies', Gents' and Child-  
ren's in all qualities. **IRISH SOX,** Hand Knit  
peasantry. Warm, durable, comfortable, 2 pairs Men's  
size sent post free, 2s. 6d. Knicker Hose, 2 pairs free,  
3s. 9d., 4s. 9d., 5s. 9d., 6s. 9d., 7s. 9d. **WOOL PANTS** and  
and **VESTS** are now very cheap. Price Lists and  
Patterns, sent free to any part, of Irish Linen Goods,  
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A Most Agreeable Linetous for Irritation and all  
Affections of the Throat.  
1s. 3d. and 2s. 9d. per bottle, post free, duty included  
Free Sample on Application.

**FREEMAN'S BATHING SPIRITS**

For Rheumatism, Sprains, Brui-  
ses, Cramp, &c.  
1s. 3d. per bottle, post free, duty included. Prepared  
genuine only by **FREDERICK TIBBS, 30, Parkhurst R.I.,**  
Holloway, London.



**RISING SUN** **STOYE**  
**Polish.**

EASIEST, QUICKEST, CHEAPEST, and  
BEST BLACKLEAD IN THE WORLD.

In 4d., 1d., and 2d. Packets.

**RISIN' SUN** **METAL**  
**Polish.**

LIQUID, in 3d., 6d., and 1s. Bottles.

GIVES A BEAUTIFUL, SOFT, BRILLIANT, AND  
LASTING POLISH TO ALL KINDS OF METAL  
ARTICLES.

**MACK'S** **DOUBLE**  
**STARCH.**

Contains RICE, STARCH, BORAX, GUM, WAX, &c.,  
as well as the STARCH GLOSS.  
Saves TIME, LABOUR, and UNCERTAINTY. Pro-  
duces BEAUTIFUL WHITE GLOSSY LINEN.

**"HEALTH"** **FOR THE LAUNDRY**  
**SOAP.** **FOR THE TOILET!**  
**FOR THE NURSERY**  
Contains Glycerine.

Samples of the above four articles post free for eight  
stamps, or of any one for two stamps (to cover postage).  
Name this paper.

G. CHANCELLOR & Co., 13, Clerkenwell Road,  
LONDON, E.C.

**DUNN'S**  
**FRUIT SALINE**

This PURE preparation is a quick relief for Sick Headache  
and Derangements of the Stomach and Liver, Purifies the blood  
and is delightfully refreshing. Through Chemists and Stores.

SPECIAL OFFER.—To prove its efficacy, 1s. 3d. bottle will be  
sent post free for 1s. 6d. stamps. Works: CROYDON, LONDON.

Refuse all Imitations and see that you have Dunn's.

**Proctor's Hemorrhoidal**  
**PILE CRYSTAL.**

The only remedy known that will absolutely Cure Piles.  
Thousands of persons have been cured by its aid. It is a  
perfectly safe and certain remedy, and will certainly cure piles,  
whether of constitutional tendency arising from a sedentary  
habit. Sent to any address post paid for 16 stamps by  
R. PROCTOR, Chemist [to His Grace the Duke of Norfolk]  
GLOUCESTER. Or any Chemist will obtain it from any of the  
following Wholesale Agents:—London: Messrs. BARCLAY;  
NEWBERRY; SUTTON; LYNCH & CO.; BUTLER & CRISP;  
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**A WONDERFUL MEDICINE.**  
**Beecham's Pills**

**A**RE universally admitted to be worth a  
Guinea a Box for Bilious and Nervous Disorders,  
such as Wind and Pain in the Stomach, Sick  
Headache, Giddiness, Fulness and Swelling after  
Meals, Dizziness and Drowsiness, Cold Chills, Flush-  
ings of Heat, Loss of Appetite, Shortness of Breath,  
Costiveness, Scurvy and Blisters on the Skin, Dis-  
turbed Sleep, Frightful Dreams, and all Nervous and  
Trembling Sensations, &c. The first dose will give  
relief in twenty minutes. Every sufferer is earnestly  
invited to try one Box of these Pills and they will be  
acknowledged to be

**WORTH A GUINEA A BOX.**

For females of all ages these Pills are invaluable, as  
a few doses of them carry off all humours, and bring  
about all that is required. No female should be with-  
out them.

For a Weak Stomach, Impaired Digestion, and all  
Disorders of the Liver, they act like magic, and a few  
doses will be found to work wonders on the most  
important organs in the human machine. They  
strengthen the whole muscular system, restore the  
long-lost complexion, bring back the keen edge of  
appetite, and arouse into action with the rosebud of  
health the whole physical energy of the human frame.  
These are FACTS testified continually by members of  
all classes of society, and one of the best guarantees  
to the Nervous and Debilitated is BEECHAM'S PILLS  
have the Largest Sale of any Patent Medicine in the World.

**BEECHAM'S MAGIC COUGH PILLS.**

As a remedy for Coughs in general, Asthma, Bron-  
chial Affections, Hoarseness, Shortness of Breath,  
Nightness and Oppression of the Chest, Wheezing, &c.,  
these Pills stand unrivalled. They are the best ever  
offered to the public and will speedily remove that  
sense of oppression and difficulty of breathing, which  
might deprive the patient of rest. Let any person  
give BEECHAM'S COUGH PILLS a trial, and the  
most violent Cough will in a short time be removed.

Prepared only, and sold Wholesale and Retail, by  
the Proprietor, Thomas Beecham, St. Helens, Lanca-  
shire, in boxes 9d., 1s. 1d., and 2s. 9d. each.

Sold by all Druggists and Patent Medicine Dealers  
everywhere.

N.B.—Full directions are given with each box.

ONE WHO FEELS DUBIOUS.—The name of the per-  
son whose advertisement you enclose, does not  
appear in the "Medical Directory" this year. We  
advise you, therefore, to have nothing to do with  
him. If you wish to have the name of a physician  
whom you may consult with safety, we shall be  
happy to give you a recommendation on receipt of  
a stamped addressed envelope with a statement of  
your desire.

H. HERBERT.—We do not think that medicine will  
be of much service in your case. You want local  
treatment, skillfully applied. Meanwhile, however,  
you should take a scruple of bromide of potassium  
in an ounce of camphor water, night and morning;  
bathe the parts daily with cold water, and learn to  
pass a bougie (No. 9 English) once a week (the  
chemist will tell you how it should be used). Try  
these measures for a month.

ANXIOUS MOTHER.—You have forgotten to let us  
know your daughter's age, her occupation, habits,  
and diet. Does she drink vinegar to excess, or eat  
raw rice, or indulge in any of those habits to which  
young girls are prone (eating pastry, &c., &c.). If  
you will favour us with details, we shall be happy  
to do what we can for the patient.

POSTMAN.—You must drink as little as possible of any  
fluid whatever, and try the following medicine:  
Tincture of perchloride of iron one drachm, tincture  
of belladonna half a drachm, chloroform water to  
six ounces. One-sixth part three times a day.

LIFEFY.—1. Yes, certainly, take Parrish's food. 2.  
Cold bathing is certainly beneficial; we do not know  
about the hair; that is a matter for personal obser-  
vation. 3. No, but a hard tooth-brush does. 4. No,  
tartar is a deposit of salivary salts on the teeth. It  
must be removed mechanically with a scraper.

SALEM.—For this trouble, we should advise you to  
rub a little of the best white vaseline over the edges  
of the eyelids at night-time, and to look after your  
health. Get plenty of fresh air and exercise, and  
keep the bowels freely open. Take a teaspoonful  
of Parrish's food three times a day immediately  
after meals.

CONSTANT READER.—This operation can be per-  
formed at any hospital. You will, of course, have to  
get a letter of admission somewhere. Of course,  
also, no fee is required. We cannot promise either  
that they will think it necessary to perform the  
operation.

GUISEBURG.—You are absolutely the only case we  
have heard of where electrolysis has failed, but we  
have seen scores of successes. We should much  
like to know under whose treatment you were, and  
for how long. Cauterisation is quite out of date,  
and relinquished as being injurious and unsatis-  
factory.

J. C.—It is only a question of what you call "too  
much." The best test is experience. We should not  
think once a week was too much.

PLUMPER.—Plumpness is purely a matter of heredity;  
if you are not built to be plump, dieting will not  
make you so. With regard to the eyelids, we should  
think that a little pure vaseline applied to them  
every night would be beneficial, and that a tea-  
spoonful of Parrish's food three times a day would  
be beneficial. Get plenty of fresh air and exercise.

A. W. WORRIED.—The "society" that makes remarks  
about people's noses is better shunned than courted.  
You cannot do anything for this, except eat well,  
take plenty of active outdoor exercise, keep the  
bowels freely open, and take a teaspoonful of  
Parrish's food three times a day.

PUZZLED.—You must not be in such a desperate  
hurry. There is nothing the matter with either of  
you. Do not let the husband debilitate himself.  
Once a fortnight is quite often enough.

RACHAEL.—We do not see any objection, if you are  
perfectly strong and healthy. As you are in Lon-  
don, you can always have the first assistance pro-  
curable at an hour's notice. It is quite worth your  
while risking it.

W. F. B.—You had better take a cold bath every  
morning, and get plenty of active outdoor exercise  
during the day. Keep the bowels freely open by  
means of a teaspoonful of compound liquorice  
powder taken every night at bedtime, and followed  
the next morning by a mild dose of aperient fruit  
salts—Epsom's for example. Eat well and take a tea-  
spoonful of Parrish's food three times a day imme-  
diately after meals.

G. YOUNG.—It is obvious that you have both stricture  
and ulceration high up the bowel. Unless this  
takes it into its head to heal up of its own accord,  
we are very much afraid that no medicine will  
affect. However, you had better try the following  
pill: Codeia quarter of a grain, ipecacuanha powder  
three grains. To make one pill. The pill to be  
taken three times a day after meals.

LORENGULA.—You had better go on with the treat-  
ment we have suggested, and take a teaspoonful of  
Parrish's food three times a day immediately after  
meals. It is a pity you cannot arrange the proper  
method of treatment, as that is the only satisfactory  
one.

THOMAS GREEN.—We cannot prescribe without  
knowing, by an examination of the parts, what is  
really the matter. It is possible that the jaw may  
have been partially dislocated at the time, or may  
be so now for the matter of that. The best thing  
you can do is to see a doctor about it who can  
examine you and say what is the matter.

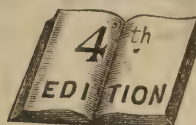
SILAS.—Your questions are too general to be definitely  
replied to. What do you complain of, is there any-  
thing to be felt outside? If so, you had better apply  
some gall and opium ointment, and keep the bowels  
freely open. 2 & 3. Of course your chest is weak if  
you are constantly inhaling irritating particles of  
carbon. So long as you are exposed to the cause,  
no medicine will be of any assistance. 4. You can-  
not do better than read the FAMILY DOCTOR.

NERVOUS.—The word is a misprint for "bitter." The  
chemist should have had sense enough to see this.  
Tincture of gentian half a drachm, with water to  
half an ounce will do instead of the ordinary infu-  
sion.

**MANHOOD!**

How Lost! How Regained!

Invaluable Remarks for Young  
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Or SELF-PRESERVATION. A little work  
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CLINES, and all ACQUIRED DISEASES,  
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GILLINGWATER'S TONIC DRESSING FOR THE HAIR is carefully prepared from the very best known Hair Tonics, and is strongly recommended to those having weak Hair as a really reliable and powerful Hair Tonic, affording the best obtainable nourishment for the Hair Glands.

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**FOR PAMPHLETS—FREE.**

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**GIVES A PERFECTLY NATURAL APPEARANCE.**

It is absolutely impossible to detect that the Hair has been dyed when Gillingwater's is used.

GILLINGWATER'S HAIR DYE, for use when the hair is Grey, turning Grey or Faded, also for changing Red Hair to a beautiful Black or Brown. Gillingwater's Hair Dye stands unrivalled by all similar preparations. The safety, reliability, and excellence of this Hair Dye has deservedly won for it a world-wide reputation extending over half a century.

**ADVANTAGES.**—Simple in application; never falls; does not stain the skin; one application only necessary; anyone may apply it; never disappoints.

**CAUTION.**—The great sale of GILLINGWATER'S HAIR DYE has induced competitors to substitute articles of their own manufacture. Purchasers should be careful never to buy a case of Dye that has been OPENED, and always OBSERVE every genuine case bears the Name—"GILLINGWATER AND CO."—to counterfeit which is **FORGERY**.

Strongly recommended in preference to all other Hair Dyes, by the eminent Dr. CHURCH, of the Royal Agricultural College. His Certificate accompanies every bottle. Gillingwater's Dye lasts longest. Obtain Gillingwater's or write direct for it. Gillingwater's will send it, free by post, on receipt of Postal Order for the amount, the package bearing no indication of contents.

Sold, with fullest directions, to dye any desired shade of Brown or Black, in elegant cases, 3s. 6d., 7s. 6d., and 21s.

GILLINGWATER'S HAIR DEPILATORY most effectually and safely removes superfluous Hair from the Face, Neck, or Arms. Large Cases, 3s. 6d.

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POST FREE.—A little Pamphlet, "How to DYE THE HAIR."

**WRITE**

**TO-DAY.**

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